

Neck Exercises for Prevention, Rehabilitation and Strength



with Rick Kaselj, MS

Rick Kaselj – ExercisesForInjuries.com

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My Story

- BSc – 1997
- MS – 2008 / RC
- Work – physio,
studio, gym, rehab
- Courses
- Writing
- Blog

- *ExercisesForInjuries.com*



**Rick Hiking 4300 km / 5 months
from Mexico to Canada**

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10 Keys to Neck Prevention, Rehabilitation and Strength

1. Breathing
2. Posture
3. Self Massage
4. Range of Motion
5. Mobility
6. Stretching
7. Isometrics
8. Cervical & Scapular Stabilization Exercises
9. Rotator Cuff Strengthening
10. Shoulder Strength

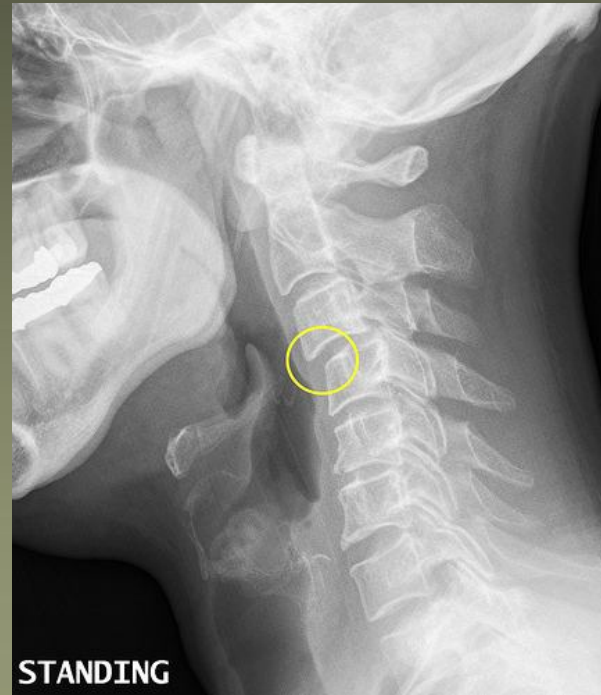
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Disclaimer / Don't Be Dumb

- Get it Looked at



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- Do What You are Allowed to Do



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- Lifestyle



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- We are Our Worst Enemy



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#1 - Breathing

- Linking Breathing with Rehab, Training and Performance with Dr. Jeff Cubos



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#2 - Posture

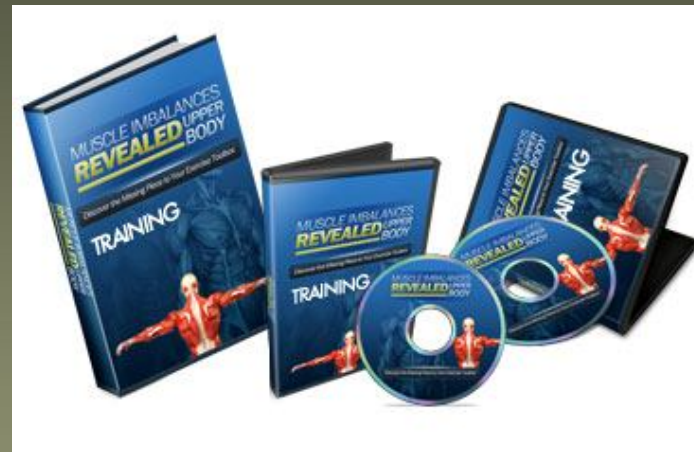
- Test
 - *Sitting with hands wrapped around back of neck over upper trapezius*
 - *Move head as muck forward as they can*
 - *What do they feel?*
 - *What do they feel if they move into ideal alignment?*
- Day to Day Activity
 - *Sitting*
 - *Computer work*
 - *Driving*
 - *Tablet work*
 - *Smart phone work*
 - *Cellular phone on neck*
 - *Watching TV*
 - *Reading in bed*



- Chin Tuck
 - All Exercises
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#2 – Posture

- Neck Packing
 - Component #2 – Avoiding Common Programming Bloop and Blunders with Tony Gentilcore



#3 – Self Massage

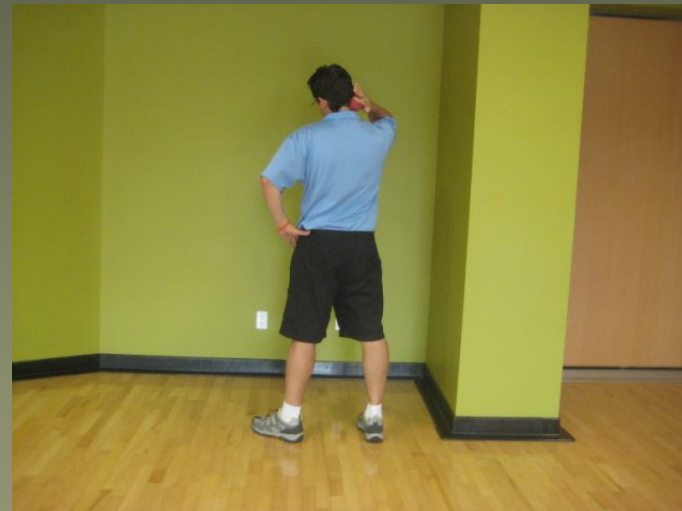
- Areas to Hit

- Latissimus dorsi
- Deltoid
- Teres Major
- Upper Trapezius
- Middle Trapezius
- Levator Scapulae
- Rhomboids
- Iliocostalis Thoracis
- Serratus Anterior
- Triceps



