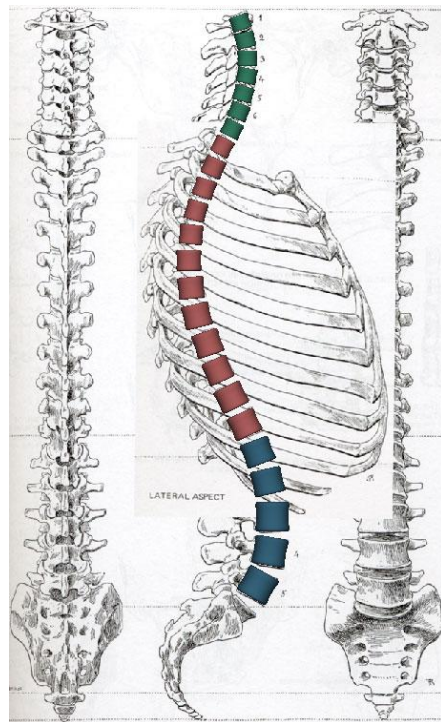
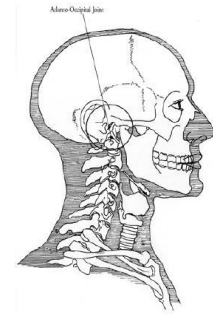


# Releasing Neck and Shoulder Tension

Figure 2



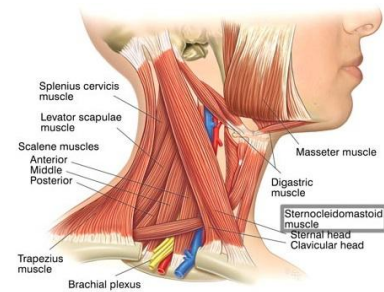
Jenn Gaskin

28 February, 2010



Tips for avoiding chair-sitting strain:

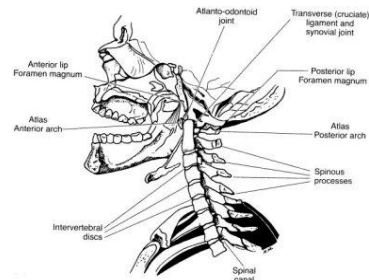
- \*Avoid staying in same position for prolonged periods of time.
- \*Keep feet flat on the floor.
- \*Make sure your shoulders are relaxed and slightly dropped while keyboarding.
- \*Alternate between sitting and standing tasks.
- \*Do not use the armrests to slouch.
- \*Hips slightly higher than the knees.
- \*Natural curves in spine.
- \*2-4 inches between the edge of the chair and the back of the knees.
- \*Equal distribution of weight on the seat cushion.



Trapezius Muscle

Things to avoid to alleviate jaw strain:

- \*Chewing gum.



- \* Resting chin in hand.
- \* Clenching teeth.
- \* Nail-biting

## Range-of-Motion Exercises

### 1) Rocking

#### Pelvic Rocking

Inhale and emphasize the lordotic curve in the back

Exhale and press the low back (gently) into the ground

#### Sacral Rocking

Inhale lifting tailbone

Exhale dropping the tail as the lumbar stay relatively quiet.

#### Shoulder blade Rocking

Inhale, the chest wall lifts away from the floor as the shoulder tops point down into the ground.

Exhale the shoulder blades round down into the ground and the shoulder tops lift slightly off and away from the floor.

Try to leave the low back as relaxed as possible and concentrate the slow lifting and dropping motion in the shoulder blades, in the upper back.

#### Cervical Spine Rocking

Inhale, arching the neck as the chin lifts slightly

Exhale, dropping the back of the neck gently to the floor

### 2) Alternate Shoulder Blade Walking

Now alternate lifting one chest wall at a time, as if you were walking on your shoulder blades.

As you continue, begin to round the down shoulder blade into the floor as at the bottom of the rocking movement.

Arch the up shoulder blade away from the floor, and rock the down shoulder blade into the floor.

### 3) Book opening and closing

Lift the thoracic spine up away from the floor and allow the shoulder blades to fold together like a book on the inhale.

Exhale gently drop the spine and round the edges of the chest up like the sides of a canoe.

Place the back of the top of the head on a blanket

### 4) Collar bone Rocking

Try to keep the shoulder blades as quiet as possible and bring the focus and the movement into the collar bones.

Inhale, widen the collar bones as much as possible and drop the outer shoulders towards the floor.

Exhale collapse the collar bones toward each other as the shoulders curl up away from floor.

### 5) Turtle Head

Without tipping the head, inhale and reach the right ear over toward the right shoulder

At the same time, shrug the right shoulder up to the right ear.

Completely relax the right shoulder down as you exhale and return the head to center.

Repeat left

### 6) Isolating the AO Joint

Above elbow straps roll neck up and down center, diagonal

Lateral roll

Gomukasana arms: inhale turn, exhale roll, inhale rise, exhale return

### 7) Lion's Pose

Take a deep inhalation through the nose. Then simultaneously open your mouth wide and stretch your tongue out, curling its tip down toward the chin, open your eyes wide, contract the muscles on the front of your throat.

## Slow Somatic Floor Work

1) T

Stop sign hands

add tracking thumb with gaze

Knee drop and twist to midline—really stretch spine

Hands and knees and gaze together

2) Typewriter

arms, opposite gaze

add rotation up and over head, follow with eyes

add rotation down to belly, follow with eyes

3) Twist

Pelvic rocking

add cervical rocking

add external/internal arm rotation

Look toward palm down hand

Knee drop side to side, press into arches

Arch the back as you twist

Add look to opposite side

Hands rotate in opposite directions

Hands and knees and look together

4) Side Walking

Leg front inhale, back exhale

Reach leg back, arch back, bend knee, point toe

Leg forward, straight at knee, foot flexed

On or off ground

Top arm reaches forward

Sweeps semi-circle above head touching ground

Inhale back, exhale front

Add gaze that tracks the arm

Dig back of head into ground for rainbow arch, keep back of neck lengthened

Arms and legs together

5) Flower

Pelvic rocking

Add cervical rocking

Elbows behind ears

Baddha konasana knees open and close

Hands open twist, close backs to side legs

Arms and knees and pelvic rocking together

## Two Restorative Poses:

Viparita Karani: on blanket or bolster

Thighs or feet strapped

Sandbags on arms, feet

Blankets on torso



Supported Balasana:

Bolster or blankets and bolster

Blanket under forehead

Pratyahara

Mat rolled behind knees

Bottom on block fine



\*\*\*\*If you find release from these exercises, please email me and let me know.

I love to hear about healing!

[Jgaskin7@att.net](mailto:Jgaskin7@att.net) \*\*\*\*\*

### Workshop Feedback

1) How did you hear about the workshop?

Flier

Friend

Email from Jenn

Teacher

2) What did you like or find helpful about the workshop? Check all that apply.

Sternum opening

Range of motion exercises

Opening stretch

Somatic Movements

Opening sit

Handout

Informational Talk

Other

3) What are your suggestions for improvement?

4) What is one thing that became clear to you or that you will not forget?

5) What other of Jenn's workshops would you be likely to attend? Check all that apply

Low back/SI relief

Integrating the emotional self

Identifying emotional issues

Processing hurt emotions

Calming central nervous system

6) Tell us about your usual class practice

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eg Devi Monday 9:15 Vinyasa II

\_\_\_\_\_

or Yogasource Wed 12:30 Restorative

\_\_\_\_\_

7) Overall experience

Poor  Mediocre

Satisfactory

Good

Excellent

8) Any other comments?

Name \_\_\_\_\_

Email \_\_\_\_\_