



# Getting Comfortable with the Anterior Neck

with  
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**StrongHouse**  
Continuing Education



# Thank you!

American Massage  
Therapy Association  
(AMTA)



Massage Envy



Welcome to  
class!



# Today we will...

A deeper look at our scope of practice

Identify the anatomy of the cervical region by visual recognition and palpation

Discuss the indications and contraindications of anterior neck massage

Demonstration





## The Importance of Establishing Rapport and Deepening the Therapeutic Relationship

Communication

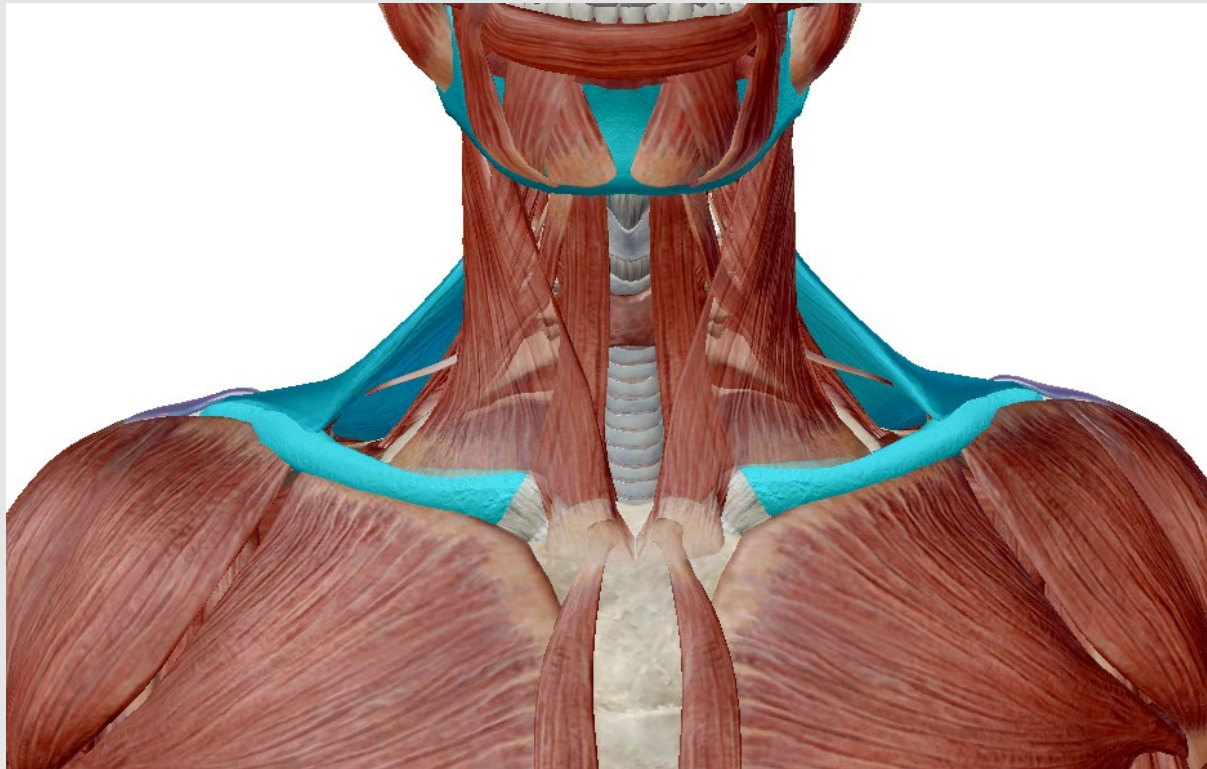
Knowledge

Application

Skill level

Professional and personal experience

Therapeutic setting

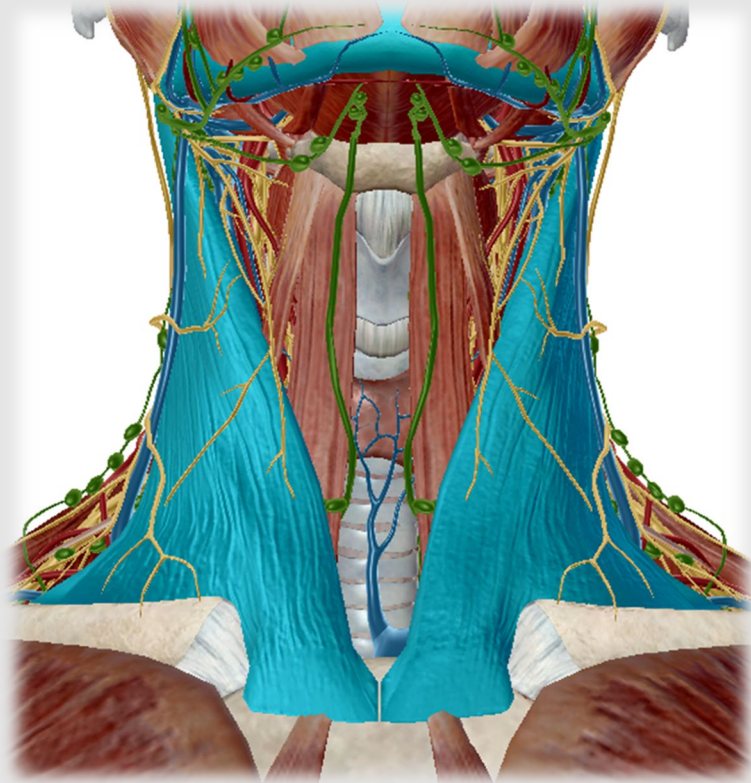


Two anterior margins of  
trapezius

The lower border of the  
mandible

Superior borders of the  
clavicles

The anterior neck is a  
four-sided region

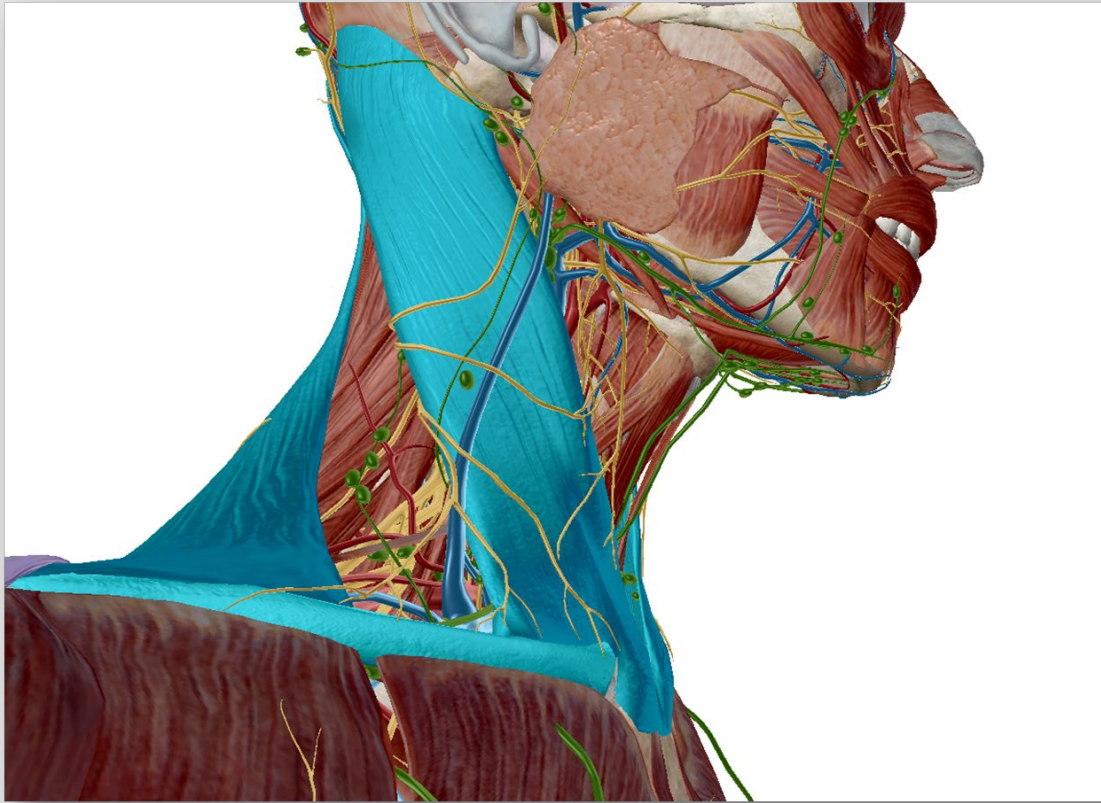


# The Anterior Triangle

One side of the  
lower border of the  
mandible

The midline of the  
body

The  
sternocleidomastoid  
muscle (SCM)



