
COMMON CAUSES OF **NECK AND SHOULDER PAIN** GUIDE

HOW TO END NECK AND
SHOULDER PAIN WITHOUT PAIN-
KILLERS, RISKY SURGERY AND
EXPENSIVE TREATMENT BILLS!



The ART of LIFE
COMMUNITY HEALTH CENTER

The information provided in this Guide does not replace services of a licenced health care professional. Please do not use this book to treat or diagnose a medical condition.

*Always consult a physiotherapist or a health care professional
if the exercise plan is right for your condition.*

When we have neck and shoulder pain, we usually tell ourselves that, "it will go away after we rest", "it's just temporary", "it's because we didn't sleep properly", or "we are getting older". We don't seem to find a reason why it hurts either. You probably hope that one morning you will wake up and it will disappear, but it never does, and the longer you wait, the worse it gets.

SOUND LIKE YOU? HAS THIS HAPPENED TO YOU? DON'T WORRY YOU'RE NOT ALONE, NECK AND SHOULDER PAIN ARE COMMON ISSUES PEOPLE SEEK HELP FOR.

HERE ARE THE REASONS WHY PAIN CAN LAST LONGER THAN IT SHOULD:

- You thought the pain would go away on its own, but it doesn't
- You went to the doctor who told you to rest and take painkillers, but soon the pills wore off and pain came back.
- Your friends and family told you that everybody gets neck and shoulder pain, so you just accept it and live with it.
- You tried other healthcare professionals, but nothing seemed to help.
- You tried exercises you saw on YouTube, but they only made your pain worse or didn't help at all.
- You thought it would be a good idea to rest, but that only made your neck and shoulder stiffer.

ACTIVITIES THAT CAN LEAD TO NECK AND SHOULDER BACK PAIN:

- Texting (We are serious)
- Working on laptop the wrong way
- Sports Injuries
- Abrupt and Awkward movement
- Falls
- Whiplash
- Overexertion/improper exercise
- Poor posture
- Sitting for prolonged period of time
- Sleeping on uncomfortable mattress
- Using uncomfortable pillows
- Lack of deep breathing
- Stress and Anxiety

THESE ACTIVITIES CAN LEAD TO:

- Headaches
- Fatigue
- Neck and shoulder pain
- Ligament sprains
- Muscle strains/stiffness

- Tendonitis and scoliosis
- Frozen shoulder
- Cervical osteoarthritis
- Bone spurs
- Spinal disc issues and more
- Osteoporosis and more

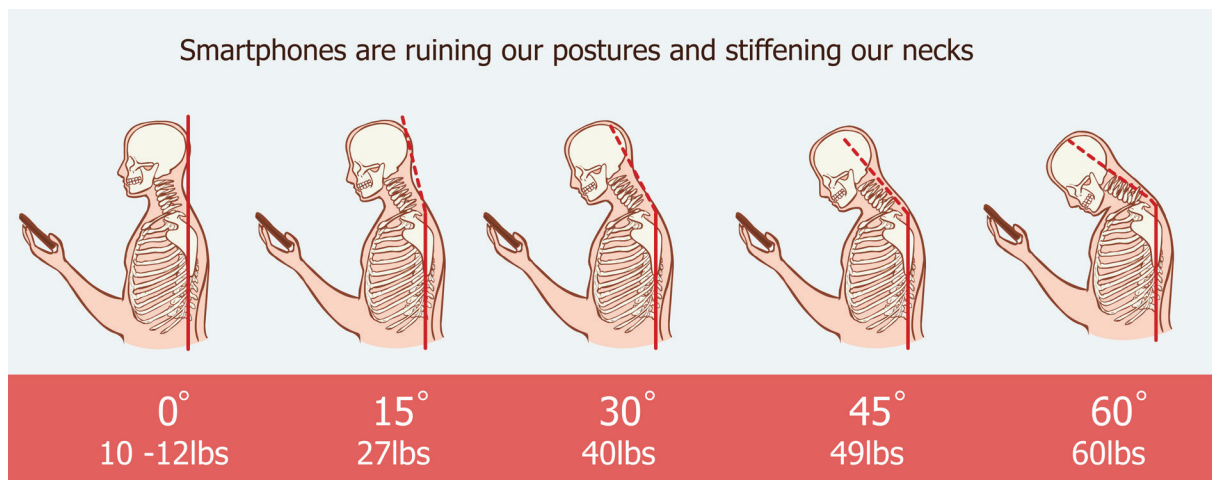
"WHAT CAN I DO TO EASE MY PAIN?"

