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Rake & Twist**Rake and Twist****Step 1:**

- Place your left hand on the back of your neck.
- Turn your head to the right.
- Underneath the tips of your fingers are the suboccipitals.

Step 2:

- Take a deep breath in and exhale as you tighten and rake (drag) your fingers across the back of your neck while you turn your head to the left (toward your elbow).
 - Maintain tension in your fingertips as you perform the rake move.
- This is also a bonus stretch for your left triceps muscle.

Move down the back of your neck and stop when you reach the shoulders.

Repeat this rake-and-twist technique three times or until you feel a loosening of the posterior neck musculature.

Repeat on the other side of the neck, using the right hand on the left side of your neck.

Lobster Claw

Lobster Claw



Step 1



Step 2

Step 1:

- Like lioness grips the nap of its cub's neck, you look up and grasp the back of your neck.

Step 2:

- Take a deep breath in and exhale as you pull the muscle tissue away as you look down, pinching your fingers together like a lobster claw.
- As you nod your head down, try to bring your chin to your chest.

Repeat several times and then switch sides.

Pinch, Lift & Laterally Flex

Pinch, Lift & Laterally Flex



Step 1:

- Grip your upper trap with the fingers of your opposite hand.
- Cradle your elbow with your palm to support it.
- Squeeze the trap and lift the muscle tissue up a bit

Step 2:

- Take a deep breath in and exhale as you laterally flex your neck, bringing your ear towards your shoulder for a few seconds, stretching that muscle tissue.
- Rotate your head

Repeat several times and then switch sides.

- Alternatively, if you're finding it too challenging to pinch, you can use the fingertips (see middle image above) to pin down on any knots and laterally flex your neck next to the opposite shoulder.

Hook & Knead

Hook & Knead



Step 1



Step 2

Step 1:

- Hook your fingertips on any tight knots you can feel on your upper traps.

Step 2:

- Dig your fingertips down and drag them forward and then release; pulling down on your elbow with the other hand helps to control the movement of your fingers.
- Move laterally from where the top of the shoulder meets the neck to the edge of the shoulders.

Switch sides.

Chin Tucks

Chin Tucks



Step 1



Step 2

Chin Tucks are good for reversing forward head posture and strengthening the anterior neck muscles. Chin Tucks resemble a chicken head's movement as it clucks.

Step 1:

- Use your index and middle fingers to guide you by placing them on your chin.

Step 2

- Retract your neck and hold that position for 3 to 5 seconds.
- The more of a double chin you create the better.

Repeat 5 times.

Note: If you want to tone your double chin, don't get [Jawzrsize](#), it can weaken your teeth. Try [these 7 exercises](#) from Bright Side instead.

Lateral Neck Flexion

Lateral Neck Flexion



Step 1



Step 2

Step 1:

- Look straight ahead and begin with the chin tuck exercise, so your ears are aligned with your shoulders.

Step 2:

- Drape your hand over your ear, and pull your head down toward your shoulder.
- Hold for a few seconds and then release.

Repeat ten times and then repeat on the opposite side.

Shoulder Squeeze with Neck Extension

Shoulder Squeeze with Neck Extension



Step 1



Step 2

Step 1:

- Inhale and then Squeeze your shoulder blades together, forming the letter W with your arms.

Step 2:

- Extend your neck by raising your chin, tilting your head backward, and looking up.

You want to hold these two movements for about 3 to 5 seconds, and then you will exhale and do the forward curl with interlaced fingers.

Forward Curl with Interlaced Fingers

Forward Curl with Interlaced Fingers



Step 1



Step 2

* This exercise is a continuation of the last movement, so remember to exhale out through your mouth as you do it.

Step 1:

- Interlace your fingers so that your palms are facing away from you

Step 2:

- Extend your arms out in front of you as you perform a forward curl, rounding your back and flexing your neck, so your chin touches your chest.
- Stretch for 4-8 seconds.

Repeat 3-5 times.

Seated Side Bend

Seated Side Bend



Step 1:

- Begin by placing your right palm on your left knee.

Step 2:

- Inhale, and as you exhale, reach your left hand over your head with your palm facing down. You should feel a stretch on the side of your torso.

Helpful Resources:

- [Morgan's Massage Blog](#)
- [Morgan's Books on Amazon](#)
- [Morgan's Courses on Udemy](#)