



HOW TO DEAL WITH INJURIES

Do you have Neck pain? This guideline suggestion can help you deal with the pain, stretch out and strengthen, and work out deeper issues through massage to help you heal faster. This program is designed by the owner Al Cardiello, Manager and Group instructor Kim Nuechterlein, and Massage therapist Thea Hill.



1
Pain relief

CBD Cream
Ice for first 24-48 hours
Heating pad

2
Stretch & Foam roll

Slowly stretch your head in side-to-side and up-and-down motions.
Door pectoralis Stretch

3
Strengthen

Seated Rows
Chest Fly
Focus on Posture and form for all exercises

4
Massage

Massage and Assisted Stretching
Upper Trapezius
Scalenes
SCM Levator
Scapulae

Click on "1", "2", "3", or "4" for an informative Video