



Consultation Recommendations:

Neck Pain, Shoulder Issues, Chronic Lower Back Tension

Breathing pattern: <http://surfstrengthcoach.com/can-you-breathe/>

- practice your breathing while laying on your foam roller, arms out the side with a bit of stretch through the chest
- Tennis ball release with the trapezius muscles (upper shoulder)
- Self release SCM that's the muscle that attaches from ear to collar bone. lay on back and massage this muscle
- tennis ball release for back muscles and chest muscles... <http://surfstrengthcoach.com/happy-surf-shoulders/>
- workout master neck stretches <http://www.youtube.com/watch?v=QsLFldlc3nE>

The above series of breathing and tennis ball release is to be done in that specific order.

Also, Find a good massage therapist for deep cervical spine release work, particularly the suboccipital muscles, acupuncture would be a good idea too.

Be aware of proper neck position when surfing. Tuck chin, then extend head backwards, then raise eyes to horizon.

LOW BACK RELEASE;

http://www.youtube.com/watch?v=TIDTe_cUw_g&feature=c4-overview&list=UUCNZ9zfcSzWw_LErqxhuT3g

Some other beneficial ideas for you to work on with your hips to help the low back get a bit looser. check out all the links below and see what feels good for you.

<http://surfstrengthcoach.com/how-to-loosen-up-tight-hips/>

<http://www.surfing-waves.com/surf-fitness/hip-mobility.htm>

http://www.youtube.com/watch?v=ao5sSu_izDY

Shoulder stuff: always good for surfers to keep working on shoulders.

-Mobility stuff: the video was posted earlier in the email, but again, goes through good tissue work, and the wall stretch which could help strengthen the back and posterior shoulder. <http://surfstrengthcoach.com/happy-surf-shoulders/>

-more shoulder mobility stuff.... good for

ya! <http://surfstrengthcoach.com/surfers-shoulders-tissue-mobility-3/>

- good exercise to strengthen the posterior shoulder and neck , shoulder clocks <http://surfstrengthcoach.com/surf-shoulder-exercise/>

there's a lot of info. start giving those videos a watch and let me know any questions. find someone to help out with that neck massage!!

cheers man

cris