HERE ARE OUR 9 HELPFUL TIPS:

1. TEXTING (YES, WE ARE SERIOUS)

Believe it or not, when we are texting on our phone, we tend to always look down which causes slouching of our neck and shoulders. It's not only texting, it's reading a book, looking over your laptop, leaning over while typing and even painting your nails. Any activity that involves holding your neck in a down right position for an extended period of time can cause neck and shoulder pain. We let our head hang down and strain the muscles that hold our head up.

TIP: Practice keeping your head at a higher angle: Pay attention next time to your neck position and try to hold you phone and book a bit higher than usual, try to sit straight and raise whatever you're doing close to your eye level instead of letting your head hang down.



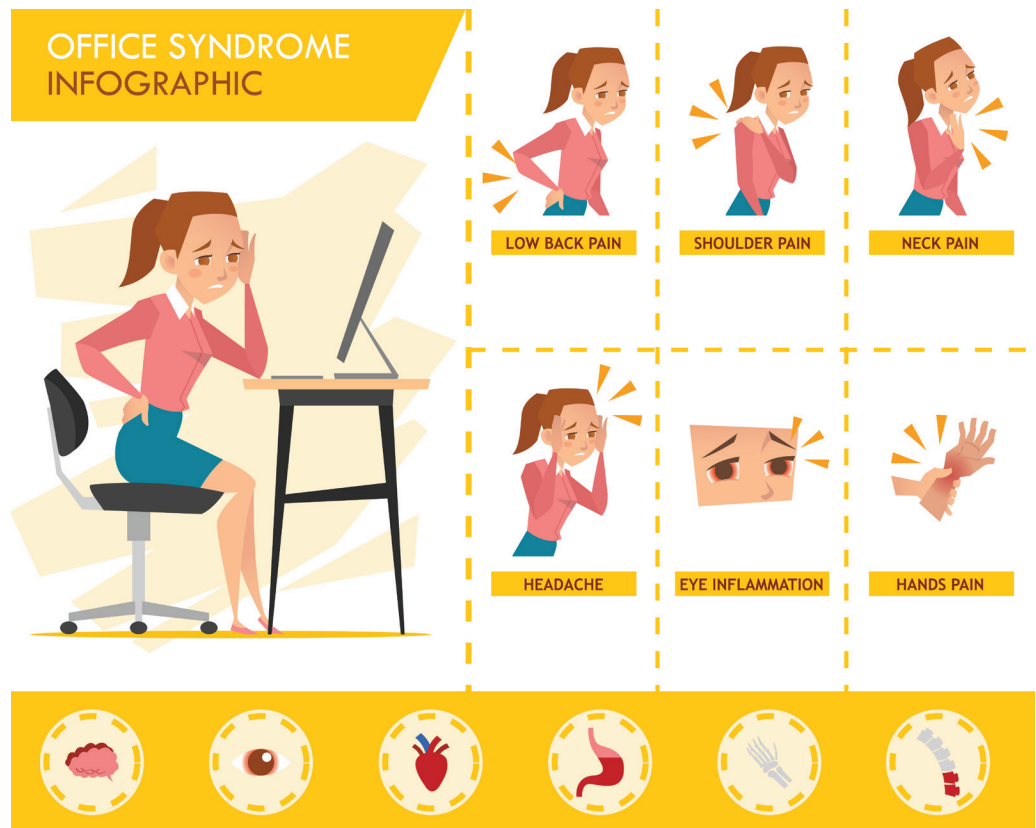
2. OFFICE SYNDROME

We spend a lot of time throughout our day sitting in front of the computer. One of the main causes of neck and shoulder pain are caused by Office syndrome. Office syndrome is related to musculoskeletal and visual issues we experience after working in front of the computer for prolonged period of time.

Have you every payed attention to how you sit when you start your day and what happens throughout?

