



MIRU - Neck Exercises for Prevention, Rehabilitation and Strength with Rick Kaselj

Neck Exercises for Prevention, Rehabilitation and Strength




with Rick Kaselj, MS

Rick Kaselj - ExercisesForInjuries.com




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




STANDING

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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 much 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
 - Smartphone work
 - Cellular phone on neck
 - Watching TV
 - Reading in bed
- **Chin Tuck**
 - All Exercises




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#2 – Posture

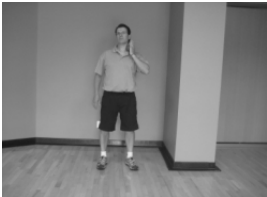
- **Neck Packing**
 - Component #2 – Avoiding Common Programming Bloop and Blunders with Tony Gentilcore




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#3 – Self Massage


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




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#3 – Self Massage

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



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#3 – Self Massage



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#3 – Self Massage

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

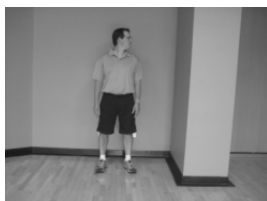


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#4 – Range of Motion

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




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#4 – Range of Motion



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#5 - Mobility

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




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#6 - Stretching

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




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#6 - Stretching




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#7 - Isometric Exercises


- **Neck Movements**
 - Flexion
 - Extension
 - Side Flexion



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#7 - Isometric Exercises




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#8 – Cervical & Scapular Stabilization Exercises

- **Stability in the Neck**
 - Deep neck stabilizers



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#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




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#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




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#10 – Neck & Shoulder Strength




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#10 – Neck & Shoulder Strength


- **Neck**
 - Isometric
 - Side Flexion
 - Flexion / Extension
 - Rotation



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#10 – Neck & Shoulder Strength




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#10 – Neck & Shoulder Strength

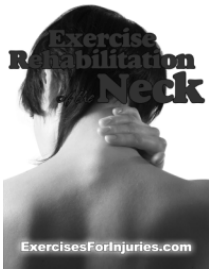
- Component #2 – Avoiding Common Programming Bloop and Blunders with Tony Gentilcore




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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!

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