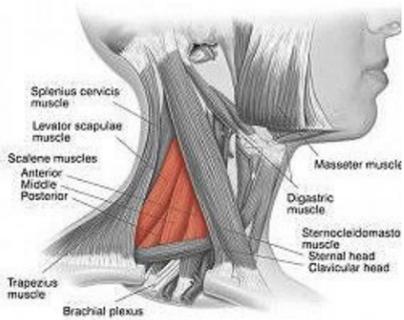


# HEAD/ NECK Side Neck Muscles

PT - MET | M (medium - takes some effort)



## POSITIONAL THERAPY HEAD/NECK ROUTINE

This exercise is to address muscle groups of your neck on both sides. Groups include: splenius capitis, levator scapula and scalene group.

From the description of your complaint and from what I have observed when working on that area, it is likely the area needs to be fatigued in effort to release and relax the muscle.

**Key:** PT= Integrated Positional Therapy  
SCS = Strain Counterstrain MET = Muscle Energy Technique BW = Bodywork



### PREP:

Take a moment to deepen your breath and begin relaxing breathing (*avoid straining the breath*).

- Sit in a chair. Make sure your feet can touch the ground (use a pillow or books if not). Also make sure there is 90 degrees between your hips and knees, and between your knees and ankles.
- Sit with your back straight, shoulders away from your ears and back (opening the chest area).
- Start with looking straight ahead.

### BEGIN:

1. Start on the side where your neck is most challenged. This may include soreness or stiffness.
2. Flatten your hand (on the same side) and place the palm of the hand on the temple ( little more on the bony region).
3. Move your head very slightly towards your shoulder. Keep your nose facing forward and keep your ear parallel to your shoulder.
4. Create tension by pressing your head into your hand and your hand into your head at the same time.
5. As you press, inhale and hold the breath in as you count to 5.
6. As you exhale, release the tension and move your head slightly down toward your shoulder.
7. Do this three times. With each exhale, move your head closer to your shoulder.

### In Completion:

When you are done, take a moment to relax and integrate the routine.

**Routine Notes:** With Integrated Positional Therapy, you should not feel any stress, exaggerated stretches or pain in the area you are working on. If you feel any of these or anything other than release, then get out of the position and try it in another way. Find a position of release & relaxation. If it does not change, let me know. The issue may be in another area we have not addressed.

**Do these exercises 1-3 times a day**

NOTE: If you need clarification on anything mentioned in this routine, please contact me via membership message.