

NECK PAIN

7 FAST STRATEGIES FOR REDUCING FLARE-UPS NATURALLY

FEEL BETTER WITHOUT DRUGS,
INJECTIONS OR SURGERY



Allied Physical Therapy

NECK PAIN

7 FAST STRATEGIES FOR REDUCING FLARE-UPS NATURALLY

FEEL BETTER WITHOUT DRUGS,
INJECTIONS OR SURGERY

By ALLIED PHYSICAL THERAPY

Southwest Florida's specialists on
Physical Therapy for the Neck

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About Allied Physical Therapy



The Goal

Get Back to What you Love

We know that the true reason why guests visit us isn't just to relieve pain, it's to get back to what they love doing. Whether that be running, playing sports, gardening, or playing with your grandchildren, our mission is to get you back to what you love doing.

Our Approach

Outcome

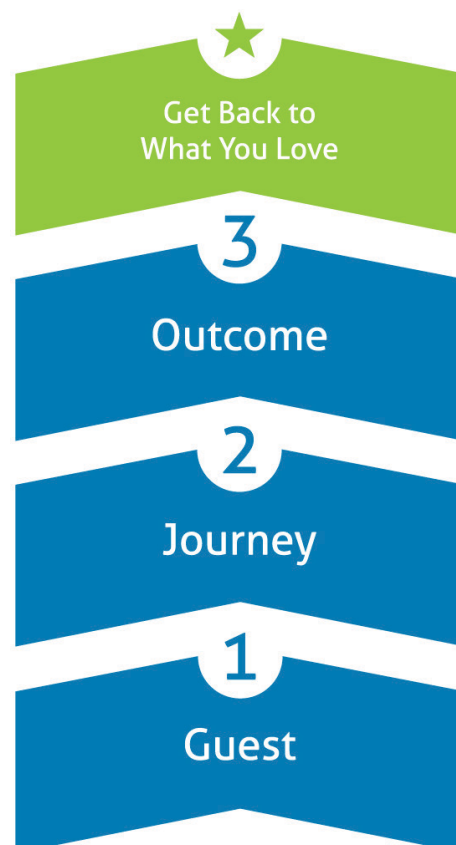
The outcome of following the journey is a change in lifestyle and habits that keeps the guest doing what they love. They reach the destination but have a change in identity by following the path to get there.

Journey

The guest begins a journey by following the path that their guide, and expert physical therapist, lays out for them. The therapist gives them the direction and tools they'll need to reach their destination.

Guest

The story begins when a guest visits us with an issue that they need help to solve. They have a destination where they want to be, but are unsure how to get there.



Health Advice Disclaimer

The information provided in this report is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider. Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination. Likewise, the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Physical Therapy Specialists.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. Allied Physical Therapy shall not be held liable for injury or death occurring from following any of the advice in this report.

The Best Free Gift Ever

“Test-Drive” Physical Therapy for FREE with one of our highly skilled and knowledgeable Physical Therapist specialists!

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www.alliedpt.com

Introduction

Have you heard the saying, “Use it or lose it”? Of course you have...

Yet, the first instinct most people follow when experiencing a pain is to stop moving. Sure, it may be good to rest it from time-to-time, especially when a neck or shoulder injury has first occurred. However, many patients stop moving altogether because they become afraid that they are going to do more damage. Not good :-)

You must also educate yourself before seeking the advice of a physician, who is likely to follow the traditional medical model of expensive MRIs, pain medication prescriptions, and surgical treatment – as this is not necessarily the best advice for managing neck and shoulder pain.

Sometimes, granted, surgical intervention is necessary to repair injuries that will not and cannot heal on their own. But, for the 99 percent of pain caused by other factors, there’s a much easier way – and that is seeing a physical therapist who specializes in the conservative and non-invasive management of conditions affecting the neck and shoulders.

In this eBook, we share some of the most common strategies for the management of acute and chronic neck and shoulder pain – and we’ll warn you now – this approach is not for patients seeking a miracle cure. It is for patients who are sick of resting and taking painkillers, who value their health, who want to avoid surgery, and who want to get back to being active – and are willing to put in the work to get there.

