Healing Upper Back, Neck & Shoulders

Samasthi/Tadasana

- IN \[ \rightarrow \] EX
- OR \[ \rightarrow \] IN
- OR with straight arms side to side
- IN \[ \rightarrow \] EX
- OR \[ \rightarrow \] IN
- Then \(\bigcirc\) side stretch
- Also, go up on toes

Uttanasana

- EX \[ \rightarrow \] IN
- IN \[ \rightarrow \] EX
- IN \[ \rightarrow \] EX

Virabhadrasana

- IN \[ \rightarrow \] EX
- Try with cow arms with belt
- OR
- IN \[ \rightarrow \] EX
- \(\bigcirc\)
Cakravakasana

Twist to Easy side & Hard side

upper back only

Cakravakāsana
Prithivi Namaskāram

Urdva Mukha Śvānāsana

Chair Urdhva Mukha Śvānāsana with Adhomukha Śvānāsana: Upward/Downward Facing Dog

Bhujangāsana

Arms back or front or in between
Hard Block
Makes legs work
Clasp Hands
OR
Block
SoLuTe on IN
OR
Balsh under belly
Restorative Back Arches

Matsyāsana - Fish

- 2 hard blocks
- 2nd block across mid back or along spine at upper back.

Big Chest Opener

Setubandhāsana

- 2 Bolsters w/ belts
- OR 2 x 2 soft blocks
- OR 2 x 2 soft blocks

Belt on thighs: block b/t thighs for pelvic stability
Under scrotum: 2-4 soft blocks
- 1 hard block
- or 1 Bolster

Shoulder Loop & Open Chest

Catuspāda Pītham

Dvipādapītham

Belt (palms up)
**Jānuśīrṣāsana (Pārśva)**

\[\text{Parśva (side)} \]

- 【IN】

- 【EX】

- Bolster along leg
- OR Rolled Mat under leg

**Upavīṣṭa Koṇāsana (Pārśva)**

\[\text{Parśva (side)} \]

- 【R】

- 【L】

- Bolster along leg or under it

**Child’s Pose - Balāsana or Adhomukha Supta Vajrāsana**

\[\text{OR} \]

- Add blocks under arms/head

\[\text{OR} \]

- Block
- or

- Bolster / blocks

**Jāṭhara Parivṛtti (Parivṛtti)**

\[\text{Fetal Position with Bolster} \]

- 【IN】

- 【EX】

- Bolster

- Sundried arms open across chest
- OR Overhead
Utthita Trikonāsana (Parivrtti)

- Arm back
- Look down
- Turn foot in
- Prop up hand w/ block or chair

Utthita Pārsvakonāsana (Parivrtti) - Standing Side Angle Pose (Rotated)

- Arm on thigh, OR Chair OR Hand on blocks / chair
- Look front or floor

Ardha Matsyendrāsana

- Untwist head
Utthita Trikonāsana (Pārśva)

3 triangles

OR

Arm back

Bend Knee/Arm

Look down

Turn foot in

Turn foot out

Prop up hand w/block or chair

Utthita Pārśvakonasana

OR Modified

Turn Foot

Bend Arm

Look front or floor

Arm on thick OR Chair OR Hand on blocks/Chair

Vasisthāsana - Side Plank

OR

Look down

OR

Look down
**Ardha Candrasana - Half Moon**

- IN
- EX
- blocks/chair

**Jathara Parivrtti (Parsva)**

- IN
- EX

Turn head if comfortable

L ankle over R to left side OR reverse

Add blankets/blocks under head/shoulder as needed

Bolster for tight hamstrings/ LB pain ~ Lordosis (Sway Back)
OR for disabilities e.g. spasticity in legs

**Viparitakarani**

- IN
- EX
- Add blocks (4 soft)
- or
- 1-2 Folded Blankets as needed
- or
- Belt on upper arms
Viparītakarani with Eka-pāda (Ākuṇcana-sana)

Inverted on foot

Add blocks (4 soft)
or
1-2 Folded Blankets as Needed across shoulders/C7 (neck)
& Belt on upper arms

Viparītakarani with Eka-pāda & Halāsana

Inverted on folded Plane

Add blocks blankets under upper back - across C7
Add belt on upper arms

Nerve Flossing: Ulnar, Radial & Median Nerves
https://en.m.wikipedia.org/wiki/Ulnar_nerve#/media/File%3ABrachial_plexus_2.svg
They originate from the brachial plexus, carrying fibers from the spinal nerves C5, C6, C7, C8 & T1

1. Turn fingers back - Radial Nerve
2. up - Medial Nerve
3. in front - Ulnar Nerve

lobster claws