We tent to sit straight at the beginning and then gradually start slouching our back and extending our head forward. This posture causes a lot of issues related to neck and shoulder pain. Office syndrome also causes issues such as carpal tunnel, this is a result of constant typing and position of your wrist while typing. Poor posture can also lead to scoliosis of your spine, decrease your range of motion and in some cases cause blood pressure issues. When we experience issues with blood circulation, it affects our oxygen supply to our brain and other body systems. Oxygen supply is very important for our health. Decreased blood flow to the brain will cause fatigue and decrease in energy. Staring at the computer screen all day, will affect your eyesight as well.

TIP: Practice sitting straight at a desk: Try to avoid above mentioned sitting positions, also take breaks at the office or when working at home.



3. HOLDING LAPTOP, THE WRONG WAY:

Just because it's called a laptop doesn't mean you should put it on your lap. Laptops are useful to carry around, watch movies, read news and other activities, but it's how we use it that creates an issue. Some of us tend to sit on the couch or on the bed while holding a laptop on our lap. This creates the same slouching affect and neck extension because we are sitting in an unnatural and uncomfortable position. This type of position will cause neck, shoulder and back pain. You can develop the same issues down the road as with office syndrome and texting because these are the same movements and positions.



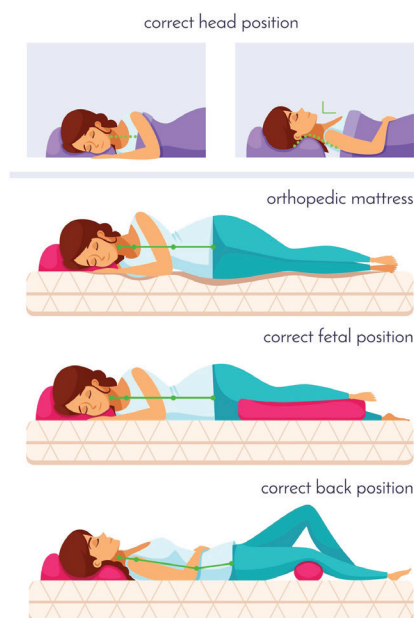
TIP: Avoid placing laptop on your lap: Try to avoid such sitting positions and use of laptop in that manner. Sit at a desk or use other means to watch movies on the laptop. You can use HDMI or Chrome Cast to hook the computer up to the TV screen and sit properly. This will help avoid neck and shoulder pain as well as other issues.

4. BAD SLEEPING POSITION

Sometimes we wake up and experience stiff neck which hurts to turn. Some of us love sleeping on our stomach and find it very comfortable but unfortunately, it's not good for our neck. When we sleep in this position, our neck extends and creates an unnatural angle which



GOOD SLEEP POSITION



BAD SLEEP POSITION



later causes pain and stiffness. If your neck is turned 90 degrees, you will have pain.

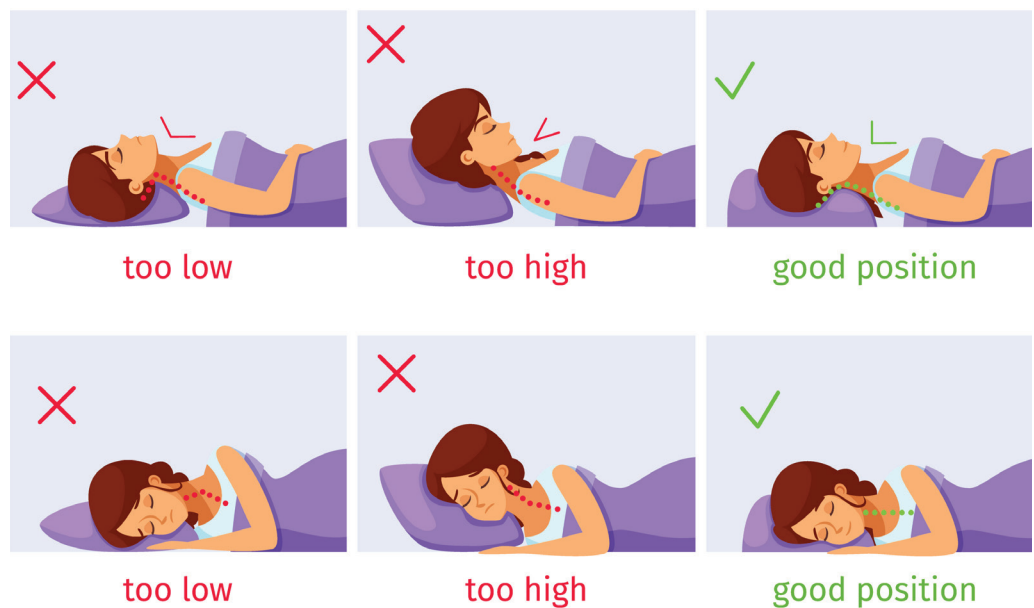
TIP: Avoid sleeping on your stomach: Sleeping on your back or on the side, it will help reduce pain and keep your neck from overextending.