Since there are many reasons why a person will experience neck and shoulder pain – including incorrect posture, sleeping in a bad position, having too many pillows, trauma, and even psychological distress – not all therapeutic strategies will be successful for eliminating or lessening neck and shoulder pain. However, for the other 99 percent of you, you may find that some of these strategies may actually work to relieve or eliminate your neck and shoulder pain – if you take the time to read and understand them – and implement them correctly.

While these strategies address the most prevalent and common causes of neck and shoulder pain that we see day-to-day in the clinic, we cannot guarantee which one strategy will be the most beneficial to you. Indeed, even when the root or cause of neck and shoulder pain is known, there is no guarantee that any therapeutic strategy will work. Therefore, if you are still experiencing pain after a few weeks of trying out these strategies, you may find that human intervention is necessary – and our clinic door is always open..

Disclaimers¹ aside, these seven strategies, when followed as prescribed, are very often successful in relieving the most common neck and shoulder pain symptoms. Just imagine.... you may no longer need to take painkillers to enjoy 18 holes of golf, or to get a good night's rest. Imagine traveling the world as you always dreamed, or playing with your grandchildren, or dancing; exercising and staying active, living without fear of pain, and getting back to the lifestyle that you deserve – potentially avoiding expensive and invasive surgeries.

1. See full disclaimer on page v

Neck Pain: 7 Fast Strategies for Reducing Flare-Ups Naturally

1 Sit with a Support to Restore Your Normal Arch



It's true! Our bodies were not made to sit for long periods of time. In fact, if we sit with poor posture and rounding of our spine, it increases the stress and strain to your neck and shoulders. Sitting makes your neck displace forward making your neck muscles work harder. Fixing your posture may decrease the overactivity of your muscles and reduce your annoying neck pain.

The Fix: Sit with a towel or back support behind your low back to ensure you are sitting erect. Make sure your feet are on the floor and that your chair height keeps your hips at a 90-degree angle.



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2 Perform Light Stretches and Strengthening Exercises