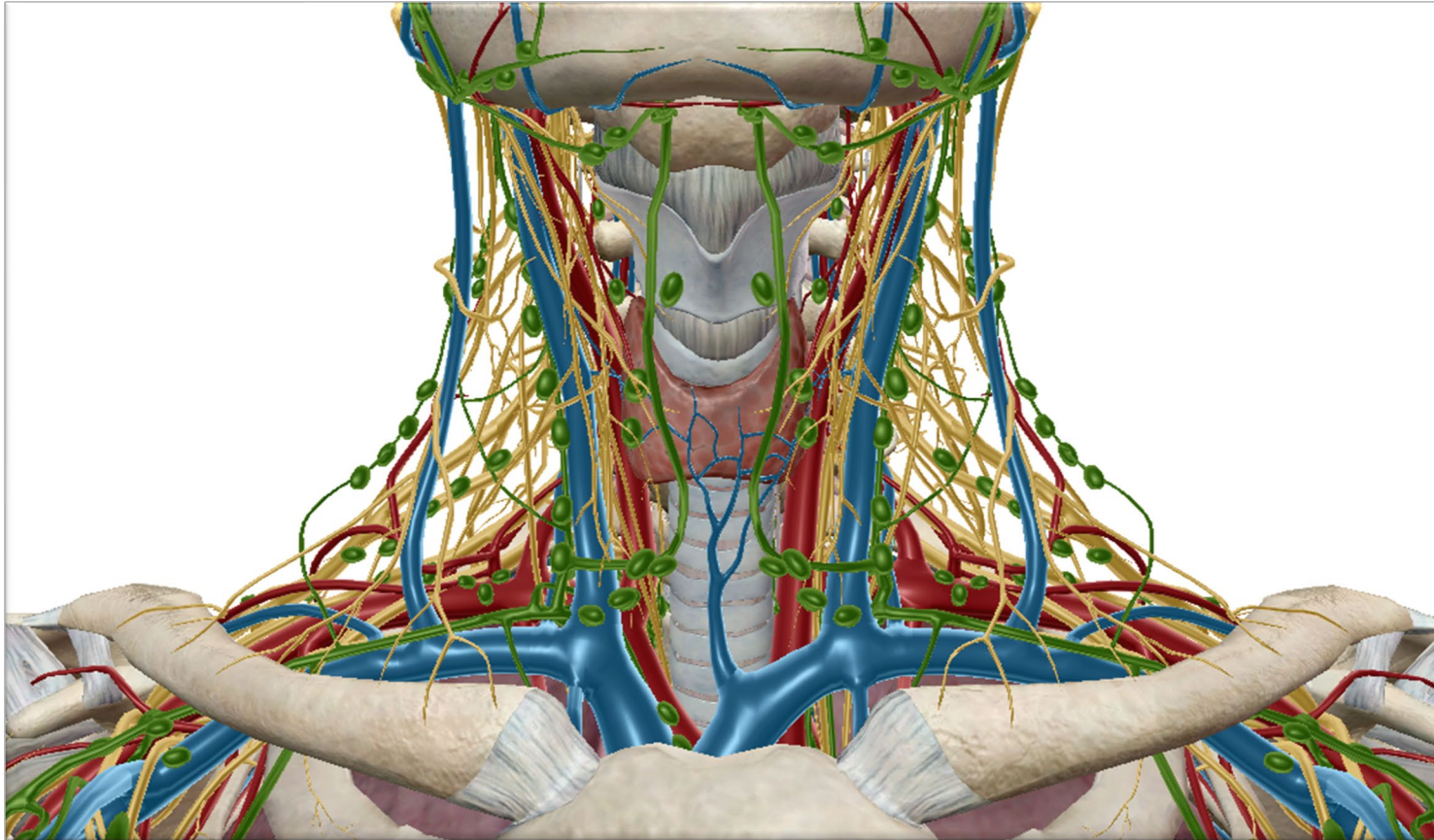
# The Posterior Triangle

Anterior margin of the  
trapezius

Superior border of the  
clavicle

The  
sternocleidomastoid  
muscle





Reasons for discomfort within the therapist while working with the anterior neck

Concern that you may injure your client

Not sure on the anatomy

Very emotional area of the body

So many delicate structures and endangerment sites

Trauma history

Don't do it often

Not sure why it would ever be indicated

New therapeutic relationship



# Indications for Working with the Anterior Neck

TMJ issues  
Mental Stress  
Swallowing issues  
Cough/Hoarseness  
Upper Crossed  
Syndrome





Thoracic Outlet

Vertigo

COPD and other  
respiratory issues

Whiplash or other neck  
injury

Pain or discomfort in the  
head, neck, and upper  
extremities that hasn't  
been relieved with  
general neck massage