5. UNCOMFORTABLE PILLOWS

Ask yourself, is your pillow comfortable? when was the last time you bought a new pillow? Neck and Shoulder pain is related to how comfortable our pillows are when we sleep. If the pillows are not right for your sleeping position, you will wake up with headaches, neck, shoulder and back pain.

TIP: Invest in new and comfortable pillows:

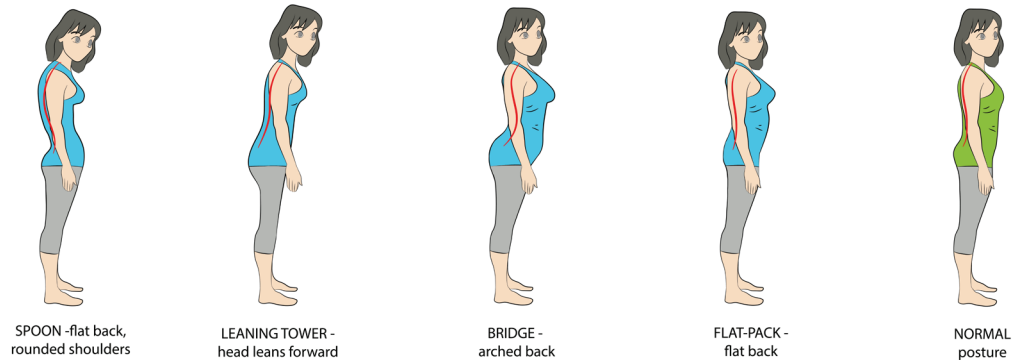
- Sleeping on your side: Use a thick pillow for your head. You can also use another pillow to put between your knees for better sleeping position and comfort.
- Sleeping on your back: Use a thin pillow for your head. You can also use another pillow to put under your thighs for better sleeping position and comfort.



6. POOR POSTURE

Poor posture aside from back pain, has a lot to do with neck and shoulder pain. When we slouch, we put a lot of pressure on our shoulders and neck. Ignoring your posture will result in

long term consequences such as chronic pain and in some cases irreversible damage.



TIP: Practice good posture: Stand against a wall with your heels, butt, shoulders and head touching the wall then move forward... that's how your posture should be. Try it! Posture is very important for our back, shoulders and neck while standing and sitting. When sitting, try to Use a seat with good back support and arm rests. Try not to slouch.

7. LACK OF DEEP BREATHING

Did you know you maybe breathing wrong? A lot of us have a habit of breathing with our shoulders, chest or using scalene muscles located on side of our neck instead of using our stomach. When we do that, we are using muscles that are not built to be used for breathing which in turn causes neck and shoulder pain.

TIP: Practice deep breathing: Practice proper breathing techniques. Breath with your tummy! Lie on your back while placing hands on your stomach, then watch your hands move up and down as you breathe in and out. This is called diaphragm breathing, in order to avoid neck and shoulder pain, we need to breath with our stomach.



8. STRESS

Have you ever sat in your chair and leaned back to stretch or rub your neck? Have you ever worked for so long that you had to stop and lean back in your chair to stretch your back and neck? Well it's not only your sitting position, it's stress as well. Stress is one of the most common causes for any pain, illness or discomfort we experience. When we are stressed, we experience tension, that tension can be in our chest, shoulders, neck and back. When our muscles become tense due to overload, we experience pain and discomfort. Experiencing emotional stress can result in physical pain as well.

