

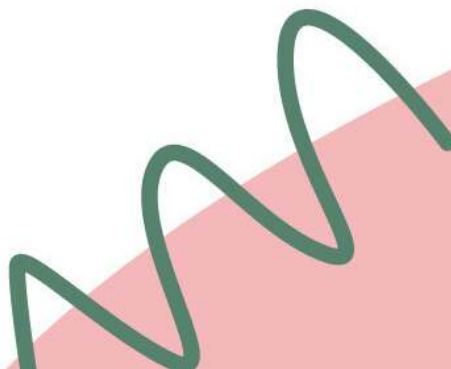


Exercises For Neck & Shoulders

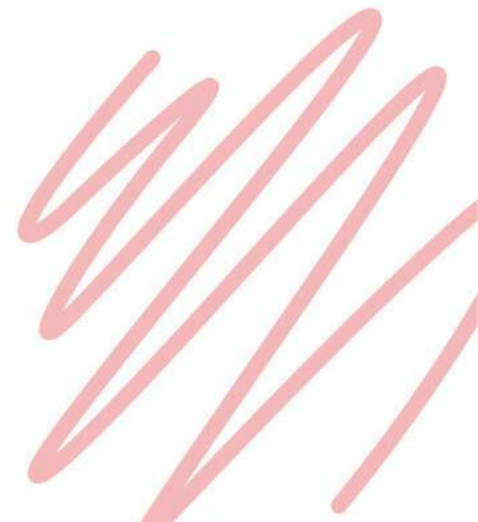
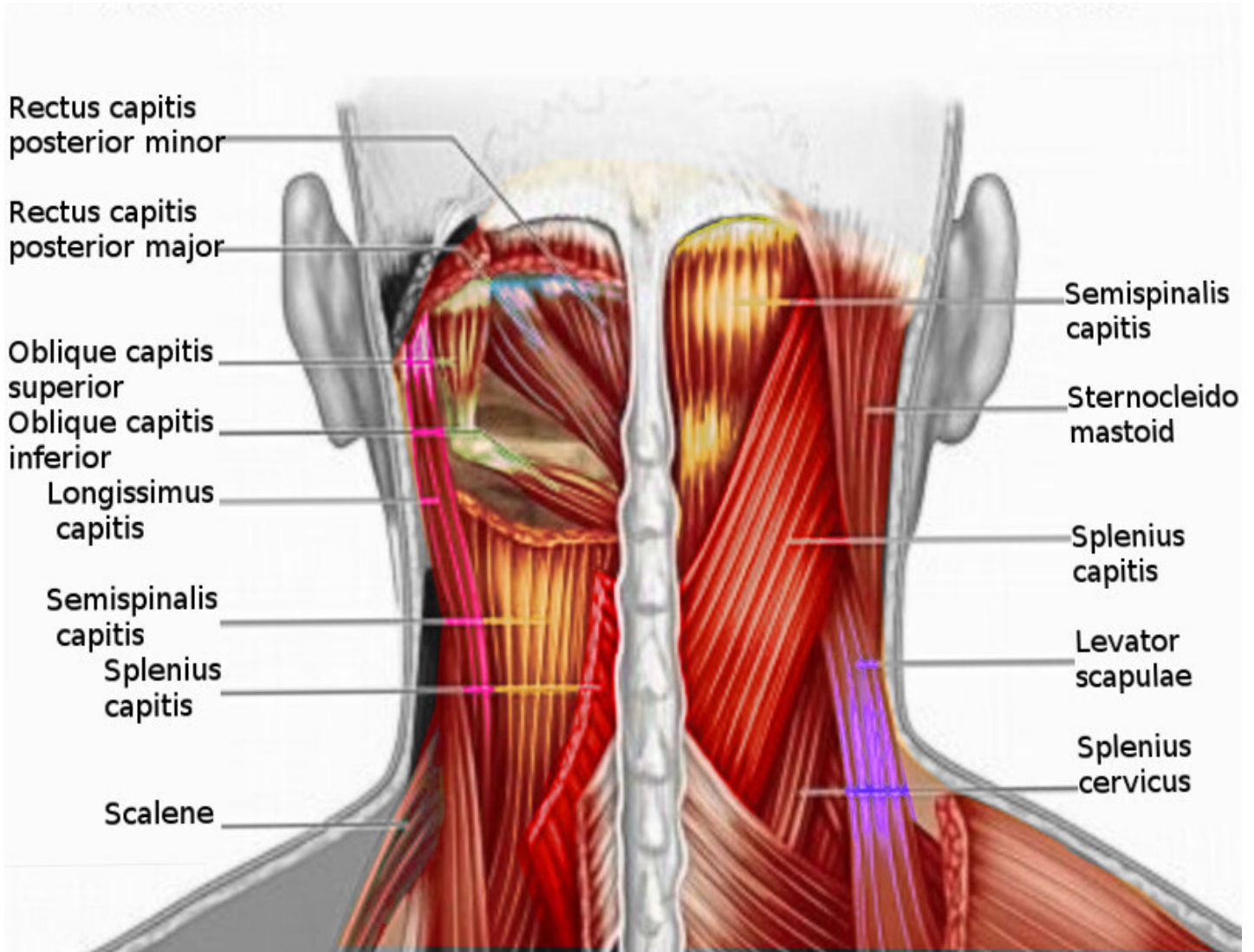


