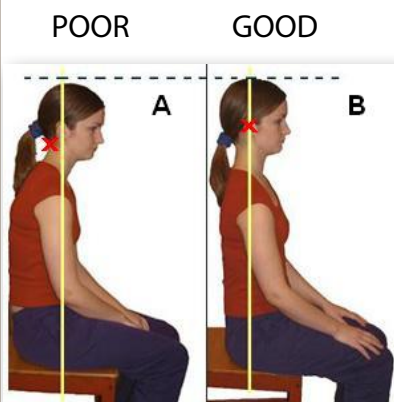




BODY AWARENESS

PRESERVING YOUR NECK



POSTURE

Do you have pain in your neck, shoulder or shoulder blade? Have you ever experienced weakness or the feeling of pins and needles in your arm or hand? All of these sensations can be caused by structures in your neck.

Two-thirds of people will experience neck pain in their life. It can be very mild, or extremely debilitating. It may be constant or intermittent. There are many causes, here are some of them:

Poor neck posture, weak superficial or deep neck muscles, stiffness in the joints of the neck, compression of nerves which exit the spine, problems with the discs, a history of whiplash or head injury, stress, muscular tension.

To optimize treatment, a detailed assessment is necessary to see specifically which of the many structures can be at fault. Once this is determined a customized treatment plan can be established to target the problems that were found and to facilitate a rapid recovery.

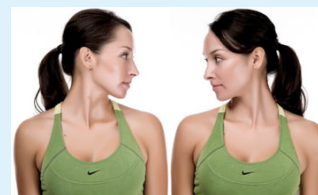
There are a few simple techniques that can help you preserve your neck. The most important one is making sure your neck posture or position is good. **Good posture decreases and prevents neck pain.**



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NECK ROTATION



It is very important to preserve the rotation movement in your neck. In everyday life we need to look left and right. As you age, this movement often gets limited and painful. To prevent it, practice turning your head to both sides. Turn to your maximum range, make sure it is pain free. Turn 5 times in each direction to start. This will lubricate the joints and allow freedom of movement. No pain is allowed. ***If you have any discomfort or limitation, see a physiotherapist who can help you get rid of the pain, improve your movement and preserve your neck.***