## Smartphones are ruining our postures and stiffening our necks



0°  
10 -12lbs

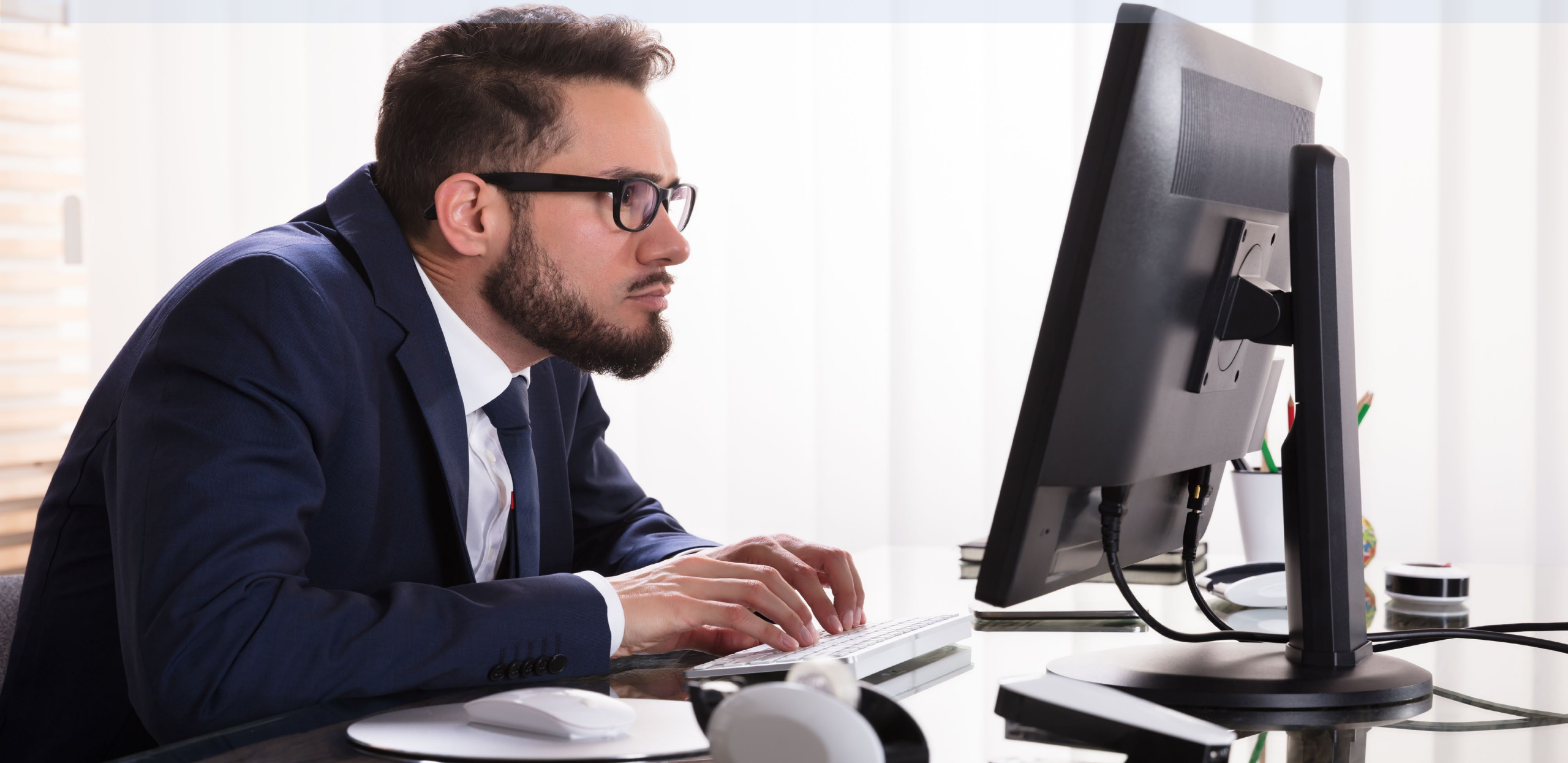
15°  
27lbs

30°  
40lbs

45°  
49lbs

60°  
60lbs

# Posture



# Concerns and Contraindications

Circulatory Issues/pathologies

Bone Spurs

Uncontrolled HBP

Pointy TP of the Cervical Vertebrae

Emotional Trauma

Lymph nodes

Brachial Plexus

Trachea

Thyroid Gland

Carotid Artery



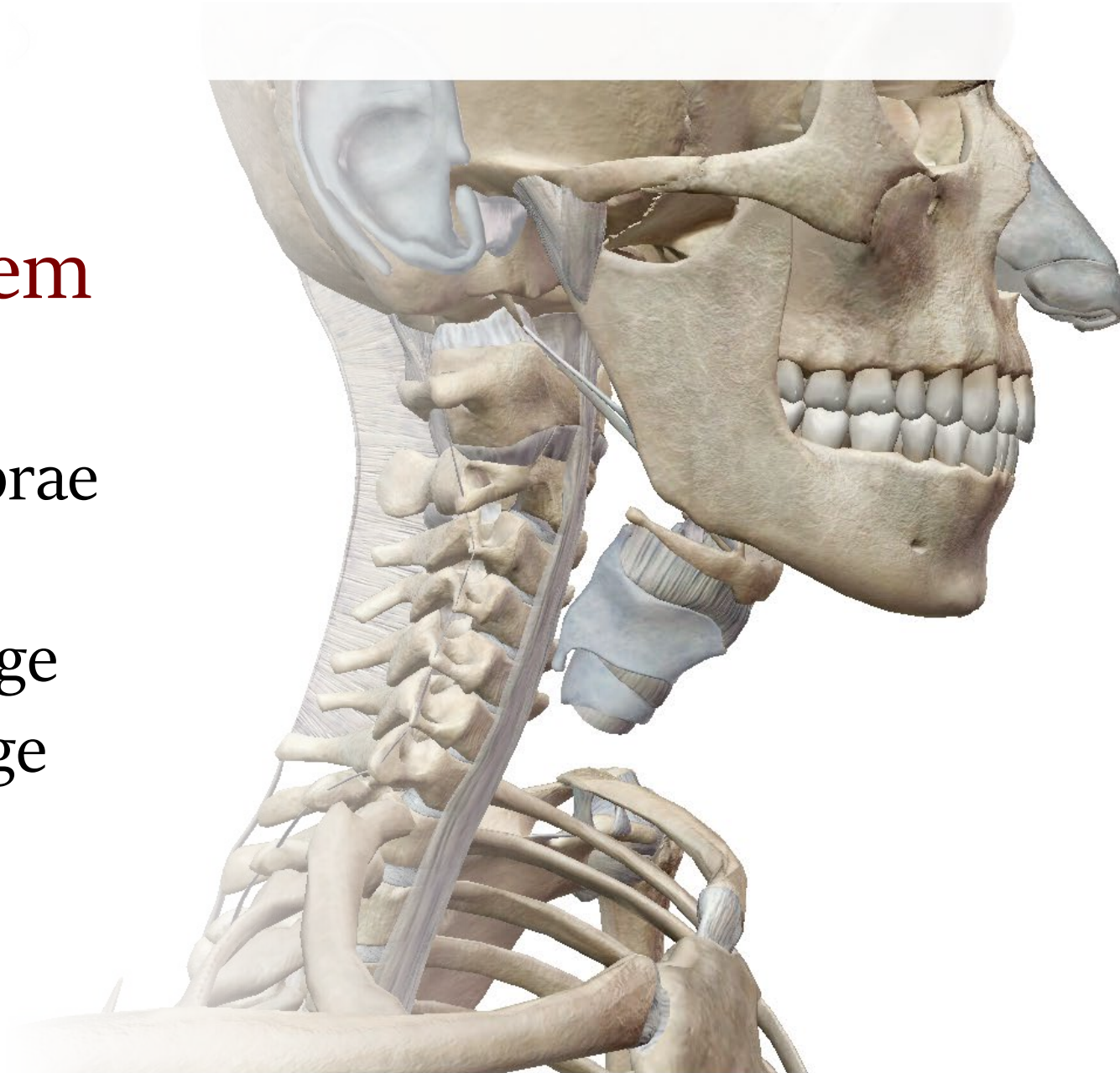
# Skeletal System

7 Cervical vertebrae

Hyoid bone

Thyroid cartilage

Cricoid cartilage

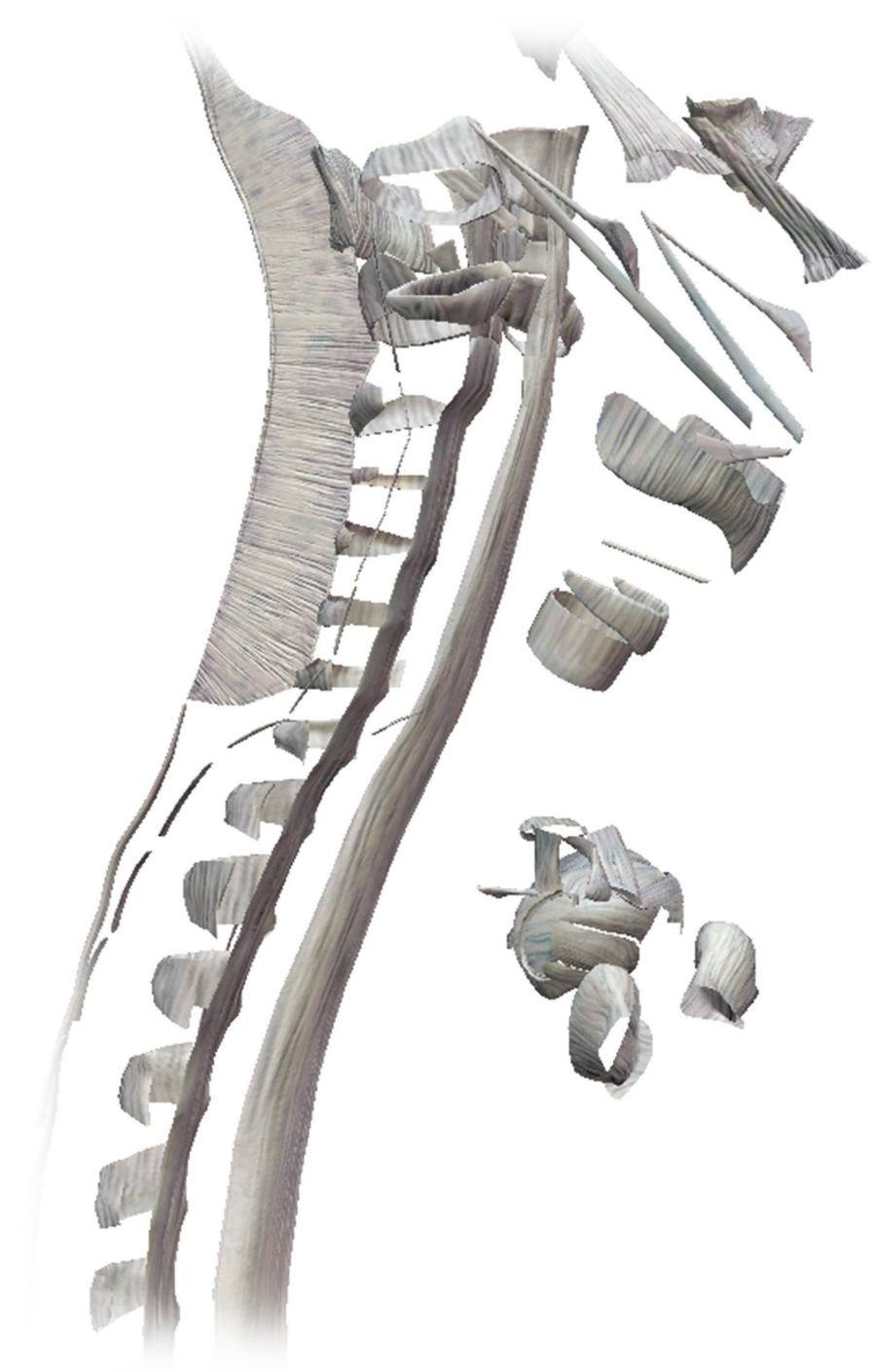


# Ligament System

Nuchal Ligament

Anterior Longitudinal Ligament

Posterior Longitudinal Ligament





# Nervous System

Brachial plexus  
Cranial nerves

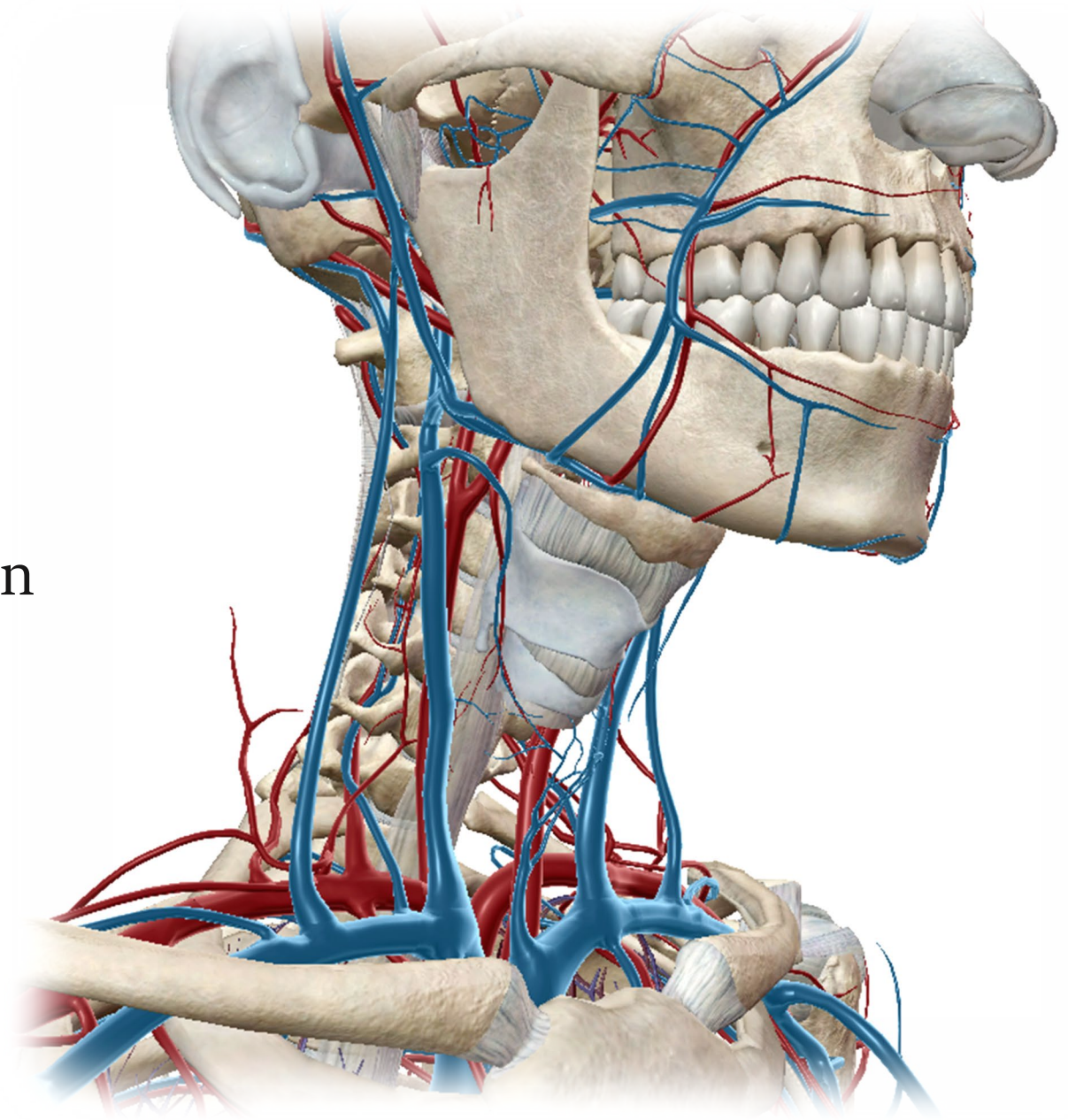
Proprioceptors in  
the joint capsules  
and SCM



