

TTIPS VOL. 21/22 – INSIGHTS EASING NECK PAIN

You know that you are addicted to cycling when:

You move to a new state and the first thing you look for in your areas is a bike shop.

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Last week our column was on back pain related to bicycling. A fellow KABC rider suggested that I address neck pain also. Long rides, especially on rough asphalt certainly can cause fatigue in your neck muscles leading sometimes to post-ride neck pain. The good news is that you can do something about it. If neck pain or soreness is an issue for you during and after your ride, read the following article from Bicycling.com.

----- **This One-Minute Stretch Will Work Wonders on Your Tight, Achy Neck**

EASE YOUR NECK PAIN IN JUST ONE MINUTE WITH THE STRETCH BELOW

BY BROOK BENTEN JIMENEZ, AUG 21, 2017 / BICYCLING.COM

A pain in the neck, whether caused by nonstop screen time, your sleeping position, or poor posture, can be one of the most nagging nuisances. Maybe that's why it's a metaphor for all things annoying!

On the bright side, you can ease the pain and soothe your neck in just one minute with the stretch below. (These stretches are performed while seated on the floor with your legs crossed and your spin straight):

Lateral Neck Flexion with Arm Abduction

Passively dropping your head to the side (lateral neck flexion, Step 1) will provide some pain relief, while actively wrapping the opposite hand around your head and pulling down (Step 2) offers even more. For the most relief and deepest stretch, walk out your fingers on your lead arm (Step 3).

The key is doing these steps gradually and in order. Your neck is fragile, and those nerves don't take kindly to being pulled aggressively. That's why we spend 10 seconds at a time in each step, gently intensifying the stretch

Perform this one-minute stretch two or three times a day on any day your neck is feeling especially tight.

Step 1: Tilt your head to the side, taking your left ear towards your left shoulder. Hold here for 10 seconds before transitioning to Step 2.

Step 2: Wrap your left hand over your head to grip. Apply a little pressure. If that feels fine, apply a little more. Hold here for 10 seconds before adding Step 3.

Step 3: With two peace fingers on your right hand, walk your right arm out away from you. As you inch your arm away, be sure to keep your right shoulder dropped to relax your upper traps! Hold here for 10 seconds

Repeat on the other side.

Alright riders, that's it for this week. See you Saturday on the road. And remember.....

Make Every Ride Epic,
Darryl