Table Of Contents

What Are The Posterior Cervical Muscles?	2
Neck Stretches	4
Shoulder Stretches	6
Back Stretches	7



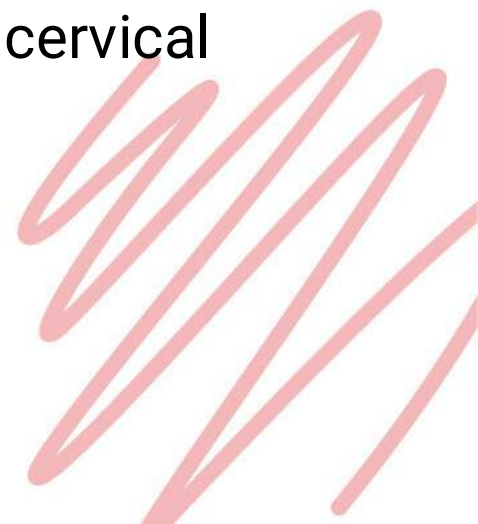
What Are The Posterior Cervical Muscles?



The posterior cervical muscles function in the neck's anatomic region while protecting the cervical spine. The muscles in the cervical spine form a triangle on the neck while providing functionality and movement to the neck, the head, shoulder, and upper back. Some of the muscles that work together with the cervical spine include:

- **Levator scapulae**
- **SCM (Sternocleidomastiod)**
- **Trapezius**
- **Erector spinae**
- **Deep cervical flexors**
- **Suboccipitals**
- **Semispinalis**
- **Splenius**

These muscles and soft tissues provide stability to the neck and work together with the tendons and ligaments to rotate, extend, and retract the head, neck, shoulders, and upper back. To that point, if the neck muscles become strained, it can lead to various issues that can cause pain to the neck and cervical spine.



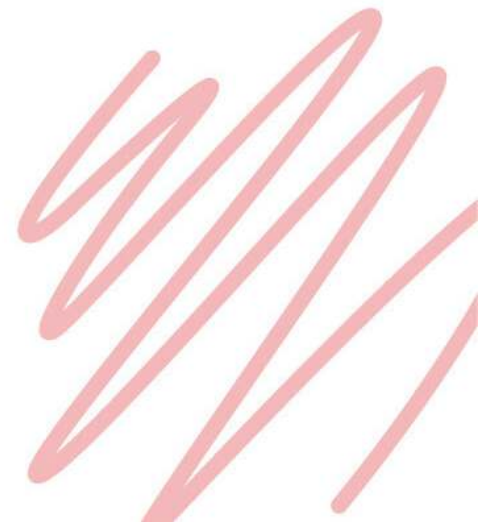
Neck Stretches



Hi, my name is Dr. Alex Jimenez, a chiropractor in El Paso, Texas. I learned and taught many of my patients with myofascial pain in the neck muscles. Today I will demonstrate some exercises for the neck. These exercises are very helpful for the front neck muscles, such as the sternocleidomastoid muscles, the side of the neck, like the scalene muscles and the back of the neck, like the trapezius muscles, and all the tiny little muscles on the posterior aspect of this cervical spine. In another video, you can learn about myofascial pain, but its trigger points inside the muscles.

So the first thing we do for this exercise is to find a chair, or somewhere we can hold here because we will pull to the opposite side. So we need something to hold. And once you find that, what you do is you bring the neck to the maximum point where you can stretch, and then you take a deep breath. And then, while counting up to 10, you are stretching and putting a little bit of pressure, pulling these muscles there. And we do this three times. So come to the maximum point, take a deep breath, and:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



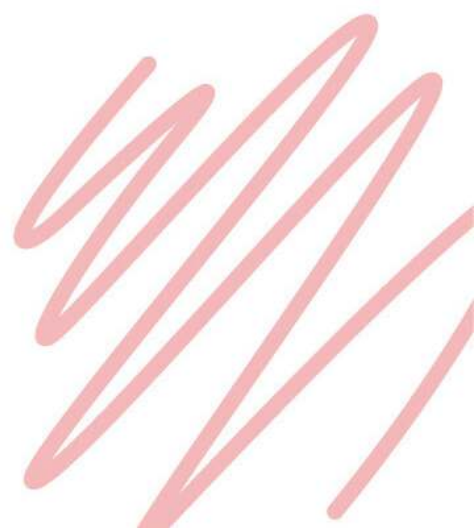
Stay there. Don't move. Take a deep breath.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

