



Menu Number: xx

Menu Created: xx/xx/xx

Neck Pain Menu

NUMBER	SETS	REPS / DURATION	E-CISE
01	3	20	Standing - Quad Contractions
02	1	1 min	Standing Forward Bend
03	3	20	Standing - Gluteal Contractions

MENU NOTES:

- Pay close attention to your movement and alignment during the E-cise more so than the amount of effort/strength exerted - It is better to perform the E-cises correctly than trying too hard.
- Remember to breathe throughout the exercises and make sure that your breathe deep into your abdomen using your diaphragm.
- **DON'T HOLD YOUR BREATH!**

THANK-YOU TO EGOSCUE

These E-cises (Exercises) are courtesy of **The Egoscue Method™**

www.egoscue.com



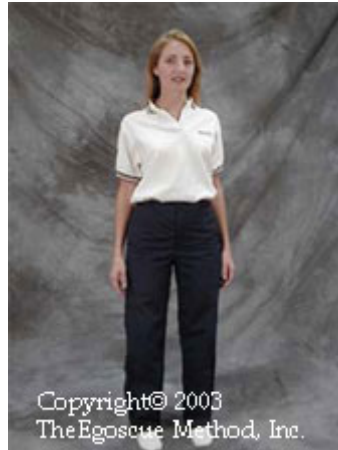
www.UpwardSpinal.co.uk

The Posture Alignment Specialists...

...Taking The Kinks Out Of Your Body, And The Stress Out Of Life!



Standing Quad Contractions



How to Perform this E-cise™:

- Stand with your feet pointed straight ahead and your upper body relaxed.
- Begin tightening and releasing your thighs/quads and remember to keep your stomach/abdominals relaxed.
- Only use your thighs in this exercise and keep your feet straight.

What this E-cise™ does:

- This exercise promotes proper function between the ankle, knee, and hip.

Click the link below to see a Video of this E-cise™.

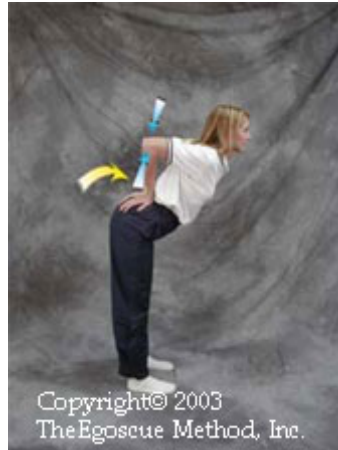
[Standing - Quad Contractions](#)

SETS:

REPS:

DURATION:

Standing Forward Bend



How to Perform this E-cise™:

- Stand with your feet facing straight and place your palms on your low back/upper buttocks area.
- Tilt your pelvis forward to place an exaggerated arch into your low back and pull your elbows and shoulder blades together and HOLD.
- Begin bending forward with your hips initiating the bend (NOT your low back bending over) - KEEP the low back arched as you bend over.
- Tighten your thighs and move the weight into the balls of your feet.
- HOLD.

What this E-cise™ does:

- This exercise promotes bilateral pelvic extension through engagement of the spinal extensors while vertically loaded through the legs.

Click the link below to see a Video of this E-cise™.

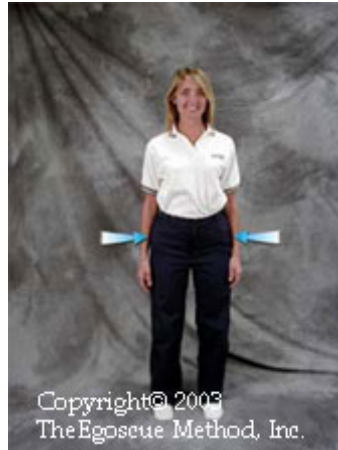
[Standing Forward Bend](#)

SETS: _____

REPS: _____

DURATION: _____

Standing Gluteal Contractions



How to Perform this E-cise[™]:

- Standing with your feet pointed straight ahead, begin squeezing and releasing your buttocks muscles together.
- DO NOT contract your stomach muscles or your thigh muscles.
- If it seems too difficult, point your feet outward 45-degrees for a set of twenty and then straighten your feet up again for the next two sets.
- Relax your upper body, your stomach and your thighs.
- Placing your hands on your buttocks muscles will allow you to feel the contraction.

What this E-cise[™] does:

- This exercise promotes proper weight distribution in a standing position.

Click the link below to see a Video of this E-cise[™].

[Standing - Gluteal Contractions](#)

SETS:

REPS:

DURATION: