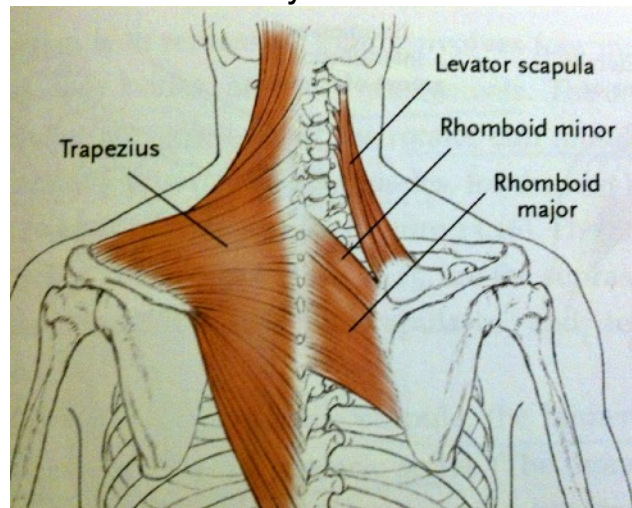


Anatomy Asana Neck - Shoulders

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’

poor, slumped posture

lifting weight above head & forward

creating muscle imbalances by
ignore shoulder stabilizers

sleep on side/arm under head

intense, INCORRECT, repetitive motion

reaching with arm rather than
moving body

head & shoulders jetting forward

shoulders elevated/over-active

ignore inflammation of neck or shoulders

keep painful joints ‘frozen’

prolong seeking help....even self-help

ignoring alignment on yoga mat!

‘new habits/awareness’

mountain pose!!!

better to pull down or toward body

learn how to strengthen rotator cuffs
rhomboids, & anterior serratus

prop w/ pillows or sleep on back

keep shoulder blade on back/ take breaks

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

pull head/shoulders back/ lengthen up

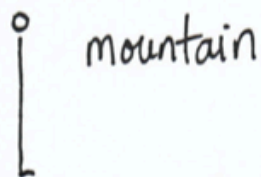
slide shoulder blades down back

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

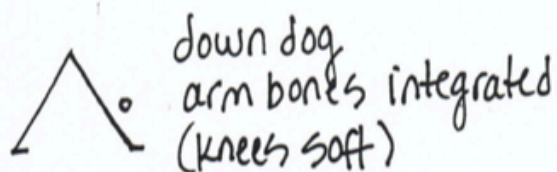
small movements if possible....get help

exam, xray, MRI = informed choice

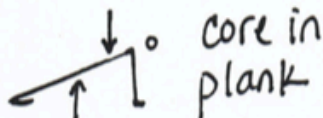
speak up, ask questions, learn, practice



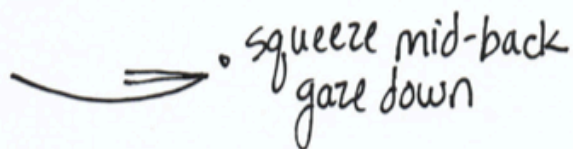
mountain



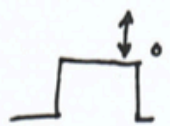
down dog
arm bones integrated
(knees soft)



core in
plank



squeeze mid-back
gaze down



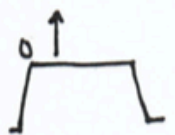
subtle movement in
shoulders (not back)



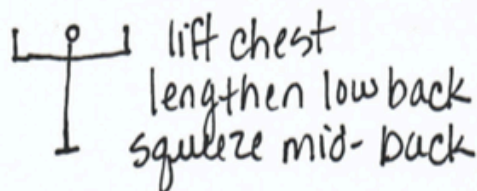
puppy
arms active
♡ soft



dolphin
root forearms
move ♡ back



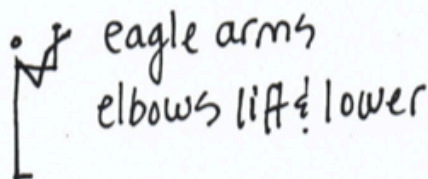
reverse table
chest lifts
shoulder blades engaged



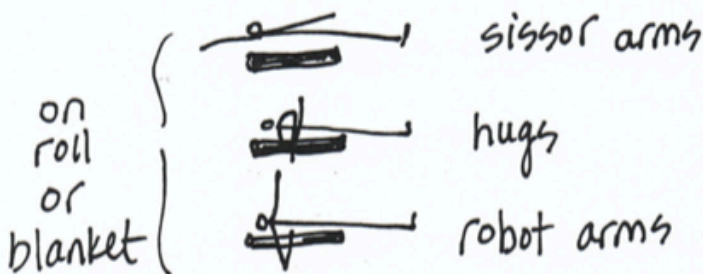
lift chest
lengthen low back
squeeze mid-back



open chest
stand tall



eagle arms
elbows lift & lower



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



move head slowly,
all directions

neck-shoulder