



Performing
Arts
Physical
Therapy

All Fours Neck Roll

Perform these warm up exercises prior to your workout, class or performance to warm up the muscle. You should feel no pain or strain. Doing more repetitions than suggested may lead to an overuse injury.



Figure A

Starting Position: Assume quadrupedal (all 4s) position on knees and elbows. Knees are hip width apart. Place web space of thumb and index finger into crease of elbows on both sides to align elbows under shoulders (Figure A) then rotate forearms out so hands are flat on mat facing forward. Rest head on mat with no more than 5 lbs of weight bearing on head (Figure B).



Figure B

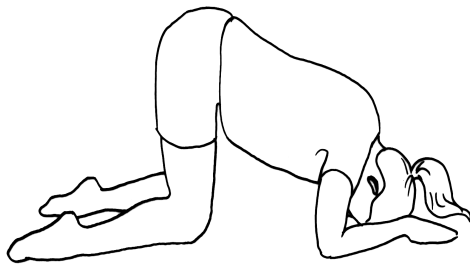


Figure C

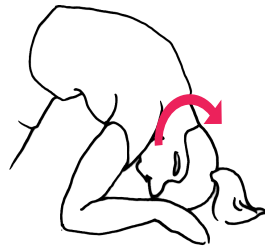


Figure D

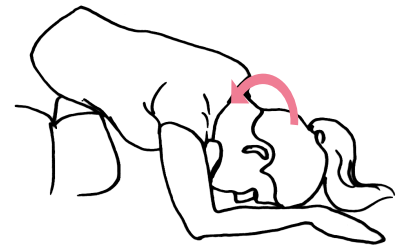


Figure E

From a neutral head position (Figure C), shift body weight forward to roll head into flexion bringing your chin to chest (Figure D). Shift body weight backward to roll head into extension bringing your forehead to the mat (Figure E)

From a neutral head position, roll head to each side bringing your ear toward the mat, allowing the pelvis to move with the head creating a C curve with the spine (Figure F). Do not rotate head by turning face (Figure G).

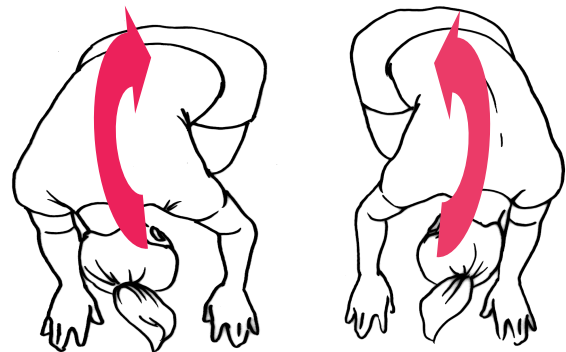


Figure F

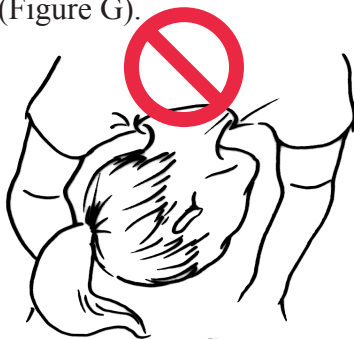


Figure G