



**TOTAL HEALTH
CHIROPRACTIC CENTER**

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HOW CAN WE HELP

Welcome to our clinic. How can we help?

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**3 SECRETS TO
NECK PAIN RELIEF**

www.yourwalnutcreekchiropractor.com

Neck pain affects 75 % of the population with acute episodes lasting a few hours to a few days. More chronic neck pain can last months, years or a lifetime. This e-Book is designed to give you information on neck pain and possible solutions to minimize your neck pain.

This e-Book is not meant to self-diagnose your neck pain. If you experience neck pain after a trauma or accompanied by arm /leg pain, headaches or numbness / tingling in the hands or feet then seek medical attention immediately.

The upper three joints of your neck provide for most neck movement while the lower four vertebrae and upper back provide structural support for the head to sit on.

So the very nature of the neck is designed for movement. Proper movement creates vital circulation of fluids to the joints and promotes spinal joint health. This in turn keeps the ligaments and muscles of the neck strong and tone.

So what are some common causes of neck pain?

Common Causes of Neck Pain

- Neck / Body Posture
- Repetitive Stress
- Support

Any one, by itself can contribute to [neck pain](#). When we combine 2 or more causes this can contribute to a lifetime of neck pain and contribute to atrophy and early arthritis.

Neck / Body Posture

Poor posture causes forward head carriage and forward shoulder rolling.

Did you know that for every inch forward head carriage your head is the first 2 inches; your head weight doubles on the joints, nerves, ligaments and muscles.

What Can You Do (Secret #1) Correct Posture

- Have a proper ergonomic assessment: at your work station and try to minimize the postural strain. You pour your body into that posture 5-10 hours a day, five days per week which will contribute to neck strain
- Take Ergonomic Micro-Breaks: OSHA has recommendations for ergonomic micro-breaks while at work. Micro-breaks take about 30-90 seconds and can help reduce postural strain.
http://dohs.ors.od.nih.gov/ergo_computers.htm#muscular
- Exercise regularly: Regular cardiovascular exercise and resistance training keeps joints moving and muscle /ligaments tone and healthy

Repetitive Stress

Repetitive stress is not caused from a single incident. Each work cycle of activity can contribute to micro-tears in the soft-tissue structures involved. One repetition may not produce inflammation or pain; but, if sufficient time is not allowed for tissue recovery, over time these micro-tears can accumulate to produce trauma to a specific area of the body. Thus, a worker on the job may be asymptomatic for years, while unknowingly accumulating job-related micro-traumas.

Read more: [Repetitive motion injury, Information about Repetitive motion injury](http://www.faqs.org/health/topics/87/Repetitive-motion-injury.html#ixzz0xS9OA5Rv)
<http://www.faqs.org/health/topics/87/Repetitive-motion-injury.html#ixzz0xS9OA5Rv>

What Can You Do (Secret #2) Minimize Repetitive Stress

Follow these simple guidelines:

- Vary work tasks
- Avoid awkward body positions
- Avoid excessive force when operating equipment

These simple guidelines apply in the corporate work force, child care and even when exercising in the gym.

Support

Use a good pillow when sleeping. The pillow should support the neck not the head. The pillow should be adaptable to your sleep preference. If you sleep on your side, then the pillow should be thicker to accommodate the shoulder distance and keep the neck in neutral.

What Can You Do (Secret #3) Use Proper Support

- Sleeping on your stomach is not advised due to head position which can influence blood circulation, strain upper neck tissue and alter breathing.
- The pillow material is not as important as the overall shape and size of the pillow.
- The pillow should keep the neck in neutral when sleeping on your back or side

NOTE: It is important to have a [thorough examination](#) by your chiropractor to rule out possible complicating factors with your neck. Always perform the following with uncomplicated neck pain. [CALL TODAY TO SCHEDULE YOUR APPOINTMENT.](#)

- For the first 72 hours ice the neck lying down on a comfortable pillow. Ice every 3-4 hours for 15 minutes.
- After 72 hours begin to perform the supine chin tuck / extension exercises for 6-8 repetitions; every other day for 12 days.
- If you experience neck pain after a trauma or accompanied by arm /leg pain, headaches or numbness / tingling in the hands or feet then seek medical attention immediately.

Neck Exercises

These neck exercises are designed for patients with acute to chronic neck strain, mild to moderate degenerative arthritis, or other pre-diagnosed uncomplicated neck pain.

This e-Book is not meant to self-diagnose your neck pain. If you experience neck pain after a trauma or accompanied by arm /leg pain, headaches or numbness / tingling in the hands or feet then seek medical attention immediately.

