

Other modalities:

A percussion massager: I bought the sharper image one, but I don't know that it is better than other brands; I just know it is good. You can use it on any tight muscles of your body, but I advise you use it on your trapezius muscles, which are the muscles extending out from base of neck toward your shoulders. And in the teres and latissimus points that we realized are big players in your shoulder/chest position. (under armpit and inferior part of your shoulder blade).



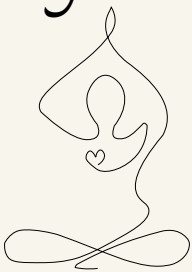
Apply pressure to muscles only at levels 1 or 2. Avoid percussive pressure on your bones.

Click image for product link*

Heating pad for comfort



Anterior Neck Yoga Poses



Some of these are for people who've done yoga a lot and not for beginners. Don't do any of the extreme back bends or shoulder stands if you have not done it with an instructor in the past.

Do not do severe stretching of front of chest and abdominals if you could be pregnant.

Some of these neck stretches could stimulate a thyroid. Do let me know if you have a thyroid condition.

Camel Pose



Cobra Pose



Cat/Cow



*Recently a patient from Argentina told me it is called Happy cat/Angry cat which I think describes it better! Here's a great [diagram](#) I found.