

# Neck & Shoulder Pain

The phone rings, jangling your nerves and interrupting work on a long overdue report. It runs your boss, with another emergency project. Your head is pounding, your eyes ache from staring at a flickering computer screen, and your neck and shoulders are in spasm. You slump down a little further and wonder how you'll make it through the rest of the day.

Tension, stress, poor circulation, and bad posture can all contribute to neck and shoulder pain. Practice these yoga inspired moves to reduce neck and shoulder stiffness.

## Yoga Solutions

Shoulder Rolls

Side Stretch

Chest Stretch

Neck Stretch

Triangle Pose

Utthita Trikonasana

Wide-Angle Forward Bend



## Shoulder Rolls

Slowly roll your shoulders forward five times in a circular motion. Then roll your shoulders backward five times with the same circular motion. Remember to breathe!

## Side Stretch

Sit on the edge of a chair with your feet hip-width apart and firmly planted on the floor. Lift your arms beside your head, taking hold of your left wrist with your right hand. On an exhalation, gently stretch to the right, pulling your left arm and wrist with your right hand. Press the left buttock down. Hold for ten seconds, breathing evenly. Return to center and repeat on the opposite side.

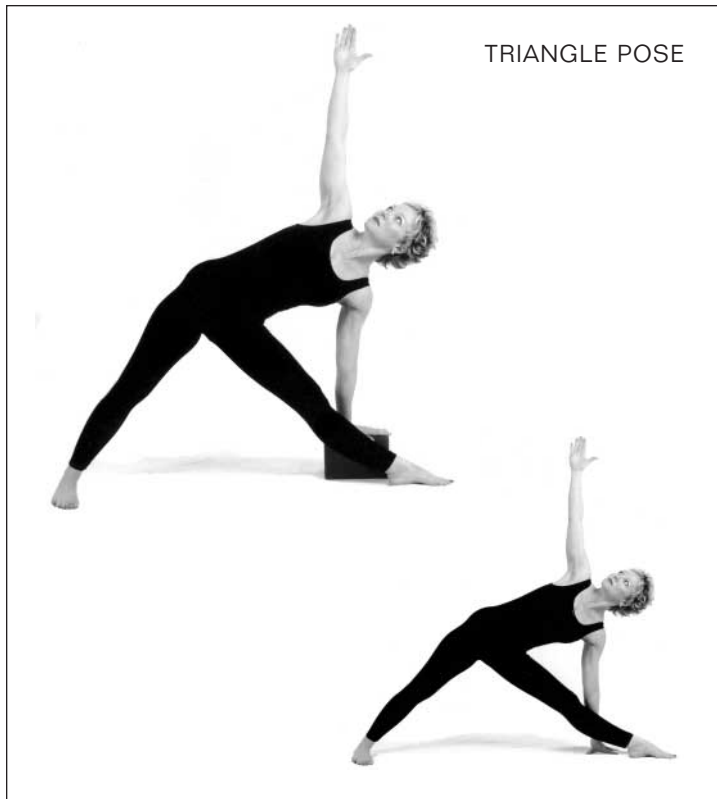
## Chest Stretch

Sit near the edge of a chair, interlace your fingers and place your palms against the back of your head. Pull your elbows back and away from your ears until you feel a pull across your chest. Hold for three to five breaths. Release.

## Neck Stretch

Sit or stand upright. On an exhalation, drop your right ear toward your right shoulder without lifting your right shoulder or turning your head. Take several breaths in and out, feeling the stretch on the left side of your neck. Keep your shoulders and jaw relaxed. Slowly return your head to center and repeat on the opposite side.

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TRIANGLE POSE



WIDE ANGLE FORWARD BEND

## Triangle Pose

Utthita Trikonasana

15 to 45 seconds

Props

✓ One Block

**Instructions:**

1. Stand in Mountain Pose. Distribute your weight equally on both legs. Breathe evenly.
2. Extend your arms out to the side and take a wide stride so that your feet are directly under your fingertips.
3. Turn in your right foot, slightly to the left. Then turn your left foot 90 degrees to the left.
4. Exhale and bend your torso sideways to the left so that the weight of your body is moving into your back heel. Place your left hand on a block. Raise your right arm up toward the ceiling in line with your shoulders and left arm. Gaze upward at your right thumb. Stay in the posture for 15 to 45 seconds breathing evenly.
5. To come out of the posture, inhale and come up. Turn your feet to face forward. Repeat the posture on the opposite side.

## Wide-Angle Forward Bend

Upavista Konasana

15 to 45 seconds

Props

✓ One Blanket

✓ One Bolster

**Instructions:**

1. Sit with your legs open wide and fingertips on the ground behind you. Make sure that your knees and toes are pointing directly upwards. Press your legs downward. Exhale and slowly bend your body forward.
2. Maintain strong activity in your legs by keeping the backs of your thighs pressing towards the ground. Stay for 15 to 45 seconds breathing evenly.

**Modification:** If you are tight in the hamstrings and/or the insides of your legs, sit on the edge of a folded blanket. Come forward onto the bolster.