



5 QUICK EASY WAYS

HOW TO END YOUR

NECK PAIN

AND STIFFNESS AND TIGHTNESS

*... without taking painkillers or
having surgery...*

CHIROPRO CARE

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About The Author Dr. Chanil Jung

Chanil Jung is a Chiropractic Sports Physician, Strength and Conditioning Specialist, **Elite Active Release Provider**, Graston Technique Provider, Kinesio Taping Provider, Fascial Distortion Provider, **ELDOA Trainer**, TRX Trainer, and Personal Trainer. He specialised in treating people with CHRONIC pain, dressing root causes of pain rather than treating symptoms. He also prescribes customized exercise programs for his patients with injuries, helping them return to sports and work and to enjoy a fuller, PAIN-FREE life.



Every week since 2013, 100's of people have consulted Dr. Chanil Jung looking for answer and solutions for fast relief of their neck pain and stiffness.

Dr. Jung works with people aged 35-65+ on a daily basis, and is involved in the research of neck pain. He continues his education by taking courses on neck pain and is always learning different treatment options to best treat the neck.

Introduction

In this Special Report of Ending **Neck Pain** I share with you 5 very powerful principles and strategies you can make in your daily life that can dramatically reduce neck pain.

They're in no particular order, and they all have only one thing in common; They all work.

There's a great saying that goes: small hinges swing big doors. And it's often the simplest advice that wins in the end. Truth is, without knowing about your neck pain or medical history I cannot tell you which of these tips will work best for you, and even if I did know the root cause of your neck pain there are no guarantees that any one single strategy will work. But throughout my years of experience, I've been able to narrow down what really does and doesn't work when it comes to reducing neck pain, and the 5 principles you're about to read include that.

But imagine this... how great it would be if you try just one of these "tips" every day... within a few weeks you could have all 5 of these incredibly powerful strategies for easing **Neck Pain**, "in play" and working for you - giving you back to the active and healthy lifestyle that you've lost, or are in danger of losing.

So here's my challenge to you ...now that you have this knowledge in your hands, take time every day to try out at least one of these 5 strategies. It really won't take long and most of them won't cost you anything but few minutes of your time.

I think you will be pleasantly surprised by how much better and healthier you will feel for doing so.

5 Things To Do If You Have Neck Pain...

1. Opening Up Your Posterior Neck



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Lying flat, tuck your chin down to your chest reducing the gap between your neck and the floor. You will feel a gentle stretch at the top back of your neck. Hold this position 5 seconds, and then relax. Repeat 10 times.

Video: http://youtu.be/gk0_z3iQ6Qc

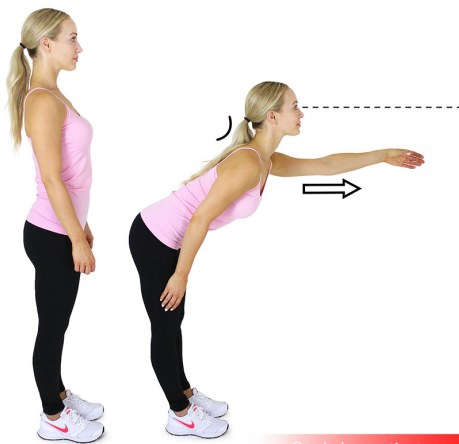
2. Stretch Your SCM



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Lie flat on your bed, or on the ground. You can use a pillow if you feel more comfortable, or a towel. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Video: <http://youtu.be/Z5Vih8KT2uc>



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3. Increase Neck Stability

Stand up straight, and bend forwards from your waist while reaching out in front of you with one arm. Keep your eyes level. Return to the start position and repeat 10 times. Both arms.

Video: <https://youtu.be/0fv4zvO6kCw>

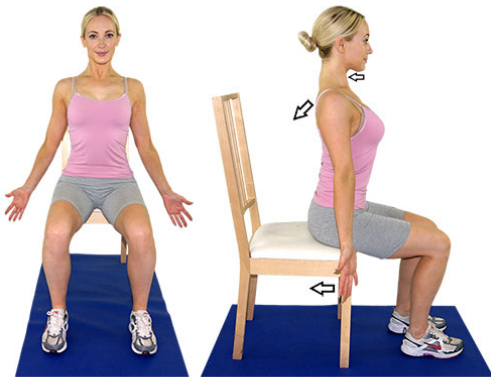


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4. Opening Up Your Chest

Place your arms above you, with your palms flat on the wall, and face towards a corner. Push your body into the corner keeping your hands in the same position. You will feel a stretch across your upper arms, front shoulders and chest.

