



## **The Fit Body Clinic - Exclusive report**

### **Head, neck and shoulders**

Fit Body Clinic is a specialist posture and movement clinic focused on restoring alignment, reducing chronic pain, and improving long-term physical function. Drawing on principles from the Egoscue Method and Live Pain Free, the clinic works to address the root causes of musculoskeletal discomfort particularly in the head, neck, and shoulders through tailored posture correction and functional movement programmes. Its approach emphasises education, prevention, and sustainable, drug-free recovery.

Disclaimer- The information here could help you.

### **My Background**

Jonathan Mearns is a former police officer turned entrepreneur, coach, and sustainability advocate. Awarded an OBE in 2023 for services to international counter-terrorism, he has since built a diverse portfolio spanning leadership coaching, environmental enterprise, and adventure. He is the founder of London Christmas Tree Rental, a pioneering circular economy business, and is known for helping individuals and organisations navigate transition, resilience, and purpose-driven growth. He now finds himself relaunching his posture alignment specialism to help people live pain free through a series of small corrective exercises alongside his partner Maud Rousseau who provides nutritional expertise.

## **Headaches**

If you've ever felt tightness in your neck, tension headaches, or that constant pull across your shoulders, you're not alone. Modern life is quietly reshaping our bodies and not in a good way.

This week, we're diving into head, neck, and shoulder pain through the lens of the Egoscue Method. The goal isn't just to understand pain but to decode what your body is trying to tell you

### **The Structure: What's Actually Going On?**

Your head, neck, and shoulders form a highly integrated system

Cervical Spine (Neck): 7 vertebrae designed for mobility and balance

Shoulder Girdle: Includes the clavicle (collarbone), scapula (shoulder blade), and humerus (upper arm)

### **Key Muscles:**

Trapezius: stabilises and moves the shoulder blade

Sternocleidomastoid controls head rotation and flexion

Levator scapulae lifts the shoulder blade

Deep stabilisers keep your head aligned over your body

These systems are designed to work in balance with your head stacked directly over your shoulders, and shoulders over hips.

When that alignment is lost, muscles begin to compensate... and pain follows.

**Complete the 12 questions [here](#) and have the remainder of the exclusive report**

**emailed to you. And don't worry we wont be spamming you with emails but you will get other helpful reports.**

