

Preparatory Exercises

Neck: The Four Fundamental Movements

Starting Position: standing straight with your feet parallel and hip distance apart.

Flexion-Extension

These movements are synchronized with your breath. As you exhale, bring your chin towards the chest. As you inhale, bring your chin up, moving it away from the chest.

The movement originates in the feet. Make sure to keep length in the cervical region.



Side bending

Take a full breath and expand the rib cage in every direction. Hold the breath without any effort and bend the head to the right. Your shoulders are relaxed and the right ear is moving towards the shoulder.

Perform the movement 5 - 7 times, exhale completely and then repeat in the same way on the other side.

Rotation

Take a full breath and expand the rib cage in every direction. Always keep your shoulders relaxed.

As you hold the breath, rotate the head from the center to the right as if to look behind your shoulder. Repeat this 5 - 7 times, exhale completely and repeat the movement on the other side.



Circumduction

Empty your lungs and bring the chin to the chest. Rotate the head in a circle, inhaling as your chin is rolling up and exhaling when your chin is rolling down. Repeat 10 times in total.



These 4 movements can also be performed in a sitting position: they will still originate from the base. If sitting, the movement starts from the ischia (sit bones).

Repeat a minimum of 5 times, up to 15 times.

Contraindications: serious pathologies related to the cervical region.

Benefits: increases awareness of the mobility provided by the cervical vertebrae and the maintenance and recovery of the same; augments finesse and precision in the movement of the cervical region.