# Circulatory System

Common carotid artery

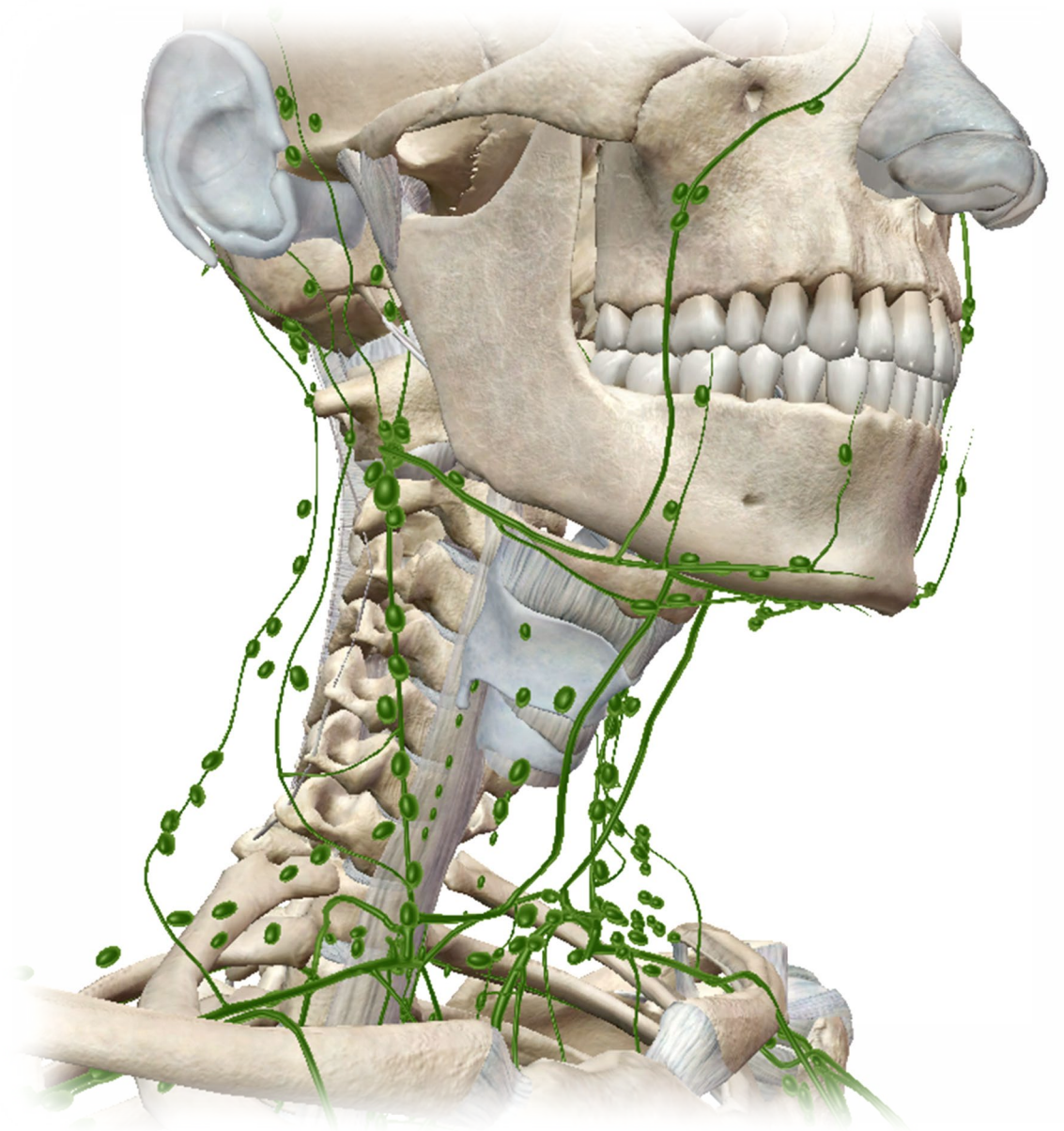
Internal and external jugular vein



# Lymphatic System

Common carotid artery

Internal and external jugular vein



# Respiratory System

Trachea

# Digestive System

Esophagus

# Endocrine System

Thyroid Gland





# Determining the Action of a Muscle

The name of the muscle

Where it's located on the body

Where it attaches

How it crosses the joint

The role of gravity

# Muscles of the Anterior Neck

Anterior Trapezius

Platysma

Sternocleidomastoid

Scalene group

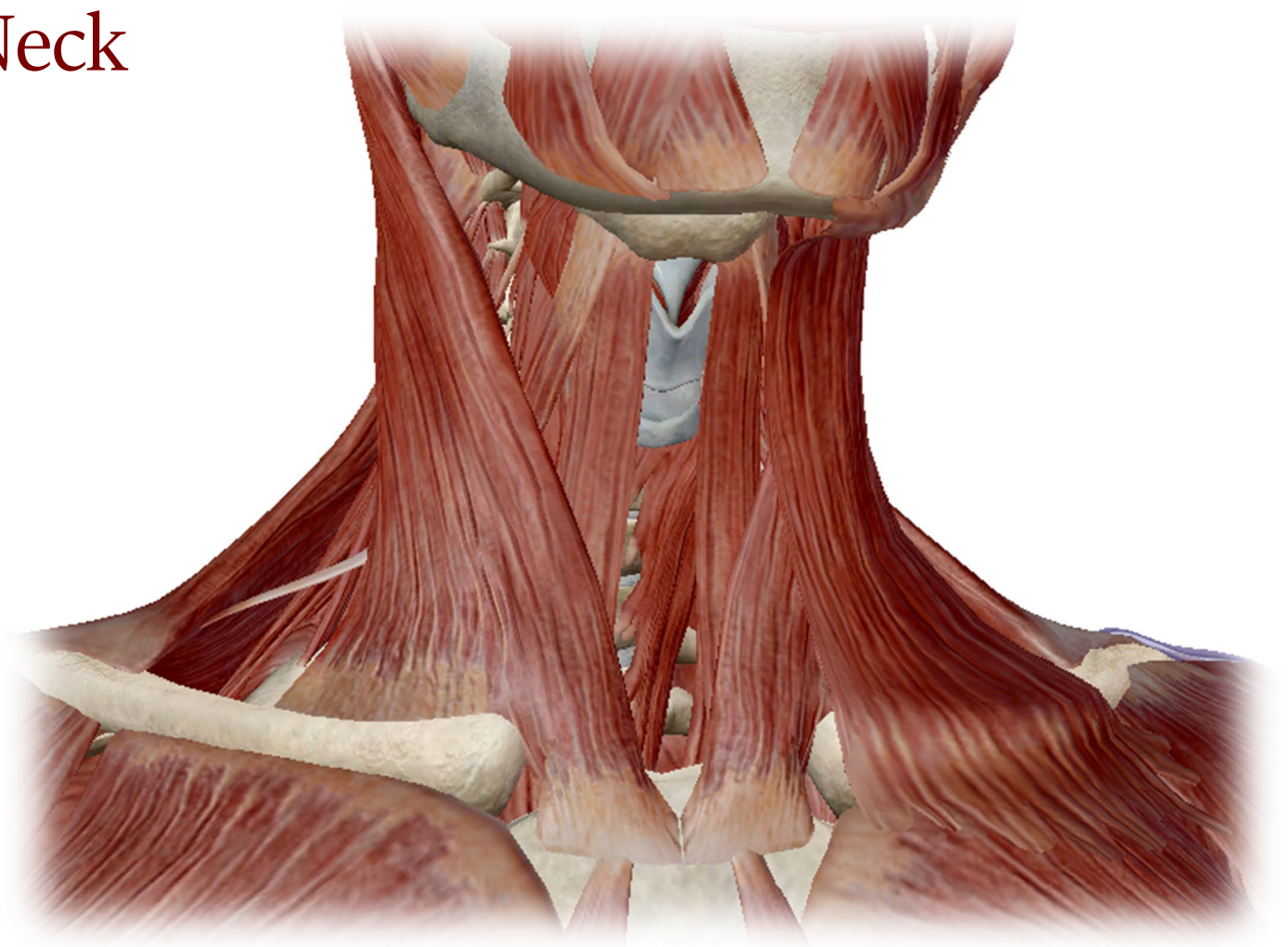
Longus capitis

Longus colli

Rectus capitis anterior

Rectus capitis lateralis

Intertransversarii Anteriores Cervicis

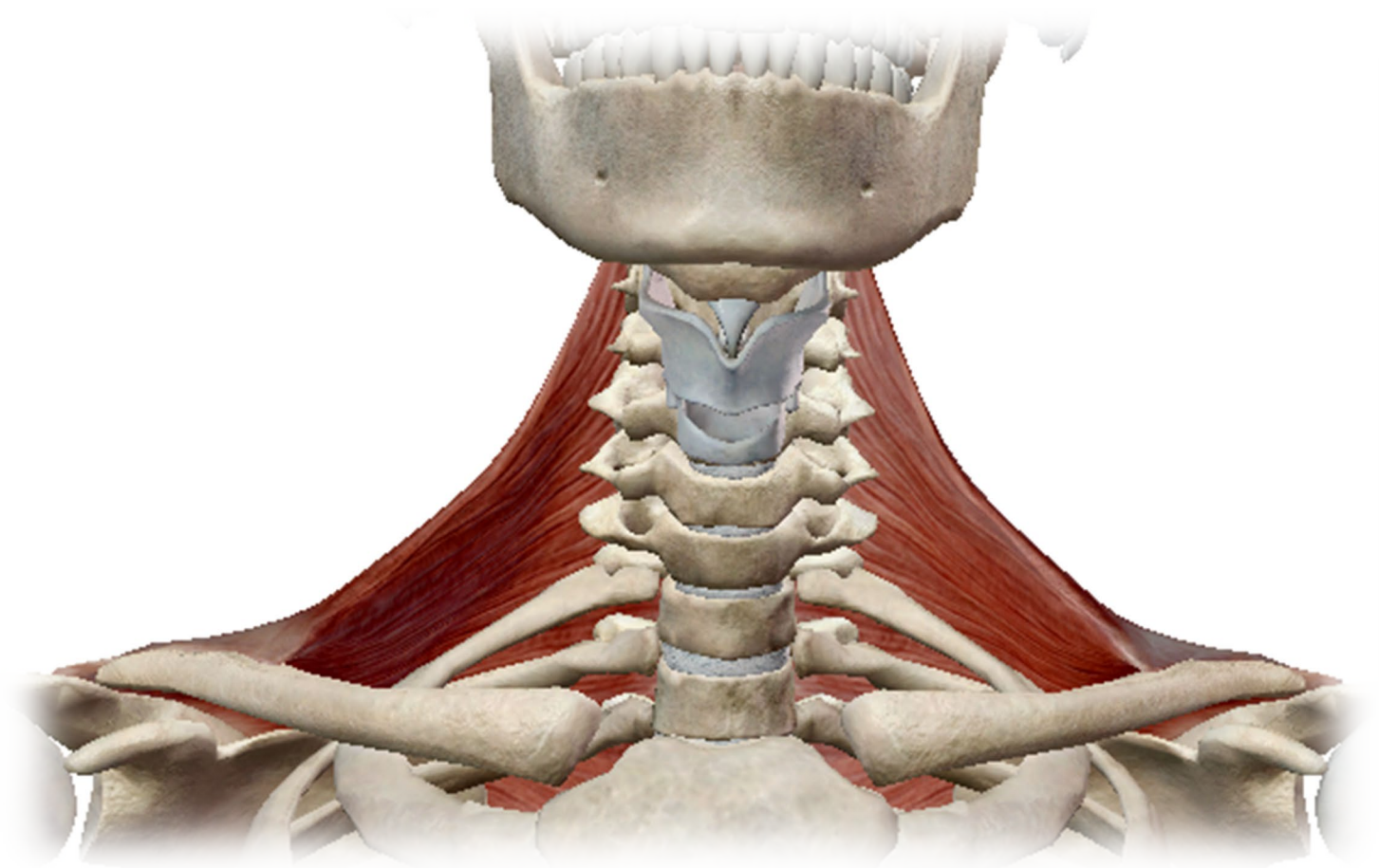


## Anterior Trapezius

The Occiput, nuchal ligament,  
and the spinous process of C7

to the

Lateral  $\frac{1}{3}$  of the clavicle and  
the acromion process of the  
scapula

