

6 SIMPLE STRATEGIES

TO REDUCE YOUR OWN NECK PAIN

Without Medications, Injections Or Surgery...



RENDÓN
PHYSICAL THERAPY

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#1: DO YOU SIT AT A DESK FOR 30 MINUTES OR LONGER DURING THE DAY?

Looking down at your computer monitor for long periods throughout the day can cause the muscles around your neck to be overused and overstretched leading to a more forward head posture that can add up to 30lbs of force on your cervical spine. It can be very beneficial to simply take breaks every 20-30 mins to stand and stretch out and do the following: Roll your shoulders forwards and backwards in circles 10 times.

#2: DO YOU LOOK DOWN AT YOUR PHONE THROUGHOUT THE DAY AND GET DISCOMFORT IN YOUR NECK?

Do the following: Squeeze your shoulder blades together 10 times during periods of phone use.

#3: DO YOU HAVE DIFFICULTY GRIPPING THE STEERING WHEEL WHILE YOU DRIVE OR HOLDING ONTO IT?

Do the following: Push your head backwards into your car headrest or hands and hold for 30 seconds

#4: HAVE DIFFICULTY SLEEPING? ARE YOU WAKING UP WITH A PAIN IN YOUR NECK?

Often times people tend to use pillows that have too much support or too little and it puts the neck in a unnatural position. This can cause excess stress/force on your neck leading to discomfort and pain.

Do the following: Do SLOW range-of-motion exercises, up and down, side to side, and from ear to ear. This helps to gently stretch the neck muscles. Try 10-15 reps of each movement, and breathe comfortably.

#5: ARE YOU STRESSED OUT? DO YOU CARRY YOUR TENSION IN YOUR NECK AND SHOULDERS?

Stress can cause tension in the muscles surrounding your neck. This can lead to fatigue and tightness causing limited motion and pain with movement. This can also lead to headaches and migraines which is a common symptom we see with neck patients.

Since most people we treat on a daily bases have this particular issue we have a 2 step tip;

Do the Following:

Use Heat (Warm cloth) or ice (wrapped in a towel) for 10-15 mins on neck or shoulders.

Bring your ear to your shoulder 10 times on each side, hold each movement 30-60 seconds. The stretch should be MODERATE intensity.

#6: GET A PHYSICAL THERAPIST TO EVALUATE YOU AND YOUR NECK.

Didn't know that you can walk in off the street and get a Doctor of Physical Therapy to evaluate your musculoskeletal impairments? We've been doing it for years but insurance's want to streamline you into their protocol, so everyone gets a little bit of the pie on your health, pain and time... Don't let Big Pharma, Big Insurance or other practitioners decided what you should do to have a skilled, highly trained specialist evaluate, consult, listen and implement what is the best choice of treatment for your needs and goals.... Especially if it regards your neck pain!

KEY:

Call Rendon Physical Therapy, Inc at 909-796-0012 to schedule a consult, discovery visit (no commitment) or start treatment. Bianca is our front office manager and she'll answer your questions, in English or Spanish.

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