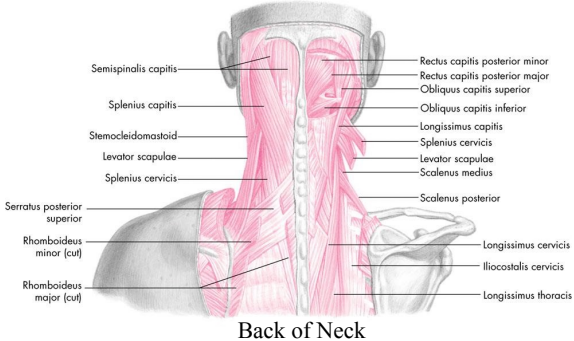
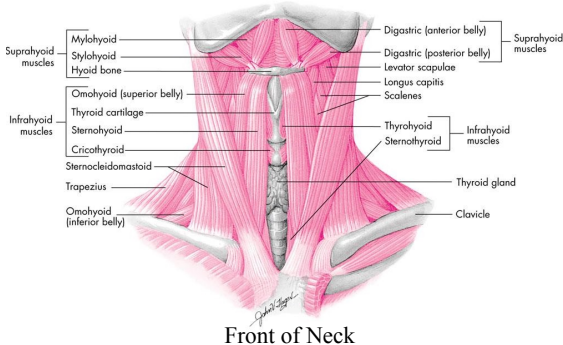


Moving Through Parkinson's

Corey O'Keefe

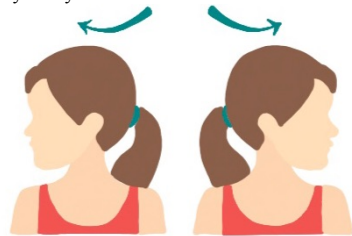
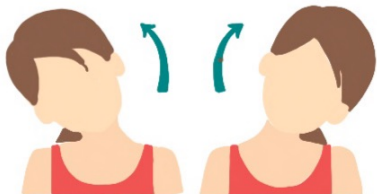
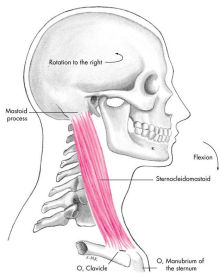
Muscles of the Neck and Upper Back

The muscles of the neck span across the skull, down the spine, and across the shoulder blades, making them extremely important for the safety of our nervous system. These muscles have a tendency to become stiff with age, so stretches as described below are a great way to find movement and blood flow through the area to reduce pain and tightness.

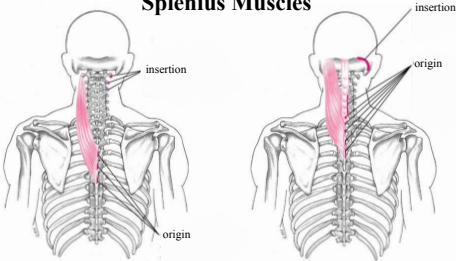


Sternocleidomastoid Muscles

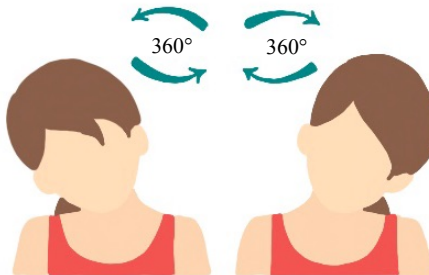
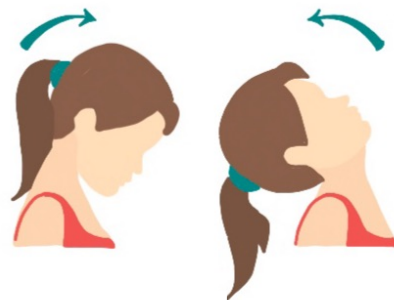
Muscles on the lateral sides of your neck that help to laterally flex your head and neck as well as rotate your head to the left and right



Splenius Muscles

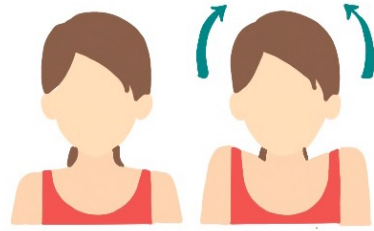


A group of muscles connected to the upper vertebrae of the spine that travel down the spine to rotate and laterally flex the head and neck.



Levator Scapulae

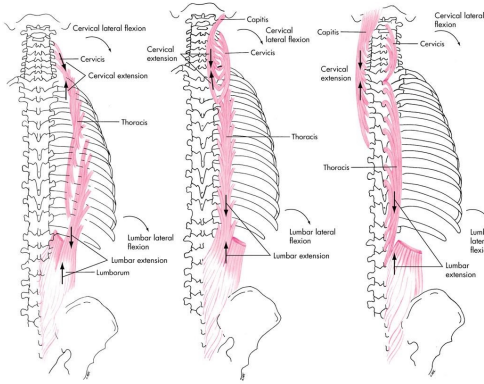
A muscle located on the lateral sides of the neck that attaches at the top of your scapula to raise and lower your shoulders



Shoulder Shrug

Erector Spinae Muscles

This group of muscles is located on either sides of the spine and contract to extend and rotate your spine. They are connected to your head, neck, spine, and pelvis.



Cat and Cow Stretch