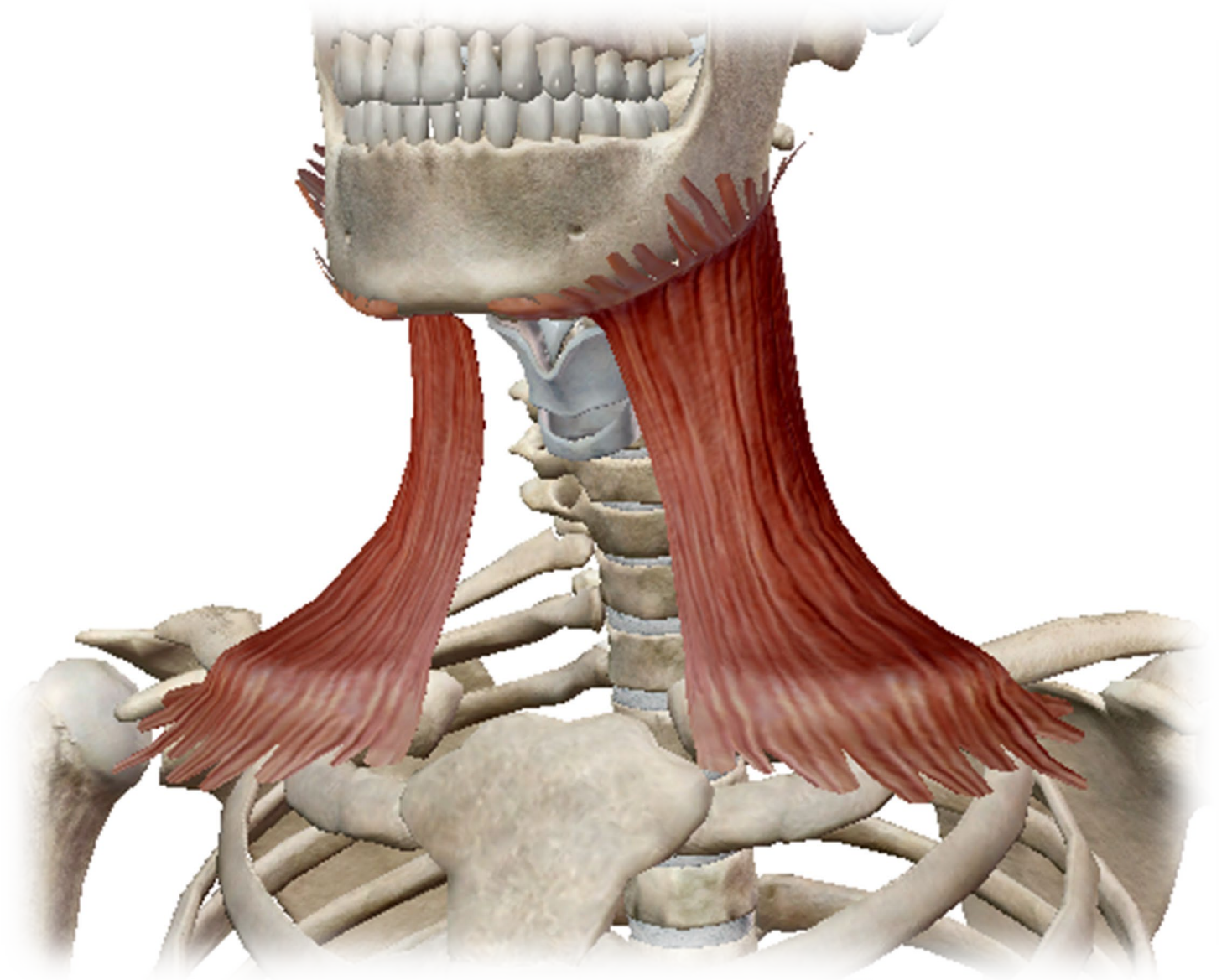


# Platysma

Subcutaneous Fascia of the Superior  
Chest, the pectoral and deltoid fascia

to the

Mandible and the Subcutaneous  
Fascia of the Lower Face





# Sternocleidomastoid (SCM)

## **Sternal Head**

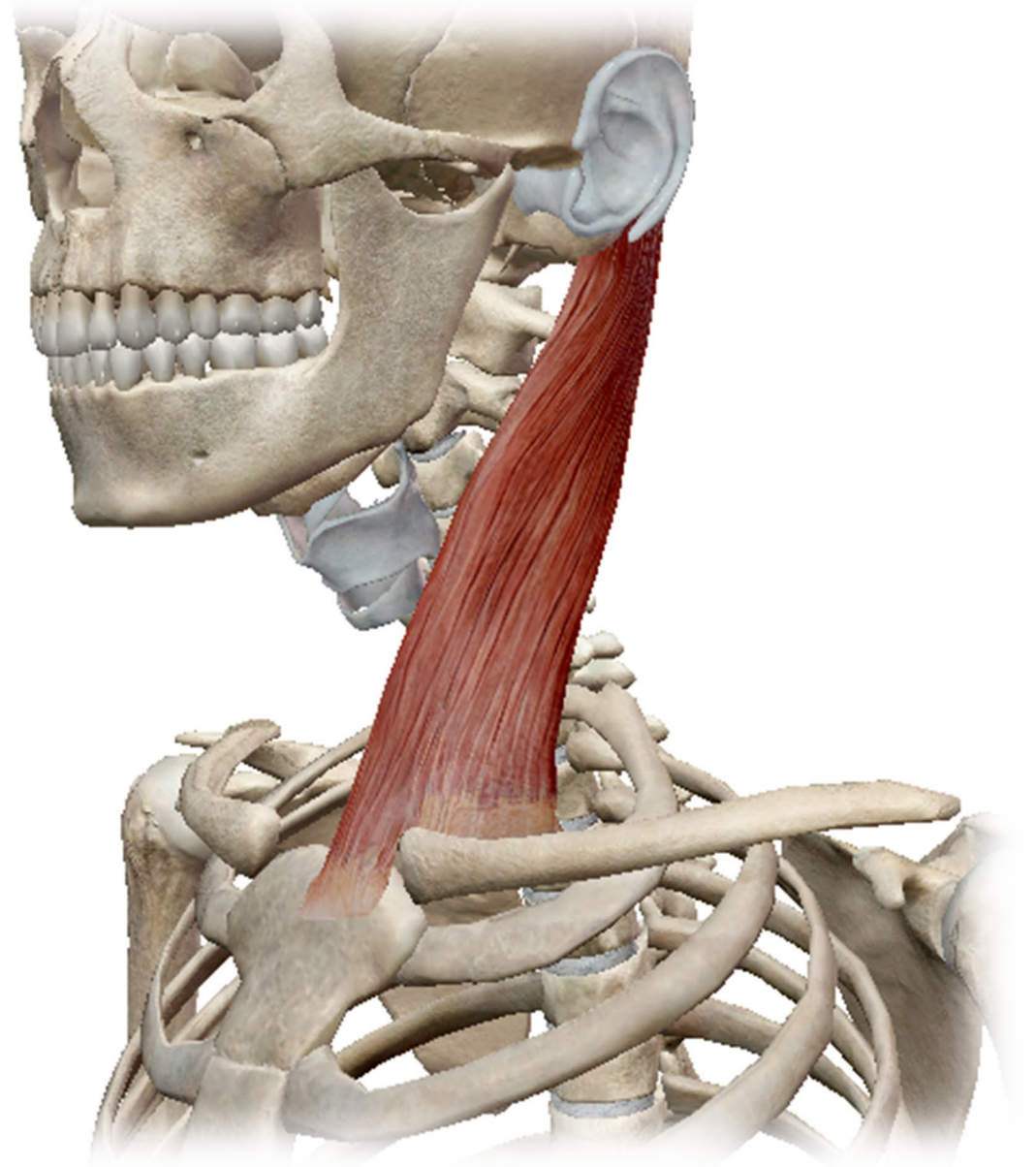
Manubrium of the Sternum

## **Clavicular Head**

Medial Clavicle

to the

Mastoid Process of the  
Temporal Bone



# Scalene Group

## **Anterior**

Transverse Processes of C3-C6

to the

First Rib

## **Middle**

Transverse Processes of C2-C7

