

Neck Hacks



If you have chronic neck pain, your best chance to improve it may lie in another area of the body. The first areas we'll consider are the feet, legs and upper back.

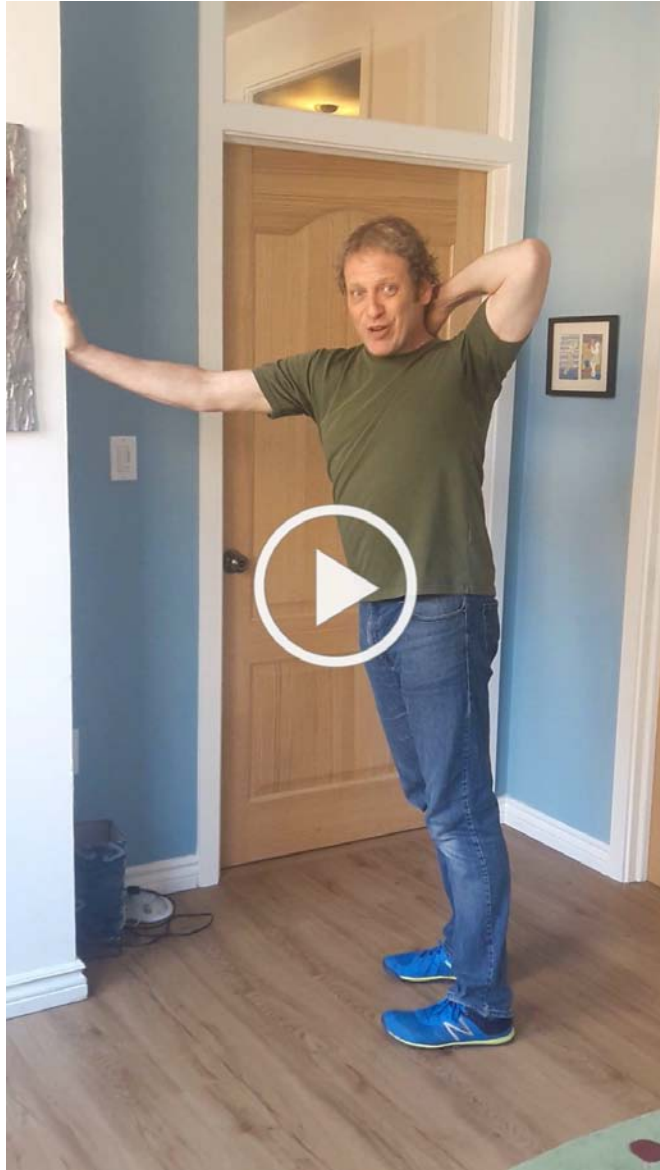
Feet and legs: The feet and legs support the body best when the forces going down and the forces going up meet at the pelvic floor to support a single torso on two legs or even one. The more your head is over your legs, and the more your legs can support your pelvis, the better your neck

will feel. To improve the lift out of your feet and legs, try this exercise adapted from Iyengar Yoga.

Upper back: The culprit closest to the neck is the uppermost ribcage. When it doesn't move, the lower neck has got to compensate. The lower neck joints are the most flexible segments in the spine. When they compensate for their unmoving neighbor joints, they become so flexible that they can get into a very extreme position - and get stuck there. The result is neck pain that won't be solved by stretching them. Get their neighbors moving again and you'll help them more.

View Video: <https://vimeo.com/266155557>





View Video: <https://vimeo.com/266155788>

More "neck hacks" to come.

photo by Zachary Schulman