



10 WAYS TO END NECK PAIN... AND (STIFFNESS)

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FORM & FUNCTION
PHYSICAL THERAPY

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10 WAYS TO END NECK PAIN ...AND (STIFFNESS)

By Trevor Field P.T.

**...WITHOUT TAKING PAINKILLERS OR
HAVING TO CALL AND SEE YOUR
PHYSICIAN!**



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10 TIPS FOR NECK PAIN

PAIN RELIEF

01 DON'T USE YOUR PHONE, TABLET OR IPAD WHILE LYING IN BED

Although our latest and greatest technological advances may allow for efficient communication and provide us with a bounty of information, the postural habits formed from constantly looking down at our devices can result in neck pain. Many people will browse and play on their devices while in bed before falling asleep. But propping multiple pillows underneath the head to get a better look at your device can do more harm than you think. Your neck was structured to be able to hold your head upright, not in a forward bending position. Holding this posture for extended periods of time can lead to muscle imbalances, trigger points, structural changes, and stresses your nervous system. Keeping your bed a technology free zone will help decrease pain over time.

02 RAISE YOUR COMPUTER SCREEN TO BE AT EYE LEVEL

Adding a mount underneath your computer monitor at home or work will decrease the workload required on your neck and back muscles to hold your head upright. If you are overworking these muscles, which happens when looking down at a computer screen for extended periods, then it can lead to muscle spasms and tightness that can cause neck pain. Imagine having to hold a grocery bag while keeping your elbow bent. You may be able to hold it for a short period of time without any issue, but after a while you will struggle to keep holding the bag up without discomfort. Think of your head like the grocery bag. The farther forward you bend your head, and the longer you hold that position, the harder it will be to hold your head up without discomfort.

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03 ALTERNATE CARRYING YOUR PURSE OR BAG BETWEEN BOTH SHOULDERS

Carrying a heavy object on one side more than the other will eventually lead to muscle imbalances in your neck, back and shoulder. Muscles of your shoulder and upper back can have referred pain patterns into your neck. Trying to keep your posture symmetrical will prevent overuse and repetitive injuries from getting worse.

04 USE A HEADSET OR EARPHONES TO TALK ON THE PHONE

Bending your head to hold a phone between your ear and shoulder, or constantly holding your phone up to your ear can cause overuse dysfunctions. Again, keep your neck and shoulder posture as symmetrical as possible. Keeping your head upright can decrease pressure, strain and discomfort within the neck. Most cell phones come with wired earphones. If you prefer wireless or need a recommendation for a headset for work, check out our Amazon store of PT recommended products.

05 PAIN EQUALS ICE

Ice will constrict blood vessels to decrease inflammation and provide pain relief. If you have pain in your neck that is tender, aching, sore, sharp, pulling, cramping, prickling, shooting, or pulsing the use of ice can decrease these pain receptors by suppressing inflammatory responses that occur within the muscles or surrounding structures. You can use gel packs or ice bags, but remember to ice for short duration (10-15 minutes) but frequently (once every hour as needed).

06 STIFF EQUALS HEAT

Heat will dilate your blood vessels and bring fresh blood to the area, which can decrease tension through greater oxygenation, improve relaxation and decrease pain. If you have a feeling of stiffness or tightness then heat will help your symptoms. You can use a warm cloth, heating pad, or even a hot shower to combat stiffness.

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PAIN RELIEF

07 GOOD SITTING POSTURE STARTS WITH YOUR PELVIS

When sitting, don't slouch. Sit on top of your "sit bones" which are the bony prominences in your buttock. With your pelvis in the appropriate position you can then stack your low back, mid back, upper back, shoulders and head over the pelvis, which allows your bones to be supported by your muscles with the least amount of effort when working against gravity.

08 STRENGTHEN YOUR UPPER AND MIDDLE BACK

If your shoulder muscles and upper and mid back muscles are strong your head and neck posture will improve significantly. If you sit or stand with rounded shoulders and forward bent posture, it won't matter how much you rub or strengthening your neck. Good sitting posture starts at the pelvis and then the focus will travel up the back towards the head. You will not achieve good posture if you work from your head down in this case. The problem is usually lower than we think it is in regards to neck pain.

09 GIVE YOURSELF A DOUBLE CHIN

The muscles that hold are neck in line with are shoulder are actually in the front of our neck. The deep neck flexors are an important group of muscles that keep your chin from jutting forward. Sitting up against a wall or laying down on a flat surface and giving yourself a double chin by pushing your head directly back into the flat surface will help strengthen these important postural muscles.

10 SEE A PHYSICAL THERAPIST

There is no one solution to treating back pain and the fastest way to relieve your pain is to see a qualified and licensed physical therapist who specializes in treating neck pain. With a detailed evaluation you will have REAL solutions to your EXACT problem and a individualized program tailored to you.

In just one visit you can leave less stressed and more hopeful about ending your back pain!

MEET THE AUTHOR

TREVOR FIELD P.T.



HEALTH+ FITNESS + SPORTS

THE PERSON BEHIND THE VISION

Hi, my name is Trevor Field, owner and physical therapist at Form & Function Physical Therapy. I started this business because I saw a need in the community to provide the highest level of care for athletes at all levels and people in all walks of life. My passion is to help all my clients achieve their goals and #StayInTheGame

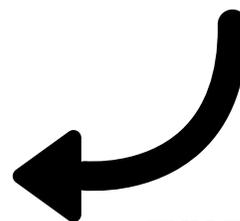
WHAT TO DO NOW



Take advantage of my offer to you of a \$35 initial screening. Your evaluation will allow us to get a detailed view of your issue and create a tailored program to best fit you. You DO NOT need a referral from a physician to be seen by a physical therapist at Form and Function PT. You can be seen now, without waiting weeks for an appointment with your doctor to obtain a referral or prescription.



To schedule contact us at:



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FUN FACT ABOUT ME

When I was 16 years old I got the chance to workout with the Cincinnati Reds baseball team and still pitch to this day.

Health Advice Disclaimer

We have made every effort to correctly portray the injury advice given in this report. The content of this Special Report is not intended as a substitute for care from a physical therapist or other health care professional. If you experience signs or symptoms of injury, disease or illness you should seek the advice of a physical therapist or other health care professional. Please note that any information in this Special Report is provided for educational and informational purposes only and is not a substitute for professional advice.

The information provided is not intended nor should it be construed to:

- 1) substitute for the advice, diagnosis or treatment of a health care professional familiar with your specific conditions and needs or
- 2) suggest a course of treatment for a particular individual. Individuals should always consult with a health care professional for answers to personal health questions.

It is impossible for us to give a complete accurate physical therapy diagnosis without a comprehensive physical therapy examination at our clinic. Likewise, advice given for a specific injury can't be perfectly accurate to your specific condition and should be taken as general advice and not a specific individualized plan of care. No guarantees of specific results are expressly made or implied in this report. If you would like a full comprehensive evaluation to tailor advice specific to your case please schedule a physical therapy evaluation.