to the

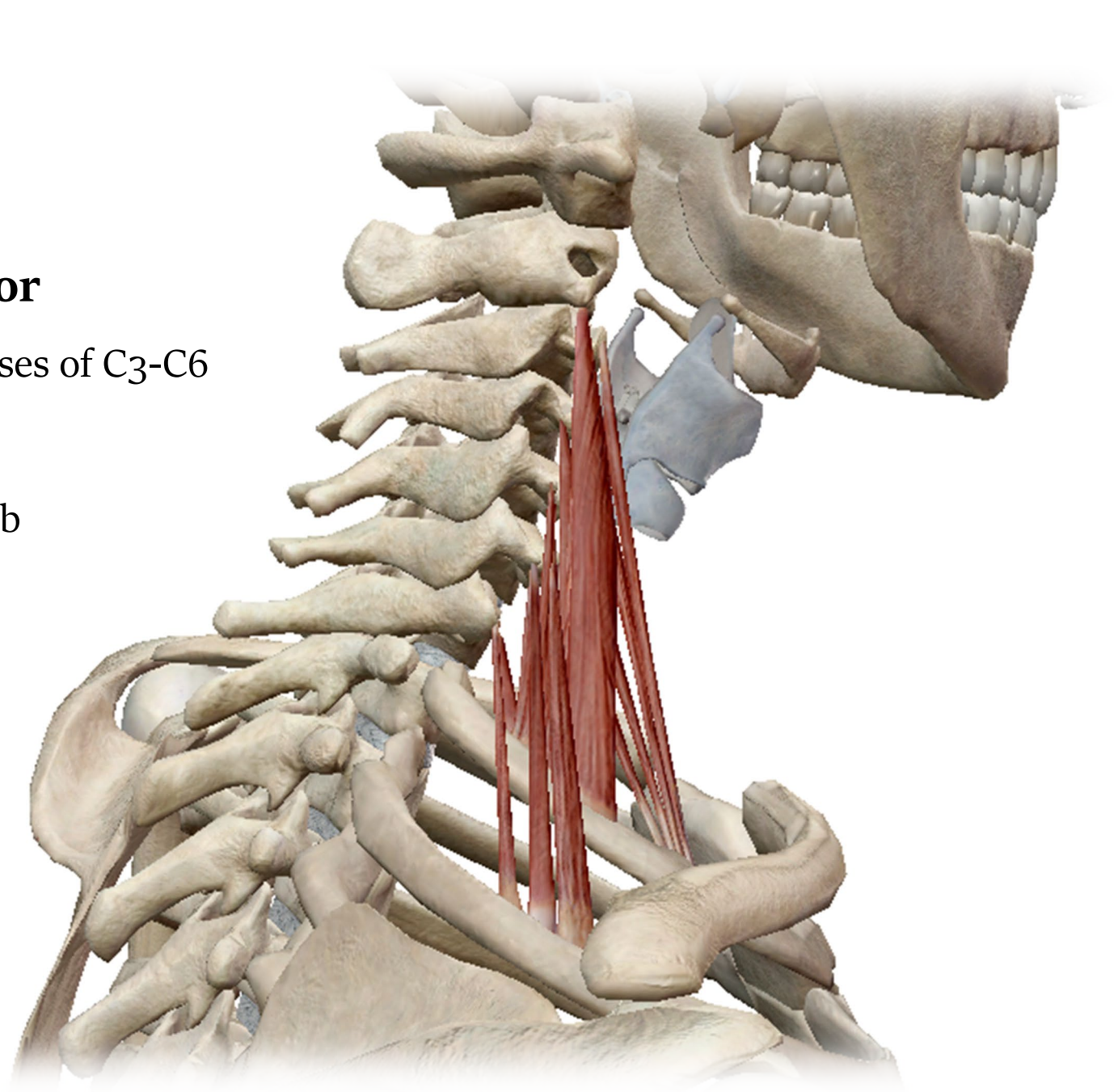
First Rib

## **Posterior**

Transverse Processes of C5-C7

to the

Second Rib

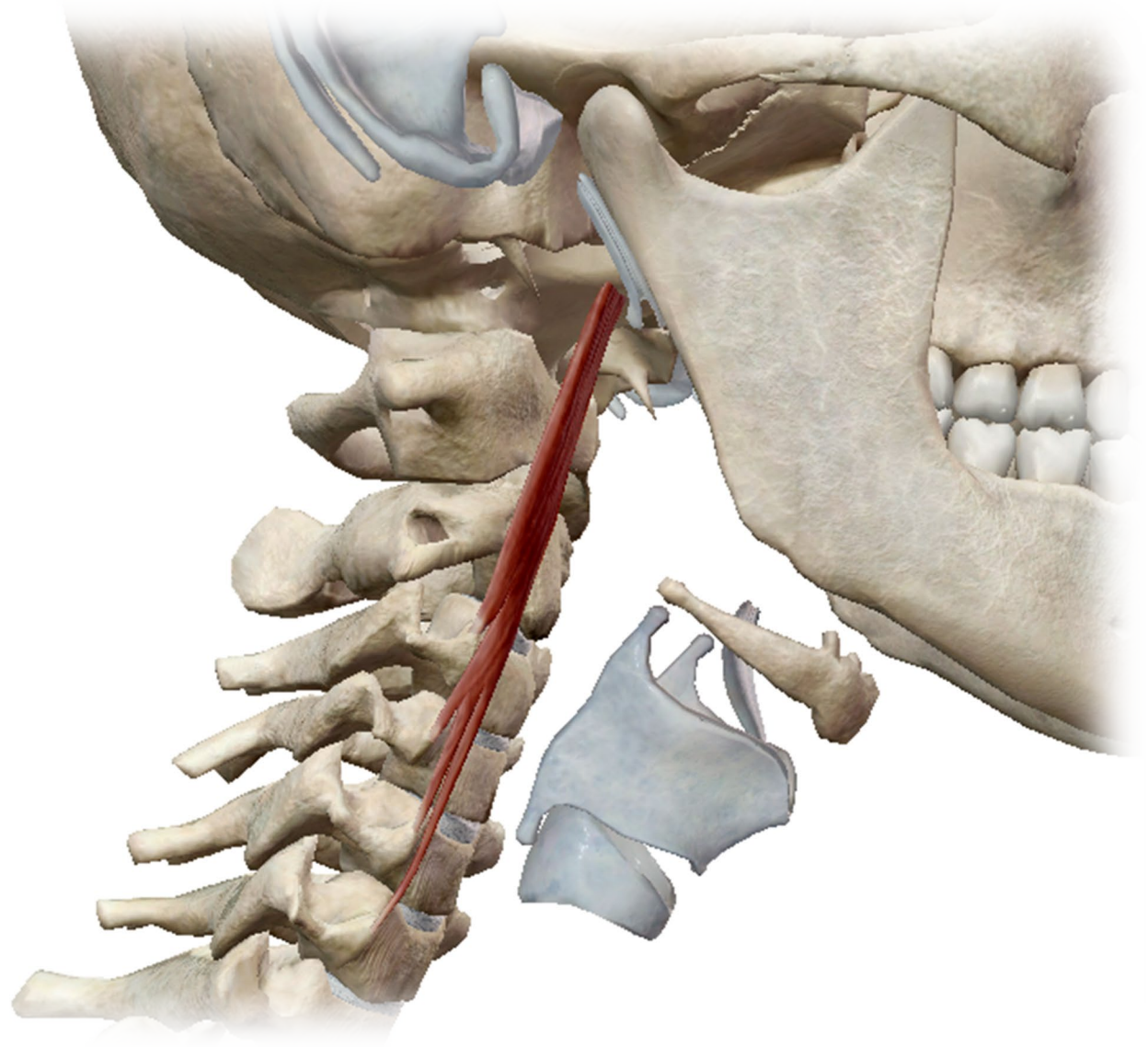


# Longus Capitis

Transverse Processes of the  
Cervical Spine

to the

Occiput

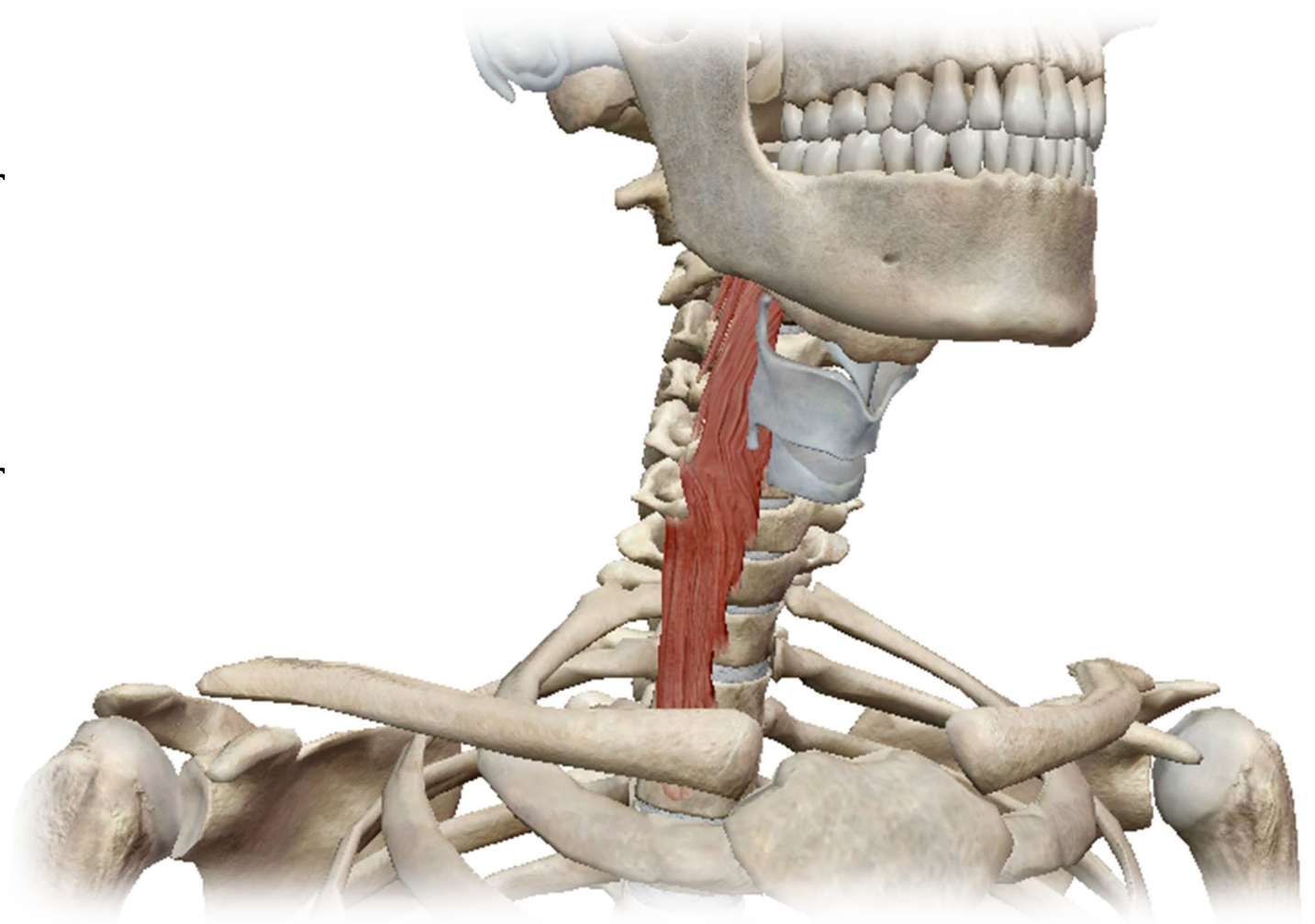


# Longus Colli

Transverse Processes and Anterior  
Bodies of C3-T3

to the

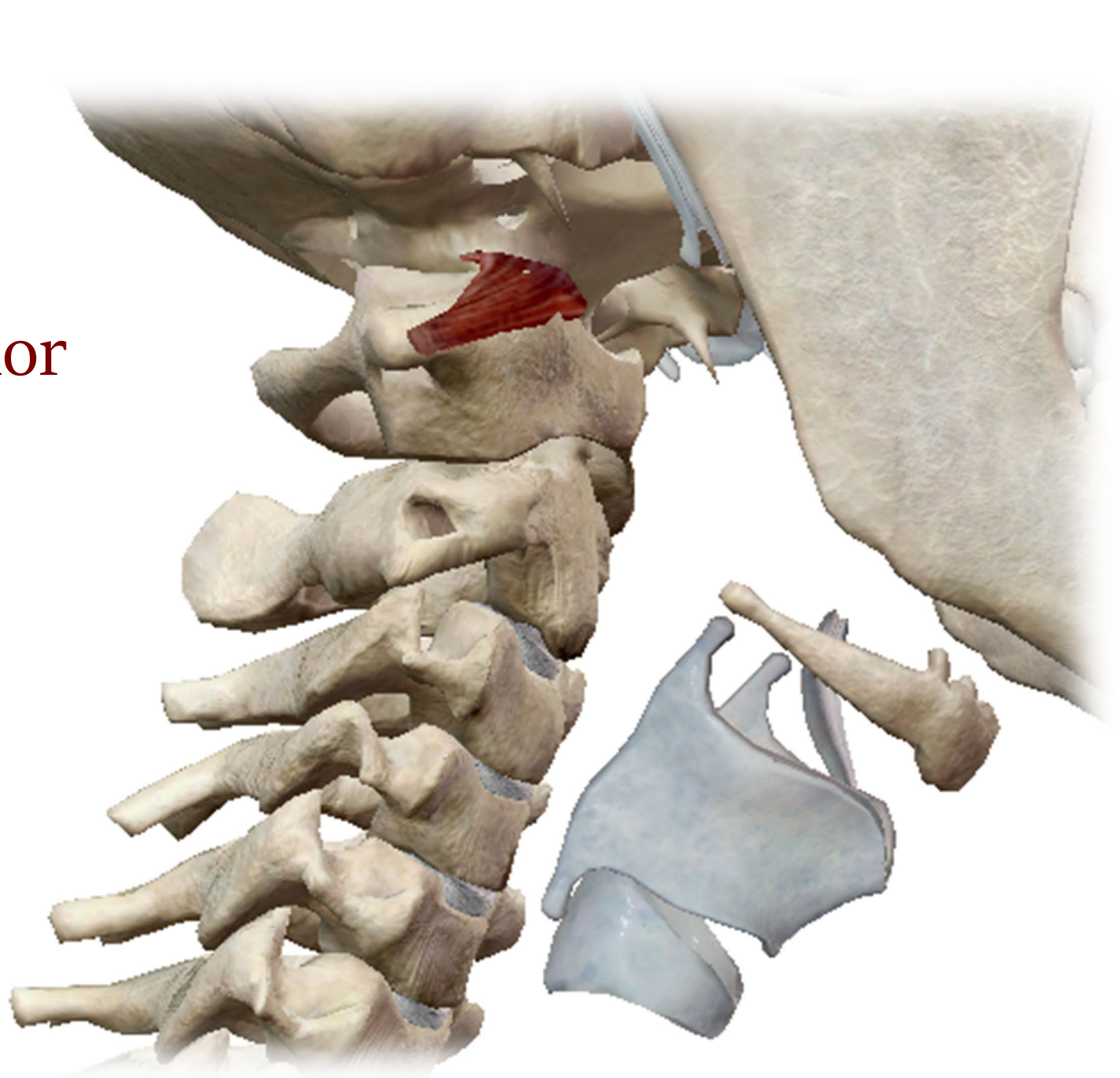
Transverse Processes and Anterior  
Bodies of C2-C6 and the Anterior  
Arch of C1



