



How To Put An End To

DAILY NECK PAIN



WITHOUT...

**Medication, Time
Consuming
Appointments or Giving
up Your Favorite Activity**

Dawn Thomas Physical Therapy PLLC

7 Simple Ways to...

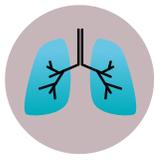
Remove Neck Pain & Stiffness

Without medication, time consuming appointments
or giving up your favorite activity

In this Special Report on Neck pain and stiffness, I share with you **7 simple strategies** you can use to reduce your neck pain. Some of these strategies can help immediately, others will take time. They all work and can have a major impact on how your neck and the rest of your body feels. Without knowing your individual history and specific behavior of **YOUR neck pain**, I cannot predict which strategy is best for you.

Without knowing the exact cause of **YOUR neck pain** I know these strategies can help you. My experience helping hundreds of clients with neck pain, lets me see what works and what does not.

The following 7 simple successful strategies are what I use every day with my clients struggling with neck pain. I challenge you to **make time every single day** to try just one of these tips over the next few weeks. Within a few weeks, you could have control over your neck pain, so you can enjoy your active and healthy lifestyle. The key is consistency. If you're able to practice **just one** of these techniques **every day** over the next few weeks, I'm positive you will be pleasantly surprised at how much better you will feel.



1. BREATHE BETTER

The vast majority of people with neck pain have a **limited ability to breathe correctly**. People in pain tend to start using their neck and shoulder muscles to help with breathing and end up creating more pain and stiffness.

The best way to break this cycle is to learn how to **Belly Breathe**. This is what is called diaphragmatic breathing. Learning belly breathing can immediately reduce spasm and tightness in muscles, increase calm, reduce anxiety and increase oxygen in the body.

Practice like this: Sitting in relaxed posture with back rest. Place one hand on your belly and one hand on your chest. Slowly breathe in **through your nose trying** to make the hand on your belly rise, while the hand on your chest remains still. Exhale gently. Repeat for 3-5 minutes twice a day to help reduce tension in your neck and body.



2. 30 MINUTE SITTING RULE

Your body was **NOT** designed to sit all day. Slouching increases the forces transmitted through your neck **exponentially**. When we sit for long periods, the muscles that support our spine start shutting down, making it harder to support our bodies. Then, these muscles can feel stiff and sore.

Movement creates circulation in both muscles and joints. Sitting still with little movement causes the fluid in our bodies to remain static. The less fluid movement the less circulation and we begin to feel stiff.

The solution is **EASY**. Set a timer for every 30 minutes to change positions or stand up and walk. This will keep the blood and fluid moving in the muscles and joints throughout the body and ward off stiffness and soreness before it starts.



3. THINK "LONG NECK"

One mistake I see often is overcorrection of posture, or failed attempts at correcting posture. Thinking "shoulders back" and "chin back" often create more pain and compression than they correct. When you are being mindful of your sitting or standing posture, your thought process should be geared toward becoming taller.

Think of an imaginary pull, on the hair on the back of your neck, gently pulling straight to the ceiling. **Think LONG NECK.** Then think of gently expanding your rib cage to be slightly bigger. Lastly, think of very gently drawing your shoulder blades, a tiny inch, down and back toward your back pockets. Now you should be in a good aligned posture so that you can work with the least amount of joint stress in the neck.

When you find yourself slouching or becoming uncomfortable go back to your **long neck thinking** and you will be decompressing the sensitive joints in the neck very quickly and effectively.



4. CHECK YOUR SLEEP POSITION

We spend 8 hours a night sleeping and if that positioning is one that compresses the irritated joints, correcting it can give us a head start to healing. The best positions to start with for optimal spine health is on your side or on your back. Spending 8 sleeping hours with your neck in optimal position will improve your neck health. Poor positioning can compress your irritated joints and the thickness of your pillow, too flat or too thick, may cause problems. When laying on your side, If it is too flat your head drops toward the bed causing compression on the side of the neck toward the bed and if the pillow is too thick your neck bends toward the side facing the ceiling, which compresses down on the sensitive joints on that side of the neck.