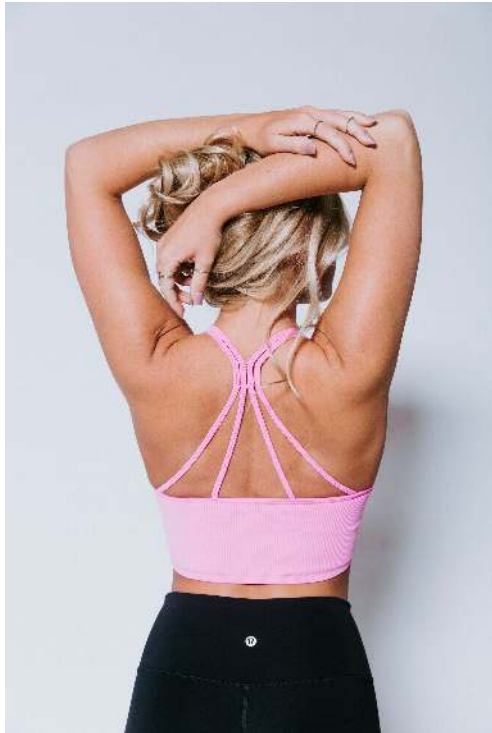
Take another deep breath and go a little bit more.

- 4
- 5
- 6
- 7
- 8
- 9
- 10

**And you should be feeling stretching these muscles here. Come back slowly.
Now hold to the other side. Do the same thing. Find the maximum point that your
neck can go.**



Shoulder Stretches



So now, for the trapezius muscle, which is this big muscle here on the back of our neck, we have to do it at 45 degrees. At 45 degrees, we open a little bit at the legs. It's the elbow going in the direction of the opposite knee. Again, find a support point here and pull the neck to the maximum that you can go. Take a deep breath and go:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

And take a deep breath and go again.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Come back slowly and do the same thing for the other side. Repeat the three times on the other side to stretch this muscle.



Back Stretches



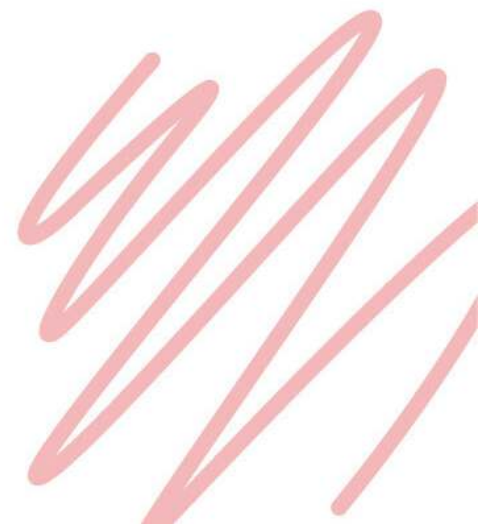
For the muscles in the back. What we are going to do is go forward. This is the last exercise in this series. So we put both of our arms here behind the neck, relax the elbows and go down the maximum we can. Take a deep breath and go:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

Relax, come back slowly. We don't need to do it three times.

You can do it three times if you want, but it's not necessarily coming back slowly. And for the front muscles of our neck, especially the sternocleidomastoids, we need to look up not only this, but we also need to look at the opposite corners of our room. We look at the other side, stretching the muscles in the front of our neck and looking up. It helps if we can massage the muscles too. We can massage before or after the exercises. And I teach my patients to do self-massage. So the way we do this is you find the muscle. This is not the muscle, and this is the key. You have to go deep. And if you do this, you'll massage the sternocleidomastoid, and on the opposite side, you can also find the most tender spots in the trapezius and massage them, Massage here. And also, massage the bases of the trapezius where the trapezius starts; it's a big muscle. So with our thumbs, try to find the skull, the bone here, the occipital bone, and go side by side to find the area of most tenderness. And when you find it, you can apply pressure for about two minutes. This is also excellent for people who have headaches. If you feel that you have neck pain and the neck pain radiates to the head, you can apply pressure here for about two minutes and abort the headache.

That's good. Okay, so I hope these exercises and this massage can help you with myofascial pain in the neck muscles. Please remember that this video is not intended to provide medical advice. If you need help, please consult your physician or a physiotherapist that can help you with this specific exercise for you. This video is only for education. Also, if you like this video, don't forget to like it. Don't forget to leave your comments, subscribe to this channel, and leave questions here. And if you want to talk to me, you can also find me on social media. Thank you for watching. Goodbye.



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