



Get Fit. Life Tip. Body 101 - Neck

The neck is what distinguishes our heads from the rest of our body. There are 4 muscles that make up the musculature of the neck and each muscle has a different function:

Muscle	Location	Function
Sternocleidomastoid	Bottom of the skulls to the sternum (top of the chest bone)	Cervical flexion, extension, rotation and lateral flexion and extension. Stabilizes the cervical spine and the acromioclavicular joint (clavical bone and shoulder blade bone)
Scalenes	Runs vertically in your neck; it's what you feel when you tighten your neck	Helps with cervical flexion, extension and rotation and lateral flexion and extension Helps to stabilize the cervical spine
Longus Coli	Under your chin in your neck	Cervical flexion, extension, rotation and lateral flexion and extension.
Longus Capitis	Side of your neck from C-3 to your occipital bone (back of your skull)	Cervical flexion, extension, rotation and lateral flexion Stabilizes the cervical spine (C-1 to C-7)

Neck pain has become more common with the increased number of desk jobs that require daily computer use. Stress, poor posture, poor movement patterns and compensation due to muscle weakness can all cause neck pain. You can prevent neck pain by improving your posture, finding balance between your muscles and having proper movement patterns. If you do have neck pain stretching and foam rolling may help alleviate some pain, but you should consult a professional if pain continues.

Check out the Get Fit with Bill Witte website for new information on the new classes.

Bill Witte a NASM-CPT, NASM-PES, ACE-CPT and CPR-AED certified trainer.

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