

# Stiff Neck

## Exercise Program



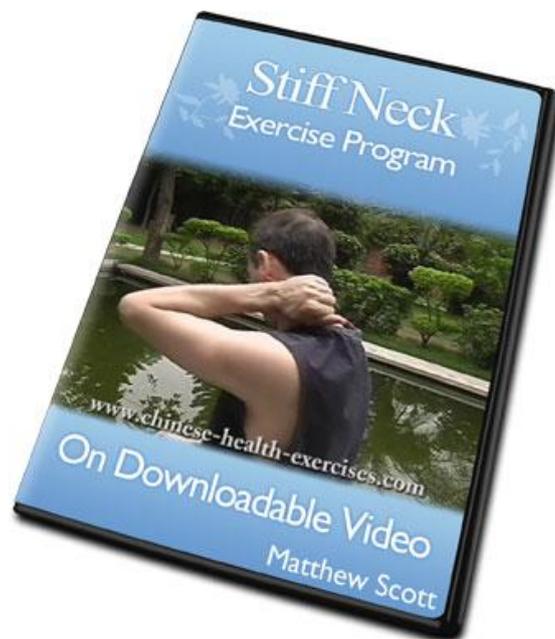
On Downloadable Video

Matthew Scott

# Stiff Neck Exercise Program

## Program Notes

Matthew Scott



## Contents

Contents .....	3
Introduction .....	5
Other points to note before you start .....	5
Technique 1. Head Pressure Point (Gb20) .....	6
2. Neck and Shoulder Pinch .....	6
3. Back Twist .....	7
4. Back Arch.....	8
5. Leg Pressure Point (St36) .....	9
Other programs by Matthew Scott .....	11
Other websites by Matthew Scott.....	11

**All Rights Reserved.** No part of this document may be reproduced or transmitted in any form whatsoever; electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

### **Disclaimer and Legal Notices**

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. This guide is for informational purposes only. While every attempt has been made to verify the information provided in this guide, the author assumes no responsibility for any errors, inaccuracies, omissions or any action taken by the reader as a result of reading this document.

© Copyright Matthew Scott 2006-2010

## Introduction

These notes support the downloadable videos at: [www.chinese-holistic-health-exercises.com](http://www.chinese-holistic-health-exercises.com)

If you or someone you know suffers from stiff neck you know how painful and debilitating it is. Not any more - the self-massage techniques and exercises in this program are simple to do and more importantly they work. Also included in the program is lifestyle advice to enhance the effect of the exercises and techniques. The program takes about 15 minutes only. If you currently have a stiff or sore neck do the program morning and night until the problem is resolved. As a preventative, do the program once a day and whenever you feel your neck is getting stiff or sore.

**Matthew Scott** B.Ac, MA  
Graduate Australian College  
of Natural Medicine (Brisbane)

## Other points to note before you start

1. Each exercise and technique in the program is shown in a **separate video clip** to minimize download time for people without high-speed Internet. For the same reason, each clip has been kept as short as possible, but long enough for you to clearly see how to do the exercises and techniques, e.g. you'll see 3 full repetitions of an exercise, not all 10 or 15 reps. However, these written notes give you complete step by step instructions, including how many reps/sets you should do, and lists of benefits and tips for each exercise and technique.
2. **Important:** None of the information or exercises on the website or in these notes is intended to replace professional medical advice, diagnoses or treatment. You should always **consult your health professional** before starting or changing an exercise program, particularly if you're in poor health and/or haven't exercised for some time.

3. If you have any **questions or concerns** please let me know via the contact form on my website. I'm here to help you get the absolute most out of every exercise and technique.

You should follow the order shown below. Watch each video clip first to see how it's done, then refer to these notes for full instructions.

## **Technique 1. Head Pressure Point (Gb20)**

**Time:** 1 minute

**Benefits:** Relieves neck pain, headache, sore eyes, hypertension, and blocked, stuffy head from common cold and sinus problems.

### **How**

Standing or sitting. Put your hands on your head and use your thumbs to locate the depressions at the base of your skull, about 6cm (2 inches) out from the middle of your neck. The points are just to the outside of the large muscles running down the side your neck. Press your thumbs in and slightly upward in the direction of your eyes. Press till you feel no more than a comfortable pain, then hold while you knead the points in very small circular movements for 1 minute.

**Tips:** If the points are very tender ease off the pressure a bit; close your eyes and focus on the points as you press them.

## **2. Neck and Shoulder Pinch**

**Time:** 2-3 minutes

**Benefits:** Relaxes you by relieving tension in your neck and shoulders; also effective for stiff neck pain.

## **How**

Standing or sitting. Rub your hands together briskly to charge them with energy and warm them up. Use your left hand to grasp and pinch the flesh along the left side of your neck, from top to bottom, 3-5 times, or more. Repeat on the right side with your right hand. Then use your right hand to grasp and pinch your left shoulder and upper back a dozen or more times. Reach as far down your back as you can. Grasp as much flesh as you can in all areas and pinch as hard as is comfortable. Repeat on your right shoulder and upper back with your left hand.

