



Part 3

Ouch! Why Do I Have Neck Pain After Training with Weights?

—Fred Stellabotte and Rachel Straub, MS, CSCS

Working with weights can be the most beneficial thing you do for your body, or detrimental if you practice incorrectly. The exercise will never hurt you—it is improper form that will injure you.

I experience neck pain when using weights. What am I doing wrong?

Any position that places your head in an unnatural position can cause neck strain. Common errors (with recommend solutions) include the following:

Dumbbell Row, Lunge, and Squat

- Extending your head back by bending it backwards can precipitate pain.
- To avoid neck injury, keep your head in a natural position. Your neck should not bend.

Lat Pulldown and Shoulder Press

- Allowing the weight to move behind your neck will not only irritate your neck, but can also cause upper extremity paralysis.
- To avoid neck injury, keep the weight in front of your body.

Crunches

- Pulling your head forward can injure your neck.
- To avoid injury, keep your head in a natural position. Your neck should not bend.

Visit our website for information about the book:

Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!

This is the 3rd article in the 4-part series,
**“Ouch! Why Do I Have Knee, Low Back, Shoulder, and Neck Pain
After Training with Weights?”**

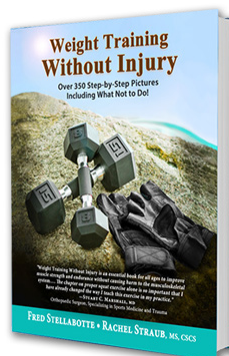
Stay tuned for Part 4:
“Ouch! Why Do I Have Low-Back Pain After Training with Weights?”

Below are the links to the first two articles.

Part 1: [Ouch! Why Do I Have Knee Pain After Training with Weights?](#)

Part 2: [Ouch! Why Do I Have Shoulder Pain After Training with Weights?](#)

For details on structuring a weight-training program (and much more), please refer to ***Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!***, a full-color manual that illustrates incorrect vs. correct technique for trainers, professionals, intermediates, and novices by Fred Stellabotte and Rachel Straub, MS, CSCS.



Visit our website for information about the book:

[Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!](#)
