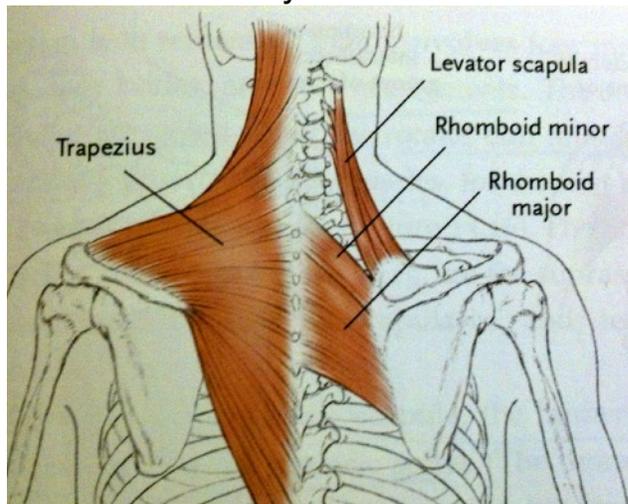


Anatomy Asana

Neck - Shoulders

Mary Geibel



- shoulder blade+arm bone+collar bone=shoulder joint
- shoulders love STABILITY
- if in doubt, pull shoulders back and down, lift chest
- shoulders NOT designed for bearing weight
- alignment through joint brings freedom & no pain
- let ICE be your best friend!
- get information if you are not sure
- inflammation...partial tear...small tear...trouble if ignored
- head is heavy...keep in back, neck long

'old habits'

'new habits/awareness'

poor, slumped posture

mountain pose!!!

lifting weight above head & forward

better to pull down or toward body

creating muscle imbalances by
ignore shoulder stabilizers

learn how to strengthen rotator cuffs
rhomboids, & anterior serratus

sleep on side/arm under head

prop w/ pillows or sleep on back

intense, INCORRECT, repetitive motion

keep shoulder blade on back/ take breaks

reaching with arm rather than
moving body

use whole body when possible, keep
head of arm bone close to shoulder blade

head & shoulders jetting forward

pull head/shoulders back/ lengthen up

shoulders elevated/over-active

slide shoulder blades down back

ignore inflammation of neck or shoulders

ice, tennis ball, china gel, hot tub....

keep painful joints 'frozen'

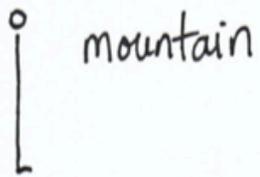
small movements if possible....get help

prolong seeking help....even self-help

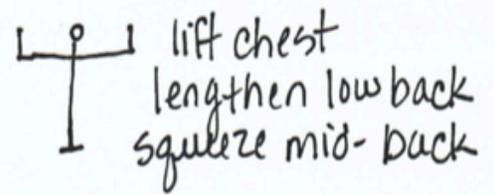
exam, xray, MRI = informed choice

ignoring alignment on yoga mat!

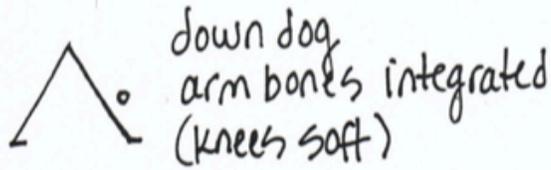
speak up, ask questions, learn, practice



mountain



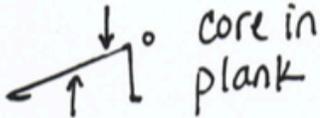
lift chest
lengthen low back
squeeze mid-back



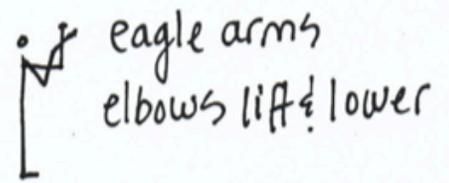
down dog
arm bones integrated
(knees soft)



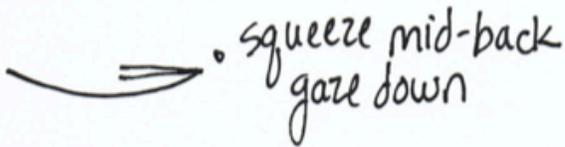
open chest
stand tall



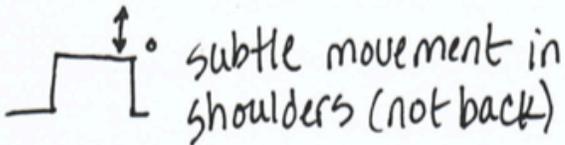
core in
plank



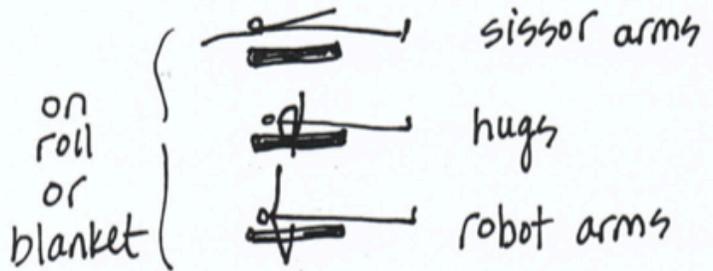
eagle arms
elbows lift & lower



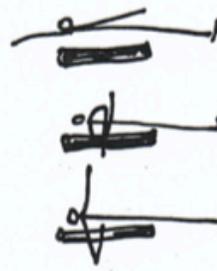
squeeze mid-back
gaze down



subtle movement in
shoulders (not back)



on
roll
or
blanket



sissor arms



hugs

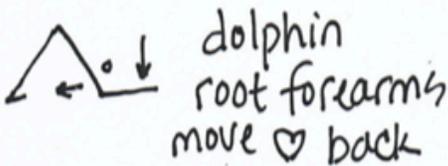


robot arms



puppy
arms active
♡ soft

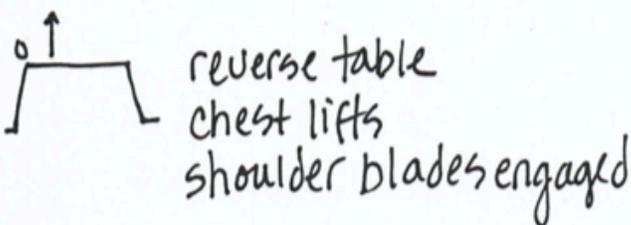
strap jacket: across mid-back
over shoulders
cross in back
secure in front



dolphin
root forearms
move ♡ back



move head slowly,
all directions



reverse table
chest lifts
shoulder blades engaged

neck-shoulder