# Rectus Capitis Anterior

Transverse Process of C1

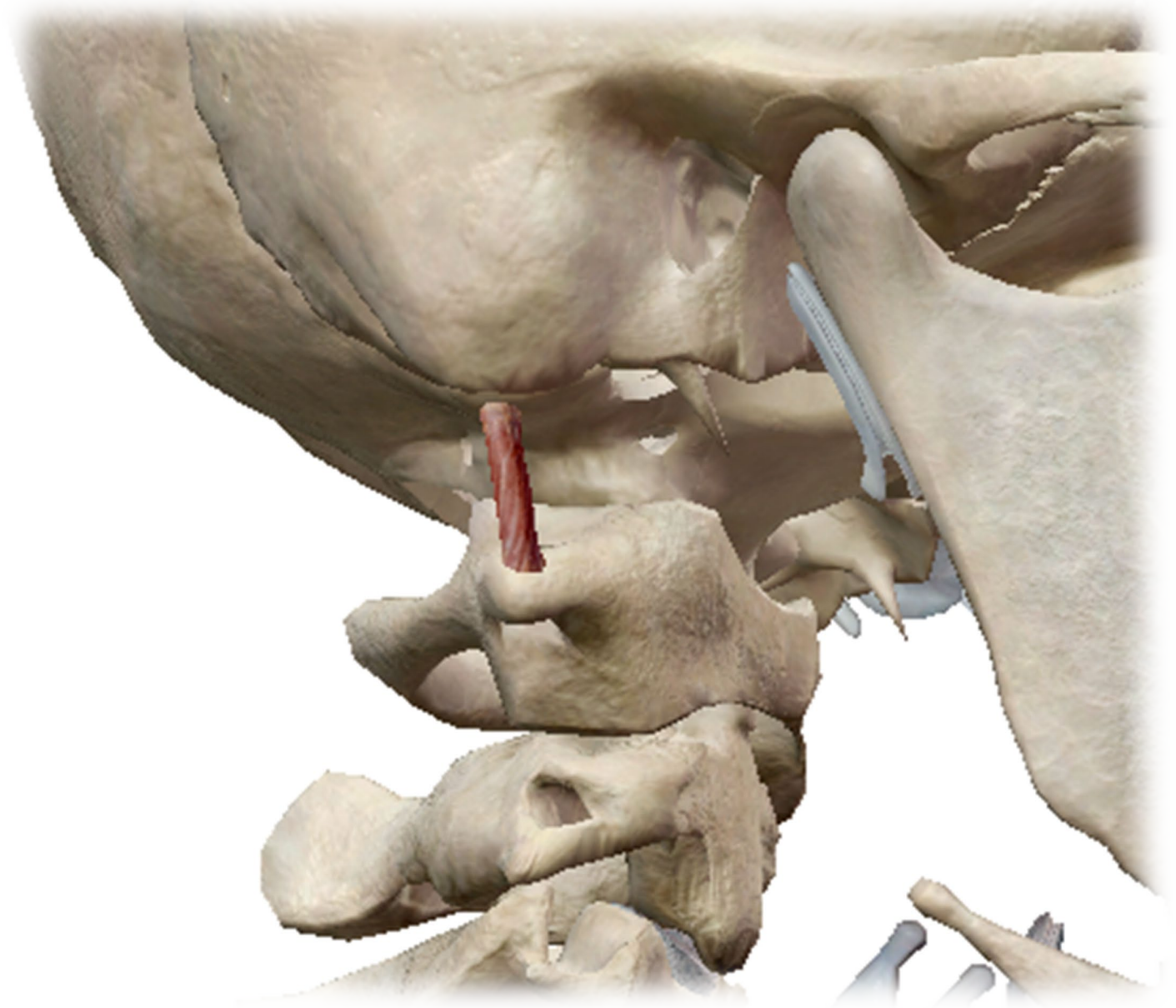
to the  
Occiput



# Rectus Capitis Lateralis

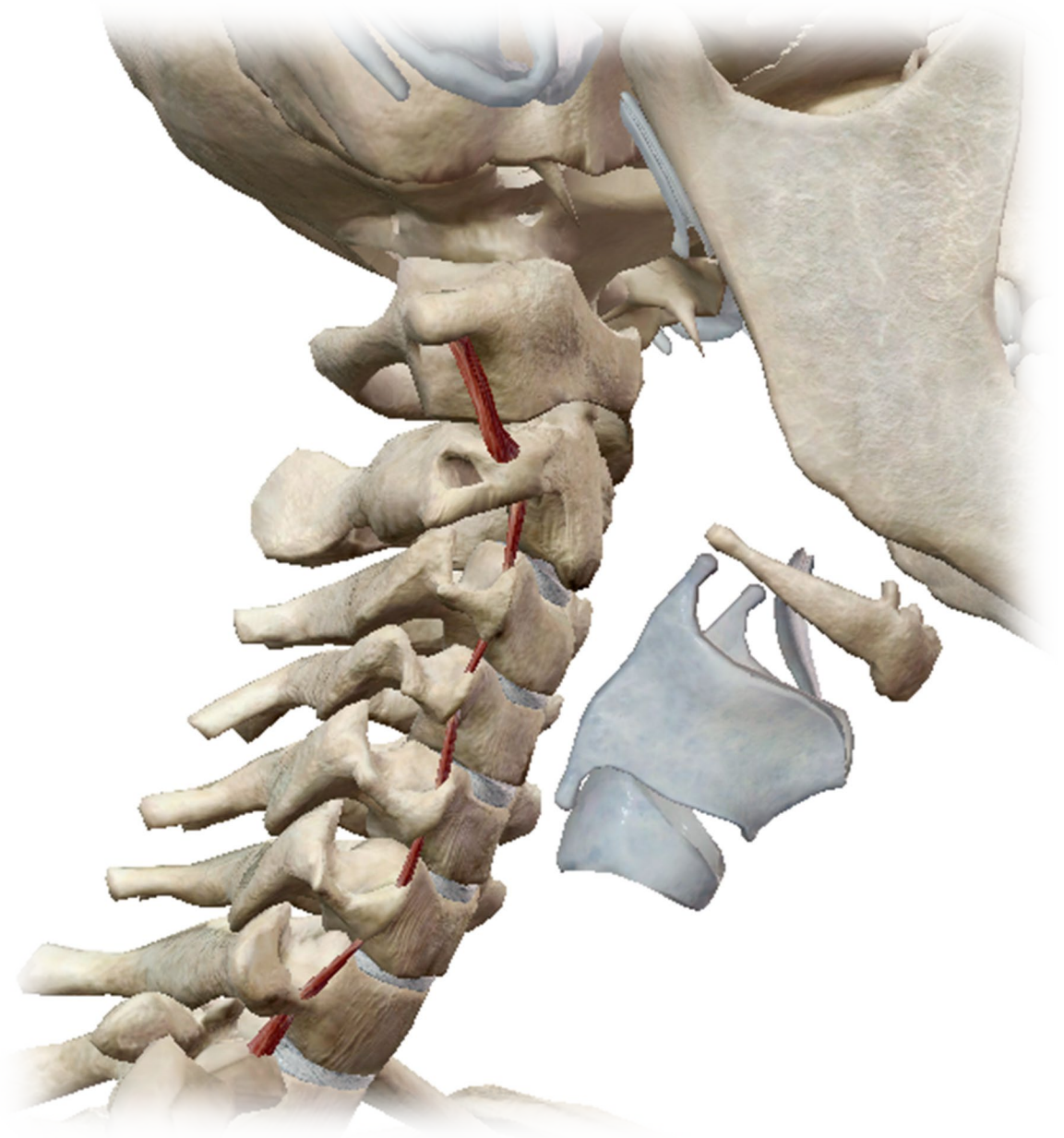
Transverse Process of C1

to the  
Occiput



# Intertransversarii Anteriores Cervicis

There are seven pairs of intertransversarii muscles between each transverse process of C1 through T1 on each side of the body



