



Happy Neck Series



What

Series of mobilizations used to improve the function of the neck and upper body.

Duration

This series should take approximately 10 minutes to perform.

Frequency

This series can be performed 3-4x per week to create substantial change and on an as needed basis thereafter.

Equipment Needs

Lacrosse Ball & Vertical Object (Wall, Pole, etc.)

NOTE: These are general recommendations meant to improve the function of the upper body. This series may not be beneficial for all athletes and athletes are encouraged to seek advice from a health professional prior to use.

Upper Trap Mobilization

Place the lacrosse ball in the area highlighted in the picture below. Pick 2-3 trigger points (spots that are more tender than others) to address in this area.



Complete 10 diagonal arm crosses (“thumb-to-hip” & “thumb-to-floor”).
Note: maintain locked elbow and only move as far overhead as you can keep this position.



Below Shoulder Chest Stretch

Place forearm on doorway or some vertical object with elbow slightly below the shoulder. Step forward with your inside leg; pushing your arm into the wall. Note: keep butt and belly engaged. Hold for 1 minute per side.



Above Shoulder Chest Stretch

Place forearm on doorway or some vertical object with elbow slightly above the shoulder with palm facing in. Step forward with your inside leg; pushing your arm into the wall. Note: keep butt and belly engaged. Hold for 1 minute per side.



Straight Arm Chest Stretch

Place hand on wall or some vertical object with arm extended, palm open, and hand slightly below your shoulder. Rotate your body away from your hand; squeezing your shoulder blades together. Note: keep butt and belly engaged. Hold for 1 minute per side.



Front Neck Stretch

Take a seat and slouch slightly forward. Place hands on chest and pull down as you look up (tilting your head back). Hold position for 1 minute.