Supine Chin Extension

Supine Chin Tuck

Head hang Lateral Flexion

Ball/Wall Extension

Ball/Wall Flexion

Supine Chin Tuck / Neck Extension

Begin by lying on the floor or bed, with knees bent and arms at your side. Without lifting the head gently tuck in the chin then relax the head back too neutral, repeat for 6-15 repetitions.



Begin by lying on the floor or bed, with knees bent and arms at your side. Without lifting the head gently extend the chin then relax the head back too neutral, repeat for 6-15 repetitions.



NOTE: THESE EXERCISES CAN BE COMBINE INTO ONE COMPLETE EXERCISE FOR 6-15 REPETITIONS AFTER A FEW SESSIONS.

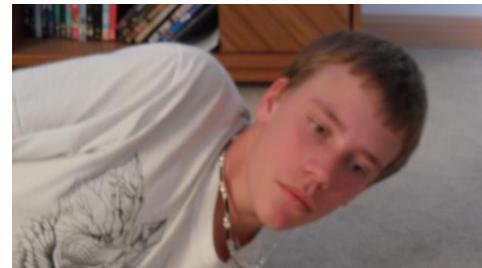
THIS EXERCISE IS IDEAL FOR ACUTE NECK PAIN.

Lateral Neck Extension

Begin by lying on the floor or bed on your Left Side with knees bent. Keep shoulders and hips in-line. Keeping chin centered, begin to tilt your right ear to your right shoulder BUT STOP AT NEUTRAL, return to start position and repeat 6-15 times. Roll over on the opposite shoulder and perform the exercise again. **It is important to STOP AT NEUTRAL and return to rest in the beginning.**

After 8 sessions you can perform a full lateral tilt in the order of the pictures on the right. Perform 6-15 repetitions then roll over, repeat on the opposite side.

NOTE: THIS IS A MORE ADVANCED EXERCISE TO BE PERFORMED AFTER MASTERING THE CHIN TUCK / EXTENSION AND THE FIRST PART OF THE NLATERAL NECK TILT TOO NEUTRAL.

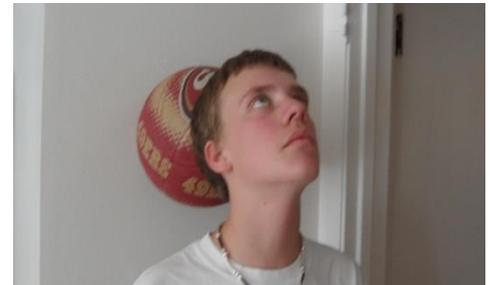


Ball to Wall: Neck Extension

All you need is a therapy ball, gym ball, basketball or dodge ball. Begin by standing with your back against the wall; place the ball behind the head and gently lean into the ball keeping the back off the wall and neck in neutral. You are now gently supporting your body and head against the ball. THIS POSITION IS NEUTRAL.

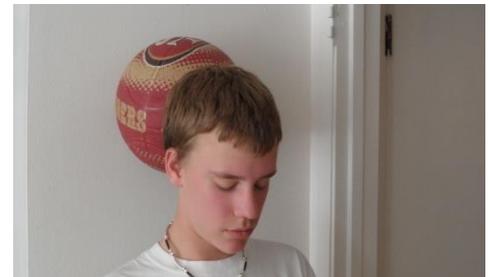


FROM NEUTRAL, extend the chin towards the ceiling while gently creating resistance with your body weight into the ball, return too neutral, repeat 6-15 times.



FROM NEUTRAL, tuck in the chin while gently creating resistance with your body weight into the ball, return too neutral, repeat 6-15 times.

NOTE: THIS EXERCISE IS MORE ADVANCED AND SHOULD BE PERFORMED WITH MILD RESISTANCE WITHOUT NECK ROTATION



Ball to Wall: Neck Flexion

All you need is a therapy ball, gym ball, basketball or dodge ball. Begin by standing and the wall; place the ball in front of the head and gently lean into the ball keeping the ball centered on the forehead and neck in neutral. You are now gently supporting your body and head against the ball. THIS POSITION IS NEUTRAL.



FROM NEUTRAL, tuck in the chin towards while gently creating resistance with your body weight into the ball, return to neutral, repeat 6-15 times.



ADVANCED: FROM NEUTRAL, tuck in the chin while gently creating resistance with your body weight into the ball, now extend the chin towards the ceiling, repeat 6-15 times. It is important to keep the neck from rotating while extending / flexing the chin.

NOTE: THIS EXERCISE IS MORE ADVANCED AND SHOULD BE PERFORMED WITH MILD RESISTANCE WITHOUT NECK ROTATION



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