

CROSS FIBER MASSAGE ON THE NECK

By Debranne Pattillo, Equinology CEO

Before you begin more specific work on the neck; warm arm up the area first with **cross-fiber massage**, alternating the direction of your palms. Stay above the large green strap muscle (brachiocephalicus) shown below the hands in these pictures to avoid the cervical bones.



As you get close to the poll, concentrate on the lateral and dorsal poll muscles using your **fingertips, palms or thumb** for the **cross-fiber massage**. Avoid any pressing hard here since you are right over bone. **Think:** plow up with the palms, rake down with the finger tips.



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