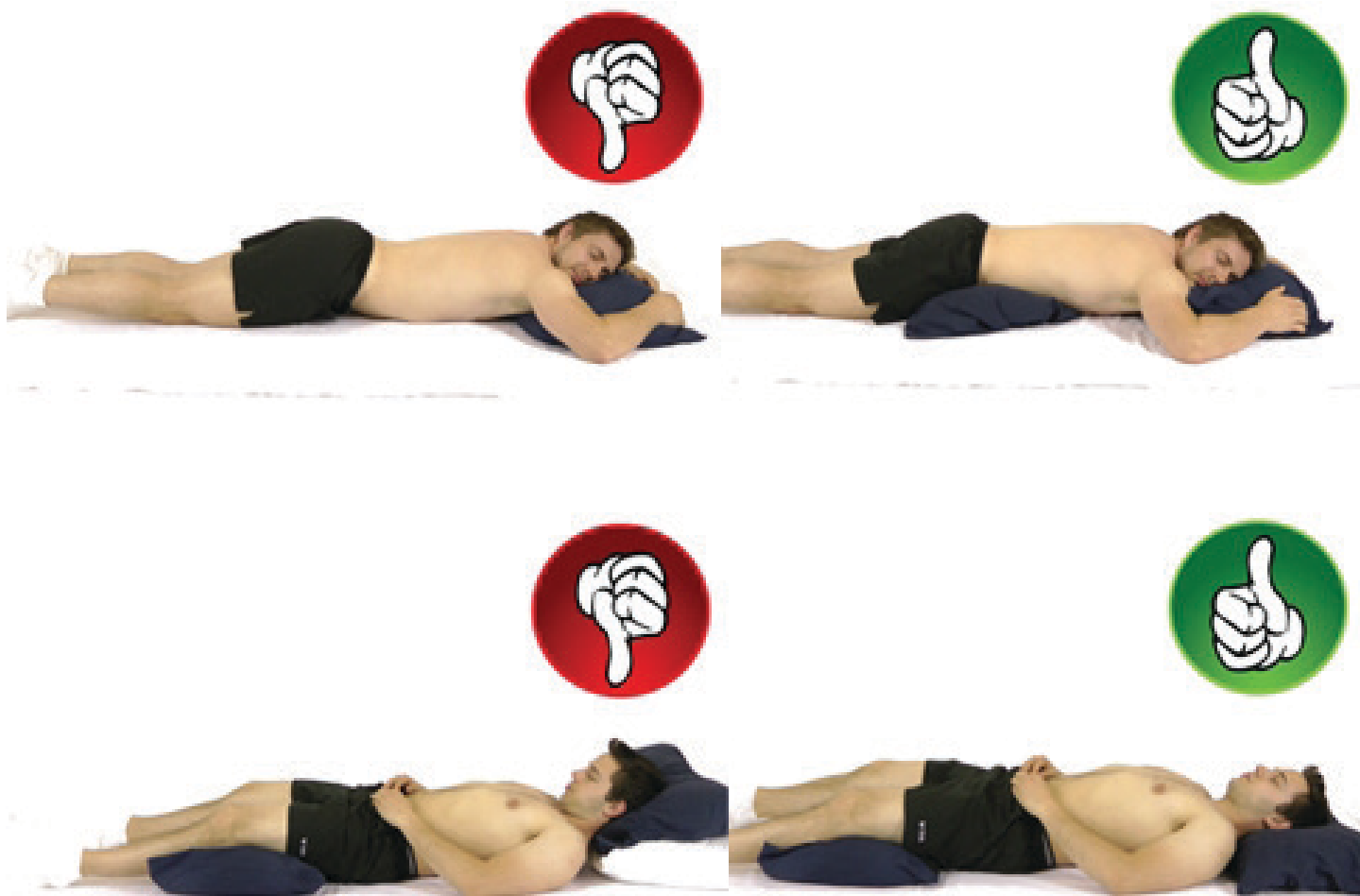
Light stretches and strengthening exercises are both great ways to reduce pain in the neck and shoulders. By stretching tight muscles and strengthening weak ones, you will increase blood flow to the area so your body can heal. Regular stretching and exercise can also help prevent the recurrence of neck and shoulder pain flare-ups. Below you will see some sample exercises that you can perform that may help stretch and strengthen the muscles around your neck. However, if you are looking for a more personalized approach targeted to the root cause of your unique neck and shoulder pain, then see the final tip!



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3 Sleep With a Memory Foam Pillow

Neck and shoulder pain can not only be annoying, it can also become debilitating – especially when it leads to tension headaches that prevent sleep or focus. In many cases, neck and shoulder problems stem from the position of the neck while sleeping. In fact, most patients use TOO MANY pillows! For this reason, we recommend using a memory foam pillow which is specifically designed with a contour to support the neck while sleeping. A quick Google search will deliver a number of contoured memory-foam pillow options. The most expensive is not necessarily better. We found ours for \$15 on Amazon.



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4 Put your Cell Phone on Speaker

