



Neck and Shoulder
Dysfunction
Therapeutic Benefits



Institute for Rehabilitative Qigong & Tai Chi

Accordion Breathing

Key Muscle activation
Diaphragmatic Breathing
Mid / Low Trapezius

Focused Relaxation
Upper Trapezius
Levator Scapula

Bonus
Qi sensing
Gentle motion for highly acute shoulder pain

Polishing the table

Visual Scanning

Key Muscle activation
Cervical / Thoracic Spine Rotators
Mid / Low Trapezius
Obliques

Bonus
Anterior Shoulder Opening
Gentle motion for highly acute shoulder pain

Turtle Retracts Head

Visual Scanning

Key Muscle activation
Deep Neck Flexor
Mid / Low Trapezius
Supraspinatus
Serratus Anterior
A/M/P Deltoid

Cloud hands

Visual Scanning (convergence / divergence)

Key Muscle activation
Cervical / Thoracic / Lumbar spine rotators
Mid / Low Trapezius
Infraspinatus/ Teres Minor
A/M/P Deltoid
Obliques
Anterior Shoulder Opening

Swimming Dragon

Visual Scanning

Key Muscle activation
Cervical / Thoracic / Lumbar spine rotators
Mid / Low Trapezius
Infraspinatus/ Teres Minor
Supraspinatus
A/M/P Deltoid
Obliques

Bonus
Anterior Chest/Shoulder Opening
Median Nerve Mobilization

Heart / Lung Opening

Key Muscle activation
Deep Neck Flexors
Transverse Abdominis
Mid / Low Trapezius
Infraspinatus/ Teres Minor
Supraspinatus
A/M/P Deltoid
Serratus Anterior
Wrist Extension



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Bonus

Median Nerve Mobilization
Anterior Chest/Shoulder Opening

Focused relaxation

Upper Trapezius
Levator Scapulae
Scalenes

2 Hand Offering

Key Muscle activation

Mid / Low Trapezius
Infraspinatus/ Teres Minor
Supraspinatus
Subscapularis
A/M/P Deltoid
Serratus Anterior
Rhomboids
Biceps Long Head
Pectoralis Minor

Owl Turns Head

Visual Scanning

Key Muscle activation

Cervical / Thoracic Rotators
Low Trapezius
Subscapularis
Posterior Deltoid
Rhomboids

Thumb Gazing

Visual Scanning (convergence / divergence)

Key Muscle activation

Cervical / Thoracic rotators
Mid / Low Trapezius
Infraspinatus/ Teres Minor
Supraspinatus
Subscapularis
A/M/P Deltoid
Serratus Anterior
Rhomboids

Between Earth & Sky

Key Muscle activation

Low Trapezius
Supraspinatus
Subscapularis
A/M Deltoid
Serratus Anterior
Pectoralis Minor

Bonus

Median Nerve Mobilization
Closed Pack Position Mobilization

Tree Hugging

Key Muscle activation

Deep Neck Flexors
Mid / Low Trapezius
Infraspinatus/ Teres Minor
Supraspinatus
A/M Deltoid
Serratus Anterior
Rhomboids

Coiling

Key Muscle activation

Cervical / Thoracic rotators
Mid / Low Trapezius
Infraspinatus/ Teres Minor
Supraspinatus
Subscapularis
A/M/P Deltoid
Rhomboids
Gluteus Medius
Deep 6 Rotators



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Bonus

Advanced Coordination Training

Taffy Pull

Key Muscle activation

Thoracic / Lumbar rotators

Mid / Low Trapezius

Infraspinatus/ Teres Minor

Supraspinatus

Subscapularis

A/M/P Deltoid

Rhomboids

Obliques

Bonus

Advanced Coordination Training

Spiraling

Key Muscle activation

Thoracic / Lumbar rotators

Mid / Low Trapezius

Infraspinatus/ Teres Minor

Supraspinatus

Subscapularis

A/M/P Deltoid

Rhomboids

Obliques

Bonus

Advanced Coordination Training