Video: <http://youtu.be/J9Gt3CXFcd4>



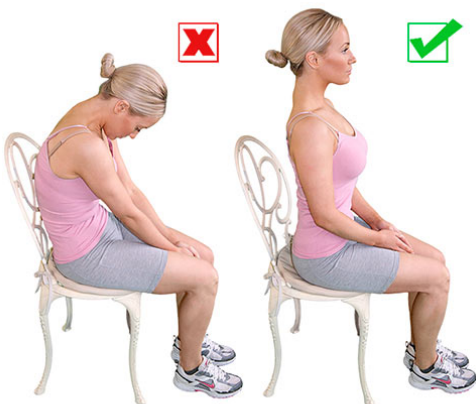
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5. Activate Sitting Muscles

Hip Flexor Stretch (Psoas Stretch)

Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Video: http://youtu.be/_uQ_-JeWTgU



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Bonus Section:

1. Use ICE (NOT HEAT)



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ICE is by far the best way to ease neck pain. My tip, use ice whenever you're feeling achy or painful, such as at the end of a very busy day. Apply an ice pack for 10 minutes or so, little but very often (EVERY HOUR).

And when to use **HEAT** - my tip would be apply a hot pack on morning when your neck is likely to be feeling more stiff than painful. Again, 10 minutes should do it.

2. Towel Exercise For Neck Curve



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Lying on your back, place a rolled up towel (of approximately 4 inches/10cm diameter) under your neck 5 min per day. You should feel the towel pushing upwards into your neck. This is a great exercise for people who spend too much time forward flexing their necks, e.g. computer and laptop users.

Video: <http://youtu.be/r1-VRMLfSRs>

3. Stay Hydrated

This is the BIG Office worker mistake that could be zapping your energy. One really simple way to avoid this is to cut out the stuff that makes you dehydrated in the first place. Things like excessive coffee, tea, alcohol and energy drinks will make you dehydrated as consequence of drinking too much of them.

And being dehydrated can cause muscle aches and pains, fatigue and dizziness. So, it's important that you keep your water intake up in an attempt to ease off any extra or unwanted tension in your lower back muscles.

My tip, drink water little and often throughout the day.

4. Get Physical With Your [Local Chiropractor](#)

There isn't a faster way to **END NECK PAIN** than by going to see a **CHIROPRACTOR**. Getting to see a hands-on specialist chiropractor means you're going to get very fast access to care that will soothe and relax those tight aching muscles, loosen and lubricate stiff, stuck and painful joints, and strengthen your body so that you can go back to doing the things that you **LOVE**. You can often leave a good **CHIROPRACTIC** treatment with concerns eased and physical pain reduced, inside 30-40 minutes.

Combine all of the "**TIPS**" in this Special Report with a trip to see a hands-on Chiropractor, and you will see a dramatic drop in the neck pain and stiffness you are currently suffering from.

Conclusion

So, there you have it: 5 things (Plus 4 big BONUS tips) that you can do **TODAY** to improve your posture, general health, as well as **EASE YOUR NECK PAIN**. There's obviously so much you can do too, and I could go much more in-depth on ways to end **NECK PAIN** than the principles I've given you here, but these fundamentals, if you apply them rigorously and are disciplined, will make a huge difference to the quality of your life.

In the weeks ahead I will be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how **CHIROPRACTIC** can make a **HUGE** difference to your life.

I hope this is the beginning of a great, long-term relationship where myself and colleagues from the Team become the source of leading edge health advice for you and make a real difference to your life.

Dedicated to Restoring Your Health,

Chanil Jung

Dr. Chanil Jung

Specialist Neck Pain Chiropractor

Tukwila

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our chiropractic clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow chiropractic advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Chartered Chiropractor at Chiropro Care.

We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.