TIP: Try to relax, invest time for yourself: Stress is always present in our busy daily lifestyle, but it's the way we cope with it, that will count and benefit our health. Find a way to reduce stress. Practice deep breathing, go for walks, talk to a friend, take mindfulness meditation courses or just having an occasional break will help.

9. MEDICAL CONDITIONS

TIP: Make the decision to get help: Don't procrastinate, it will only get worse with time and with stress of daily activities.

If you already experience stiffness or discomfort in your back, neck or shoulders, we suggest getting treatments as soon as possible to help from further deterioration and developing chronic issues down the line.

Physiotherapy and Massage Therapy combined can improve joint mobility, reduce muscular tension and spasms as well as eliminate pain and inflammation altogether, Acupuncture can relieve inflammation, muscle spasms and stress as well.

9 WAYS TO MANAGE STRESS



PHYSIOTHERAPY AND MASSAGE TREATMENTS WILL HELP YOU TO:

- Alleviate pain, stiffness and inflammation
- Ensure that your problem is healed properly, safely and effectively
- Put an end to taking painkillers and doctor visits
- Avoid dangerous surgery and painful injections
- Get your body back to active lifestyle and enjoy quality time with family and friends
- Get a good night's sleep without tossing and turning
- Get back to living life free from chronic back pain



We are [The Art of Life Natural Health Centre](#) and we are committed to helping people like you who suffer from pain and want a natural solution without any painkillers, surgeries and long-lasting treatments which in most cases don't treat the root cause of your problem but only hide symptoms.

Our team of staff are dedicated to providing you with long lasting results, living pain-free and return you to an active and independent lifestyle.

Our equipment can help you heal faster and more effective than any other modality. Our machines work on cellular level which gives our body a natural ability to heal itself without using pain medications which block that ability. They can help with many chronic and acute conditions and disorders which would take years to heal or thought to be untreatable. Let us help get you back to your active lifestyle!

OUR PHYSIOTHERAPIST AND MASSAGE THERAPIST WILL:

- Take detailed account of your medical history
- Help you understand your condition and find the best way to treat it.
- Develop a unique treatment plan for your specific condition for effective and fast recovery
- Develop a unique treatment plan while highlighting your goals and needs
- Help increase your energy and productivity
- Develop special exercise for your condition.

PHYSIOTHERAPY EQUIPMENT AVAILABLE AT OUR CLINIC:

- [Magnetic Biostimulation \(Combitron\)](#)- can be used for physical, orthopedic and neurological disorders
- [Infra-red Dome and Body Wrap](#)- helps with arthritis, detoxification, cellulite and more
- [Radial Shockwave Therapy](#)- European technology which is used instead of surgery, 3-5 sessions, can help with golf/tennis elbow, fractures, heel spurs and more
- [3D Interferential Current](#)- type of pain management device
- [Compression Therapy](#)- helps with blood circulation, varicose veins, weight management and more
- [Therapeutic Infrared Laser](#)- helps with joint, hip, tendon issues and more

MASSAGE THERAPY CAN HELP WITH:

- Back pain & sciatica
- Whiplash injuries
- Numbness & tingling
- Shoulder, elbow and wrist pain
- Hip, knee and leg pain
- Neck pain, headaches and migraines
- Post-surgical pain
- Stress & anxiety
- Sports injuries and more

OUR MASSAGE THERAPISTS PRACTICE VARIETY OF MASSAGE TECHNIQUES:

- [Thai Herbal Massage](#)
- [Therapeutic Massage](#)
- [Cellulite Cupping Massage](#)
- [Old Slavic Massage](#)
- [Swedish Massage](#)
- [Deep Tissue Massage](#)
- [Hot Stone Massage](#)

Combining Massage Therapy with Infrared Body Wrap can speed up recovery process and effectively reduce pain.

If you are interested in knowing more about us, visit our [website](#), give us a call or email us. We will be happy to answer any of your questions.

COME ON IN AND WE WILL SHOW YOU ALL OUR MODALITIES AND EXPLAIN HOW THEY WORK AND WHAT THEY TREAT. OUR GOAL IS TO HELP YOU TO MAKE THE RIGHT DECISION REGARDING YOUR HEALTH AND WELL-BEING.

TAKE CARE OF YOURSELF AND YOUR BODY!