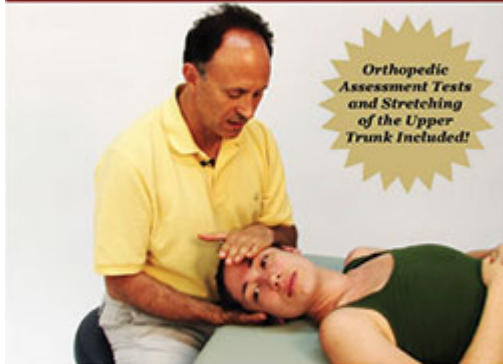


# Stretching the Neck - Beginner, Intermediate & Advanced Techniques



*Joseph Muscolino*

*Stretching the Neck – Beginner,  
Intermediate and Advanced Techniques*  
by *Joseph E. Muscolino, DC*



*Joseph Muscolino*  
Art & Science of  
Kinesiology

**RRP \$59**  
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Dr. Muscolino explains and teaches these techniques Simply, clearly, and thoroughly!

This DVD is a must for manual therapists: massage therapists, structural integration practitioners, athletic trainers, physical and occupational therapists, chiropractic and osteopathic physicians. Learn how to stretch the neck. Beginner, intermediate and advanced techniques are demonstrated and taught: Stretching of functional groups, multiplane stretching, pin and stretch, and neural inhibition.

In Advanced stretching technique, a neurologic reflex is used to inhibit, the target muscle that is being stretched. Creating neural inhibition then allows greater stretch of the musculature. This Includes: Contract Relax (CR), Post Isometric Relaxation (PIR), Proprioceptive Neural Facilitation (PNF), and Agonist Contract (AC, which is the basis of Active Isolated Stretching) stretching techniques are all covered.

All stretching techniques are taught with an emphasis on body mechanics. Also includes Orthopedic Assessment tests and Stretching of the upper trunk.

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