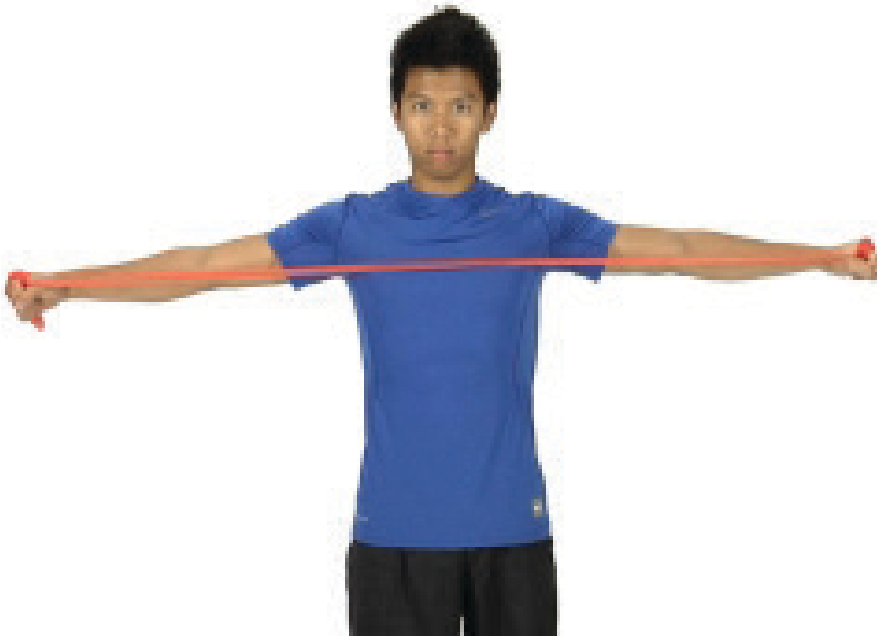
It's true: We spend too much time on the phone – placing stress and strain on our neck and shoulder muscles. This can be – and often times is – the cause of annoying neck and shoulder pain. When talking on the phone, try using the phone's built-in speaker function, instead of holding it up to your ear.



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5 Strengthen your Rotator Cuff

Many shoulder injuries stem from decreased strength in the rotator cuff muscles, which keep your shoulder joints functioning properly. When these muscles become weak, you may experience an increase in shoulder pain and weakness. Strengthen your shoulder's rotator cuff muscles by performing the following exercises on a frequent basis.



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6 Use Ice or Heat to Decrease Pain

Depending on your body's preference, use ice or heat instead of painkillers to reduce pain. Painkillers not only make your body reliant on pills, they impair your thinking as well as your digestive functioning. Instead, use this natural effective remedy to decrease the pain in your neck and shoulders.

With new injuries, it is best to apply ice for the first few days, switching over to heat thereafter.

7 Change Your Workstation or Desk

In the workplace and at home we are commonly looking down at our computer or phones. These sustained and repetitive postures increase pain to the neck and shoulder muscles. To decrease pain in the neck and shoulders, change your workstation by moving your computer monitor to a height that is equal with your eyes so that you do not need to look down at it.



Conclusion

Get Physical Therapy

There really is no other better way to help alleviate your neck and shoulder pain. When consulting a qualified physical therapist who specializes in treatment of neck and shoulder pain, they will be able to detect the root and source of your pain and give you customized instructions to help you feel better faster. In return, you will be able to carry on with your life, avoid taking pain pills, live without fear of pain, and get back to working and living your life again.

Neck and shoulder pain can be an expensive and frustrating experience for all patients. Using the seven strategies above may help eliminate your neck and shoulder pain once and for all. These are just a few of the most common approaches to neck and shoulder pain treatments, among a plethora of effective therapies. If you apply these strategies daily, you may very well see a decrease – or even disappearance – of the neck and shoulder pain that has been keeping you from enjoying your life, and ultimately get you back to doing what you love to do.

We hope this is just the beginning of a relationship between you and our physical therapy team. As your local area experts, we hope to become your trusted guide in managing and overcoming your aches and pains.

Dedicated to Your Health,

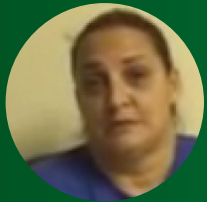
The Allied Physical Therapy Team

NECK PAIN

7 FAST STRATEGIES FOR REDUCING FLARE-UPS NATURALLY

Real Patients, Real Results

“



“I had a bulging disc in my neck before physical therapy and now I am pain-free. I am no longer a skeptic.”

~ Michelle W.
Cape Coral, Florida



“I no longer have numbness, tingling and weakness in my hands.”

~ Nancy N.
Cape Coral, Florida



“I have had eight surgeries on my neck and back and I am now able to move my neck again and no longer have to take pain pills.”

~ Chrissy T.
Fort Myers, Florida