Have someone take a photo of your head, neck and shoulders directly from behind to see if your neck is bent to one side. Make adjustments to your pillow to achieve the most neutral position possible.



5. GET YOUR VISION CHECKED

Repositioning your head and neck for optimal sight is a very common way to develop pressure in the middle of the neck, especially when tipping the chin while using bifocals or trifocals. The most common compensation for vision is tipping the chin up and reaching the head forward which creates stiffness in several neck muscles, too much extension in the neck and compression in the joints.

Consider what you spend MOST of your time looking at and use lenses specific for that task. For example, if you spend most of your hours looking at computer screen, consider a specific pair of glasses just for the screen to reduce the amount of eye and neck adjustments you need to make.

Consider your selection of eyewear an *investment* in your long-term health. After all, you spend all your waking hours using your eyesight so why not make sure that you have the best eyewear to keep your spine safe and healthy.



6. CHECK YOUR CHAIR HEIGHT

The single most important factor, in your choice of chair to maintain a healthy spine, is chair height. The chair height can have a big impact on the position and stresses on your neck. When sitting while working at a computer, the easiest way to maintain proper low stress position on your spine is to have your hips higher than your knees when feet are flat on the floor.

When your hips drop lower than your knees, your pelvis is pulled under into a tucked under position creating a flexion force on your low back causing a tendency to round the upper back and *over* extend your neck.

Simply sitting with your hips higher than your knees will make it much easier to maintain a spine neutral position. This simple adjustment *can decrease your neck pain and neck fatigue immediately.*



7. SEE A PHYSICAL THERAPIST

The **fastest way** to solve neck problems is to see a physical therapist. A physical therapist can listen to your story, assess your neck and find out **EXACTLY** why you are having problems. They can prescribe a plan to fix it so you can get back to enjoying your favorite activities once and for all.

When looking for a therapist, you owe it to yourself to find one who is willing to spend quality, **one-on-one time with you for a FULL HOUR**.

Do not settle for someone who quickly stretches you, gives you a massage then gives you the regular set of exercises. Find someone who will give you a full hour of their **undivided attention** to ensure you are getting the most out of every single minute so that you can get back to the workouts, sports and activities you love, as quickly as possible.

Combine all these tips from this special guide with a visit to a hands-on therapist, and you **WILL see a dramatic drop** in the neck pain and stiffness you are currently suffering from.

CONCLUSION

So there you have it! 7 simple tips you can start **TODAY** to eliminate your neck pain and improve your spine health and your overall well being.

There are many more specific treatments and strategies that can be done. These tips are a good starting point to use immediately. When these tips are applied consistently there **WILL** be a positive impact on reducing your neck pain and improving your quality of life.

I hope this is the beginning of a great, long-term relationship where Dawn Thomas Physical Therapy becomes the source of leading edge health advice for you and makes a real difference to your life.



PS - If you are currently struggling with neck pain, I am happy to offer you a Free “Discovery” Call. This is a 15-minute call to discuss your pain/injury, and current problem to determine the best approach to provide a long lasting solution to your problem.