**Tips:** With or without your shirt on is okay - directly grasping/pinching your flesh is a stronger technique though; if you're particularly tense or irritable or have a sore neck and shoulders then do the technique for longer, say 5 minutes, or have someone do it for you.

## **3. Back Twist**

**Time:** 1-3 minutes

**Benefits:** Aligns your vertebrae, loosens your spine, hips and shoulders, and massages and invigorates your abdominal organs as you twist from side to side; enhances blood circulation; improves sluggish digestion.

## **How**

Stand with feet parallel and about waist width apart. Slowly start twisting your torso from side to side. Keep your arms loose and let them swing with the force generated by the twisting. Stay evenly balanced on both feet, i.e. try not to sway from side to side, or forwards and backwards. Do 20-30 (or more) twists to each side. Don't stop suddenly though - let your arms swing until they naturally stop by your sides.

**Tips:** Do it on such a surface that your feet don't move; an excellent exercise on its own anytime your back feels stiff, or as a warm up/loosening exercise.

## 4. Back Arch

**Time:** 2-3 minutes

**Benefits:** Loosens and stretches your whole back, especially your upper back and neck, and your lower back and pelvic area; firms the sides of your torso and waist; an excellent double chin exercise.

### How

1. Stand with your feet parallel and about waist width apart. Rest your hands just above your knees, fingers pointing inwards.
2. Exhale through your nose or mouth as you drop your head towards your chest and push your hips and pelvis forward. Feel your entire spine stretching. Don't overstretch your neck though.
3. Inhale as you raise your head up as high as you can and at the same time move your hips and pelvis back the other way until your butt is sticking up. Feel your entire spine arching. Exhale as you drop your head and butt to repeat steps 2 and 3, at least 3 times.
4. As you inhale the final time, stick your butt up (as above) but raise your head only till you're looking straight ahead. Exhale as you turn your head and look over your right shoulder. At the same time lift your right hip and buttock a little. Do not lift your feet though. Feel the right side of your torso tightening.
5. Inhale as you drop your hip and turn your head back to look straight ahead. Exhale as you turn to look over your left shoulder and raise your left hip and buttock. Once again, do not lift your feet. Feel the left side of your torso tightening. Inhale as you drop your hip and turn your head back to the front. Do 3 turns to each side, then finish off by repeating steps 2 and 3 a couple more times.

**Tips:** Keep the exercise soft and smooth to protect your neck in particular; begin slowly and gradually increase the stretch.

## 5. Leg Pressure Point (St36)

**Time:** 1-2 minutes

**Benefits:** A major point in Chinese acupuncture and acupressure therapy; boosts qi (vital energy) and blood production, a deficiency of which can cause chronic aches and pains; also benefits your digestive organs.

### How

Sit down. Locate the depression just below and to the side of your right kneecap. Put your right index finger on the depression, then use your left hand to measure 4 finger widths (the width of your hand across the second knuckles) down your leg from the depression. The point is in the muscle running alongside your shinbone - as you rub the point the tip of your thumb will touch your shin bone. Use your right thumb to press the point till you feel no more than a comfortable pain. Hold the pressure while you rub the point in a very small circular motion for 1 minute. Repeat on the other leg. Or, locate both points first and mark them with your thumbnail, then rub both at the same time, as shown in the clip.

**Tips:** Press and rub the points anytime you feel tired or weak, or have stomach problems such as bloating, indigestion or poor appetite.

You can **enhance the Stiff Neck Program** if you:

- Do the program when you *don't* have neck pain, i.e. as a preventative measure. Do it at least once daily.
- Avoid or take regular breaks from activities that you know cause neck stiffness and pain.
- Add a few drops of liniment to your neck before doing the Neck and Shoulder Pinch
- Protect your neck and shoulders from wind, e.g. from fans, air conditioners and when outside – exposure to wind is regarded in Chinese medicine as a common cause of stiff neck *and* other problems.

- Take measures to prevent emotional stress - stress creates muscular tension, especially in your neck and shoulders; regularly doing the Stiff Neck Program *and* Chinese Long Life Exercise Program will help you better handle and eliminate stress in your life.

## **Other programs by Matthew Scott**

Long Life Exercise Program – for better physical, mental, emotional health

[www.chinese-holistic-health-exercises.com/at-home-exercise-program.html](http://www.chinese-holistic-health-exercises.com/at-home-exercise-program.html)

Long Life Evening Program – to unwind at night and sleep soundly

[www.chinese-holistic-health-exercises.com/natural-remedies-for-insomnia.html](http://www.chinese-holistic-health-exercises.com/natural-remedies-for-insomnia.html)

Stop Headache Program

[www.chinese-holistic-health-exercises.com/headache-pressure-point.html](http://www.chinese-holistic-health-exercises.com/headache-pressure-point.html)

Common Cold Program

[www.chinese-holistic-health-exercises.com/common-cold-remedies.html](http://www.chinese-holistic-health-exercises.com/common-cold-remedies.html)

## **Other websites by Matthew Scott**

Chinese Health Exercises

[www.chinese-holistic-health-exercises.com/](http://www.chinese-holistic-health-exercises.com/)

Chinese Herbal Remedies

[www.chinese-herbal-remedies.com/](http://www.chinese-herbal-remedies.com/)