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How to feel comfortable in your neck

This boy is doing a nice trick – a side head stall. Does he look comfortable?

I think so.

And, especially, how about his neck? Does he look like he is ok?

Yes, he looks good.

Does this photo have anything to do with having neck pain and alleviating it?

I think so.

One of the YouTube tutorials for this trick says,

“You need to make small movements with your head and body to stay directly underneath the ball to balance it.”

This statement is in tune with our Feldenkrais philosophy. To paraphrase, in relation to the neck: “In walking or sitting, you need to be sensitive and mobile in your shoulders, ribs, hips, legs and feet. When you keep them directly under your head, you avoid strain in your neck.”

Many people who have neck pain do head rolls. But, instead, or in addition, how about rib rolls, or hip rolls, or rotations through the feet? It is an inverted approach, and it often works. An extra benefit is that as your neck becomes more comfortable, you look and feel overall more agile, and younger.