#3 – Self Massage

- Areas to Hit
 - Upper Trapezius - UT
 - Sternocleidomastoid - SCM



#3 – Self Massage

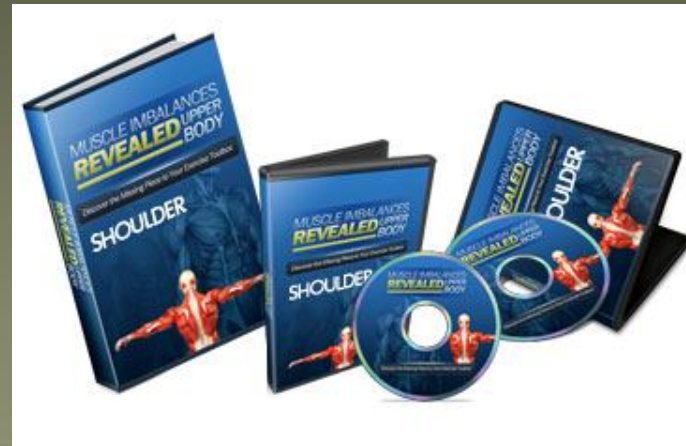


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#3 – Self Massage

- Component #7
– Unraveling
Muscle
Imbalances in
the Shoulder
with Rick Kaselj



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#4 – Range of Motion

- Movement

- Rotation
- Side Flexion
- Flexion
- Chin Tuck
- Extension – Cautious



#4 – Range of Motion

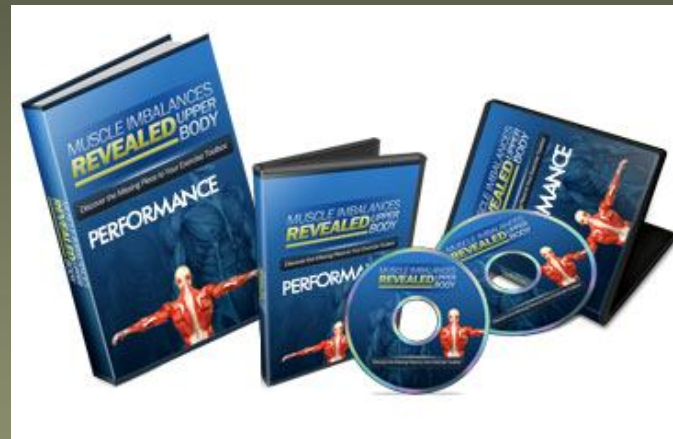


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#5 - Mobility

- Component #1 – Corrective Exercise Strategies for Athletes (and Meatheads, too) with Tony Gentilcore



#6 - Stretching

- Nose to Armpit
 - UT
- Rotate & Back
 - SCM



#6 - Stretching



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#7 – Isometric Exercises

- Neck Movements
 - Flexion
 - Extension
 - Side Flexion



#7 – Isometric Exercises



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#8 – Cervical & Scapular Stabilization Exercises

- Stability in the Neck
 - Deep neck stabilizers



#8 – Cervical & Scapular Stabilization Exercises



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#8 – Cervical & Scapular Stabilization Exercises

- Scapular Stabilization
 - Little Ball
 - *T's - neutral*
 - *T's - thumbs*
 - *T's – pinkie*
 - *Orange DB Setting*
 - *Y's*
 - *N's*
 - *Press*



#8 – Cervical & Scapular Stabilization Exercises



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#8 – Cervical & Scapular Stabilization Exercises



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#9 – Rotator Cuff Exercises

- Pull Ups



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#10 – Rotator Cuff Exercises

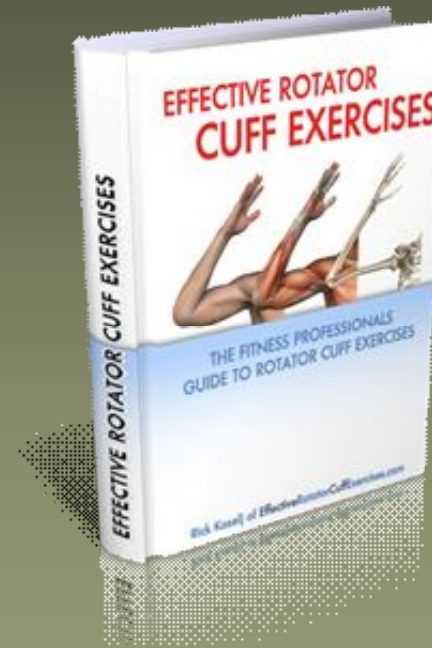


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#9 - Rotator Cuff Exercises

- Effective Rotator Cuff Exercises



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#10 – Neck & Shoulder Strength