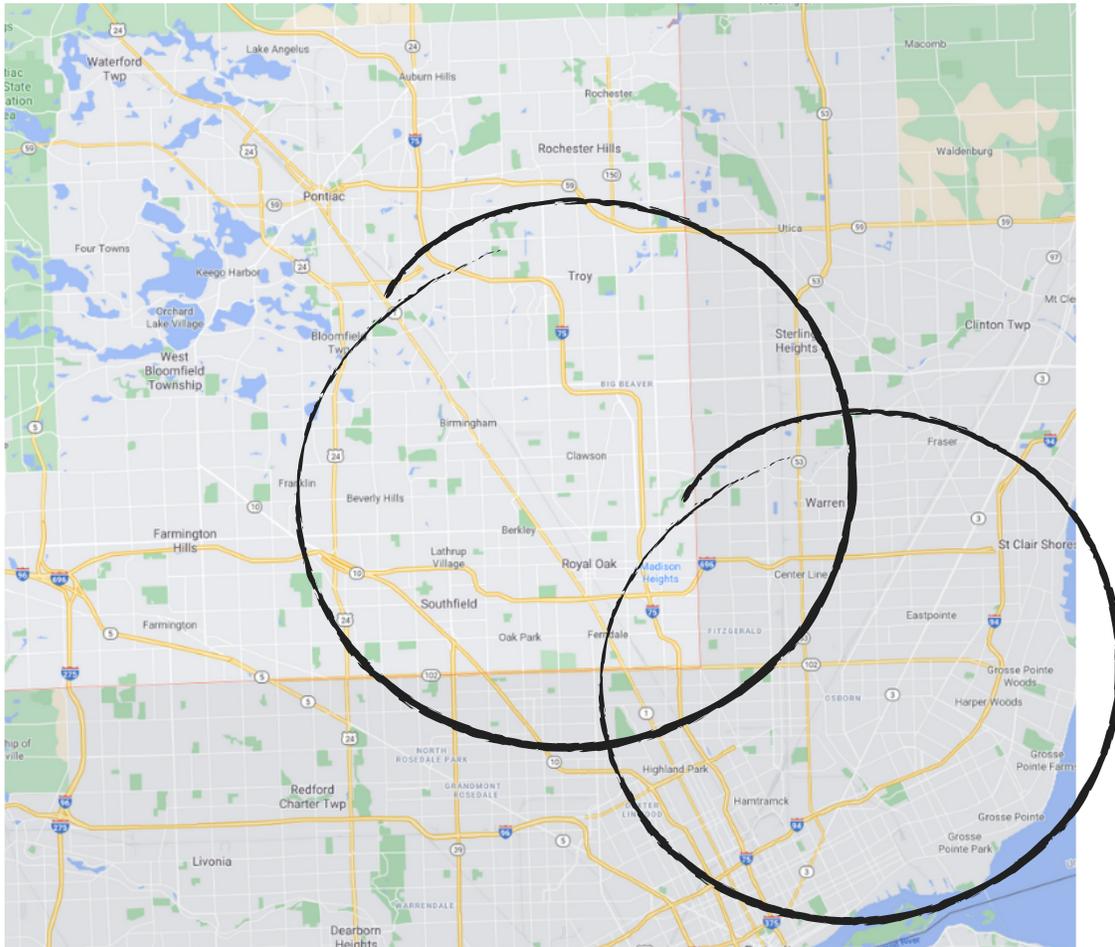
I would love you get started on your journey back to health. As an expert clinician I have helped hundreds of clients get stronger, reduce pain and move better!

For a **FREE** discovery call with Dr. Dawn, drop me an email or give me a call, and I'll help you get started on the right path!

drdawn@dthomaspt.com

248-467-4793

dawnthomaspt.com



Area Served

248-467-4793

drdawn@dthomaspt.com

dawnthomaspt.com

HEALTH ADVICE DISCLAIMER

The information provided in this report is created in good faith by a Doctor of Physical Therapy and is not intended to replace medical advice.

It is not possible to provide specific feedback for individual presentations and situations without a full evaluation. In order to provide and accurate prognosis or physical therapy diagnosis a full examination is necessary.

No guarantees if specific results are expressly made or implied in this report.

A full program participation agreement can be found at dawnthomaspt.com

If you do not agree with the program participation agreement as described do not utilize the information or participate in any educational or wellness programs offered by Dawn Thomas Physical Therapy PLLC.



© 2021 Dawn Thomas Physical Therapy PLLC

