



Stroke # 13 D CREASE OF THE NECK Part D

Tool: Wedge Fist

Stroke area: Start at top of base of neck 4" cranial to the crease
Angle the edge of your leading finger into the crease as you go down. Your leading finger guides your slanted fist into the crease.

At a point 3" from the bottom you feel like the tissue doesn't want you to go further so you lean out slightly and the muscle will flop back into place and you continue down with the pressure.

Purpose: Final loosening on neck crease. Create slack for the whole neck to let go.