- Neck
 - Isometric
 - Concentric / Eccentric
 - Side Flexion
 - Flexion / Extension
 - Rotation



#10 – Neck & Shoulder Strength



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#10 – Neck & Shoulder Strength

- Neck
 - Isometric
 - Side Flexion
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#10 – Neck & Shoulder Strength

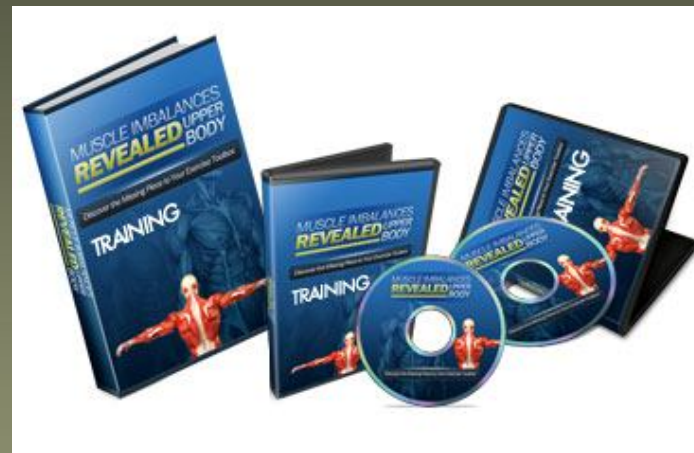


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#10 – Neck & Shoulder Strength

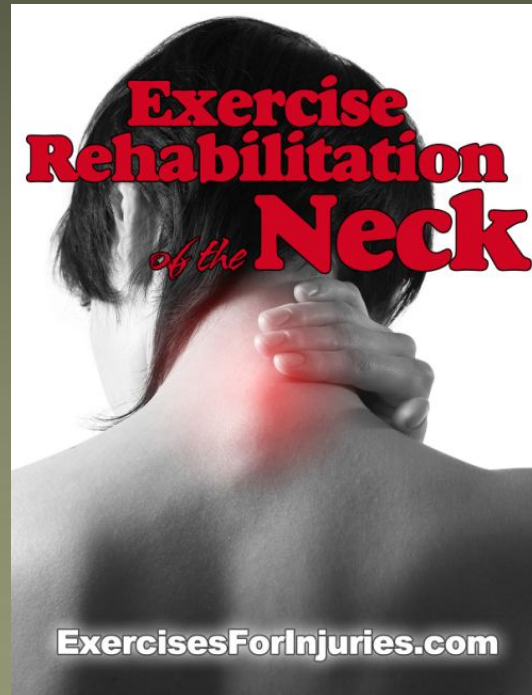
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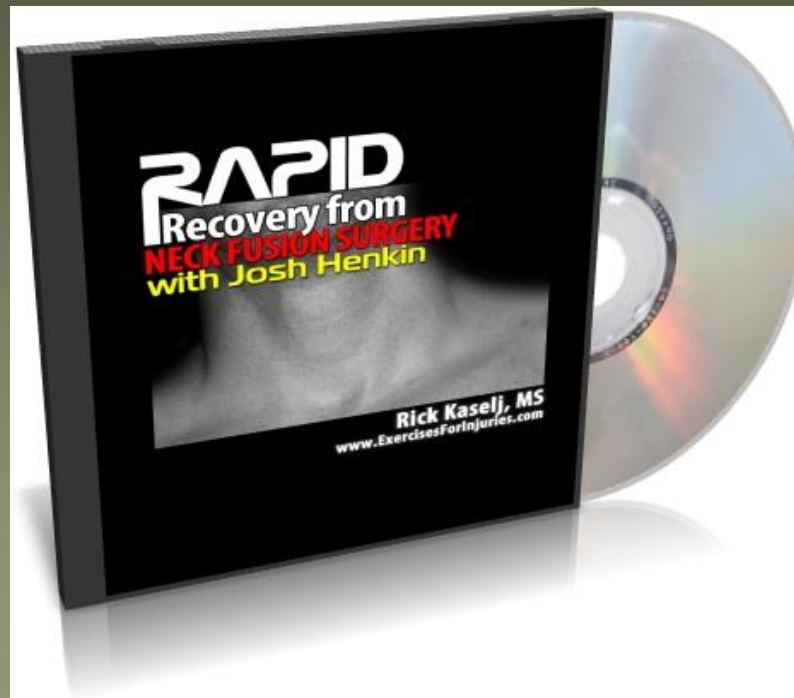
Exercise Rehabilitation of the Neck



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Neck Fusion Interview



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Thank You

- Send me your questions!
- Rick Kaselj
 - rick@ExercisesForInjuries.com
 - www.ExercisesForInjuries.com