# Muscles of the Anterior Neck

Hyoid group

## Suprahyoid group

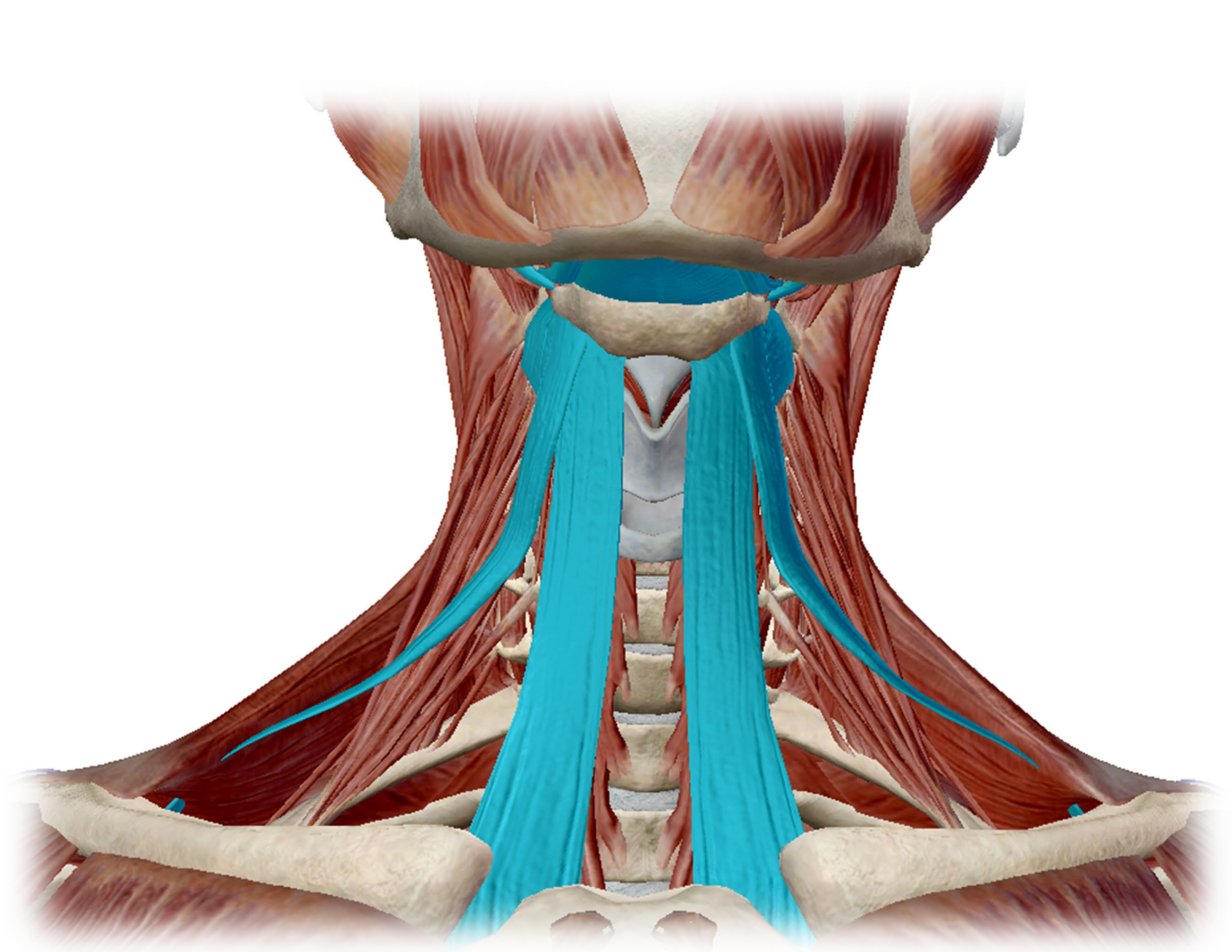
Digastric    Mylohyoid

Geniohyoid    Stylohyoid

## Infrahyoid group

Sternohyoid    Sternothyroid

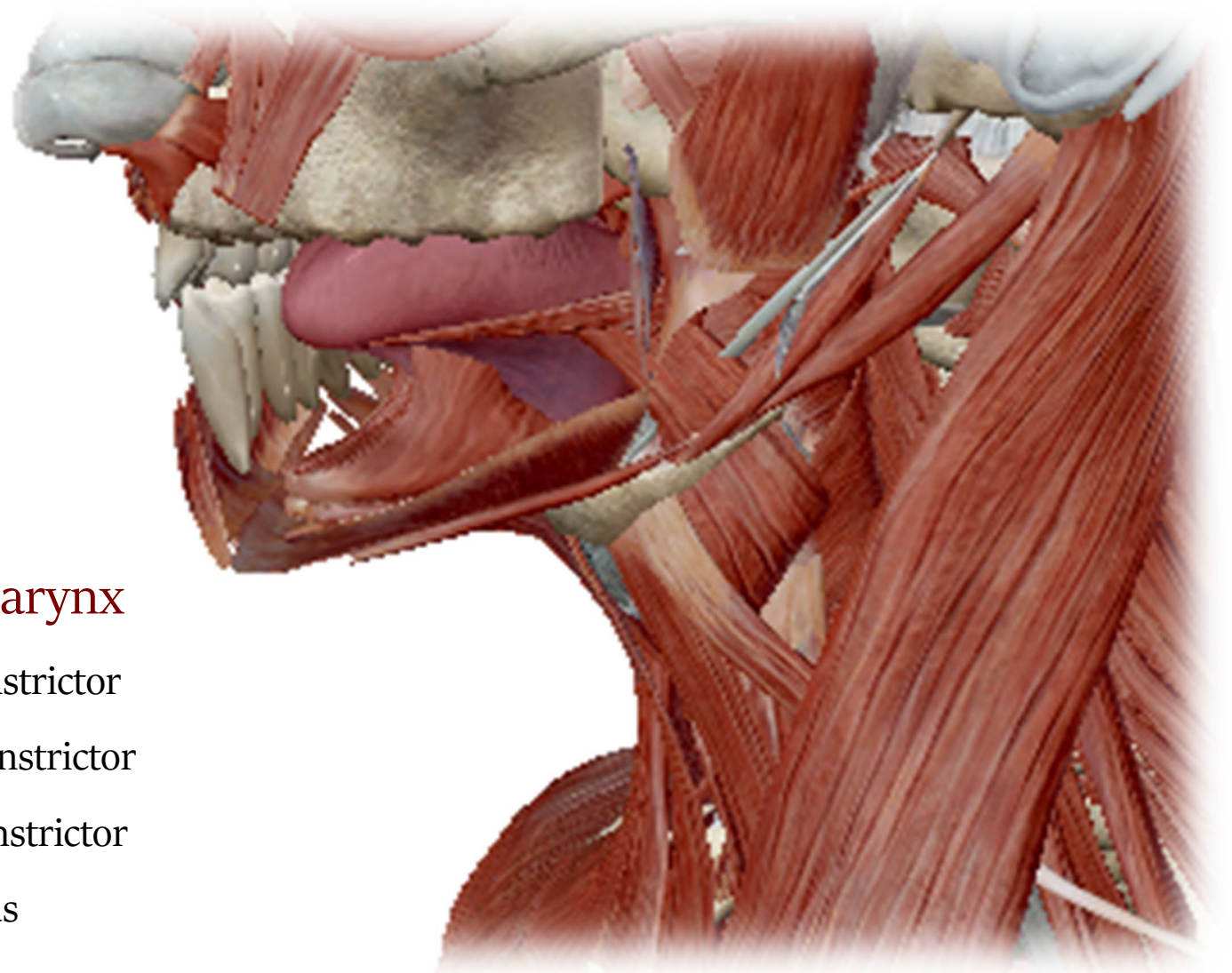
Thyrohyoid    Omohyoid





# MUSCLES OF THE ANTERIOR NECK

## TONGUE AND PHARYNX



### Muscles of the Tongue

Genioglossus

Hyoglossus

Styloglossus

### Muscles of the Pharynx

Middle Pharyngeal Constrictor

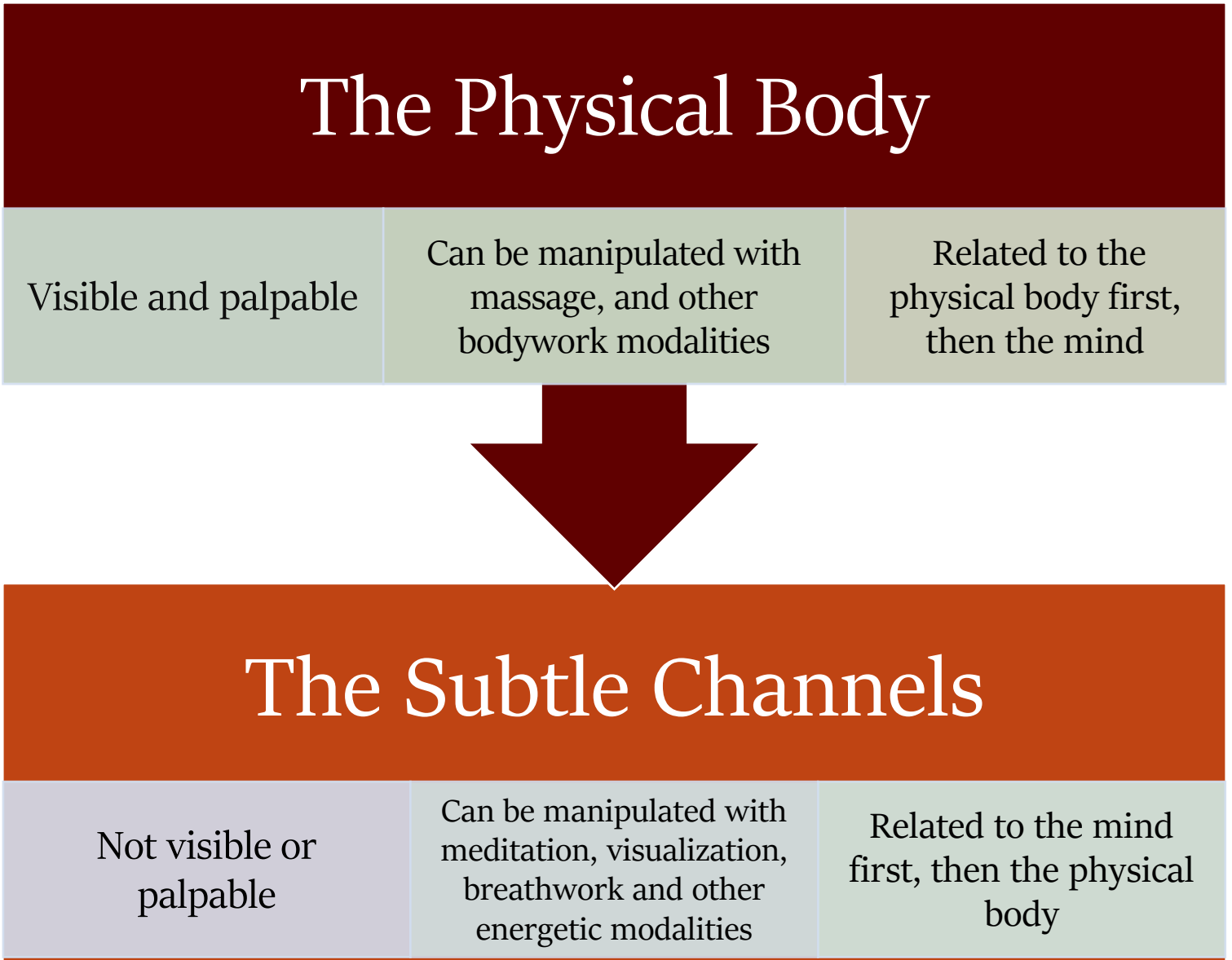
Superior Pharyngeal Constrictor

Inferior Pharyngeal Constrictor

Palatopharyngeus

Stylopharyngeus

# Sen Lines in Traditional Thai Medicine





## Throat Chakra

The energy of the throat chakra is responsible for communication, self-expression, creativity, eloquence.

# Thank you!



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**ME**  
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