

(Wellness Tips Ezine) Sore neck? Check how you breathe!



Reduce neck strain

Does your neck often feel tight and sore? Perhaps your way of breathing is partly to blame.

Look at your neck in the mirror while you breathe. Try not to change how you are breathing - you are simply observing. Do you notice your neck muscles tighten with each breath? Now place your hand gently around the front of your neck, thumb on one side, fingers on the other, and once again tune into your breathing. Do you feel any muscles hardening and then softening as you inhale and exhale?

If you saw your neck muscles working, or you felt them turning on and off while you were breathing, it is not surprising that your neck feels tight and sore. The neck muscles are not meant to pull up your ribcage with each breath - they are small and stringy things, and it is hard work for them to counteract the pull of the larger muscles that connect the ribs to the pelvis. Your breathing muscle is your diaphragm, and learning to use this muscle will be key to reducing the strain in your neck. The only time your neck should get involved in breathing is when you are exercising so hard that your breathing pace has quickened significantly.

Wrap a towel or strap around your lower ribcage, cross it in the front and hang onto the ends. Now as you breathe, try and feel your lower ribs expanding all around against the towel or strap. Keep your neck quiet. Don't breathe in more air than usual - simply try and place the air low in your ribs. You can also practice by lying on your back and placing your hand on your neck to monitor for unwanted muscle contraction. As you breathe, you should feel your ribs imprinting more into the floor, and you should feel nothing in the neck. Be consistent in your practice, and your breathing pattern will change.

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BORN TO BE MILD!



Ha ha ha - Hope you enjoyed that YouTube video!

Do you relate more than you care to admit?

Thankfully aging doesn't have to be like that!

The Anti-Aging Exercise Solution to your rescue!

Do you know at least 3 reasons why getting in and out of cars, getting up from the floor, or grabbing that case of wine out of the trunk of the car tend to get tougher as we age?

- 1) We get too tight so we lack the range of motion required for the activity.
- 2) We become too weak to do the activity.
- 3) We may lack the stability to do the activity safely.

The Anti-Aging Exercise Solution

addresses these issues by choosing exercises that increase flexibility and strength at the same time.

The DVD shows you:

- How to regain or improve your strength and flexibility!
- The key exercises that target and reverse common postural weaknesses!
- A full body workout detailing correct technique and common mistakes to avoid.

The Anti-Aging Exercise Solution

is a complete workout for the exercise enthusiast and the wannabe from age 40 to 100. The power of the exercise is in the details!

Buy the DVD now and start your journey to better function by becoming more flexible, yet stable and strong.