



Stroke # 13 C CREASE OF THE NECK Part C
Diving In

Tool: Stiff fingers

Stroke area: Start at mid-crease. Dive straight in so that you gently get your fingertips underneath the shoulder blade. Have one hand help the other stay in the crease as you work towards the scapulo humeral junction. You should feel an energetic release before you change hand positions each time

Purpose: Loosen neck crease. Create slack for the whole neck to let go.