

NECK PAIN

911

workshop outline

BY ALEXANDRA ELLIS

WORKSHOP OUTLINE

Neck Pain 911

Mobilizations

SCM Pinch + Pull

Five horizontal lines for notes.

Pec Smear

Five horizontal lines for notes.

Trap Sandwich

Five horizontal lines for notes.

Upper Back Rollout

Five horizontal lines for notes.

Activations

Neck Nods

Five horizontal lines for notes.

WORKSHOP OUTLINE

Neck Pain 911

Activations cont.

Rib Crunches

Four horizontal lines for notes under Rib Crunches.

Neck Lifts

Four horizontal lines for notes under Neck Lifts.

Thread the Needle Flow

Four horizontal lines for notes under Thread the Needle Flow.

Face Down Wall Slides

Four horizontal lines for notes under Face Down Wall Slides.

Neck Stabilizer at the Wall

Four horizontal lines for notes under Neck Stabilizer at the Wall.

WORKSHOP OUTLINE

Neck Pain 911

Cool Down

Neck Roll _____



▶ About AE Wellness and Alexandra Ellis

Alexandra Ellis is a Wellness Coach who specializes in helping people get out of pain with a combination of bodywork, wellness, and movement. Many of her clients are people who have been pushing through pain for so long they don't realize that a life without pain is even possible. Her teaching and studies focus on injury prevention, rehabilitation, and wellness, inspired by her studies at UC Davis where she earned a BS in Exercise Biology. She's made it her life's mission to help more people get out of pain so they can step into their greatest potential.

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