



7 TIPS TO HELP SHOULDER AND NECK PAIN WITHOUT HAVING TO TAKE PAINKILLERS

GUIDE BY CARL NEAL



ABOUT THE AUTHOR

CARL NEAL

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Carl is an experienced physiotherapist who founded Weymouth Physiotherapy in 2018.

For close to a decade people have consulted with him, hoping to find answers on solving their problems caused by neck and shoulder pain. He has a passion to get people not only free from pain but also living the life how they want to live, without restrictions.

He honed his skills in the NHS where he saw a high volume of patients and now has crossed the boundary to work within the private sector. He wants to expand his reach and help ever higher number of patients who want to get better and in control of their symptoms.

In this special report, Carl shares with you 7 powerful tips that can help solve your shoulder and / or neck pain. He tells us that many times his patients have told him that they have been confused with the vast and often conflicting information that is out there. He hopes this gives you clarity.

Sometimes small changes can have a big effect. Whether you put one or two of these strategies in place or all of them we are sure they can help you. Many people who have back pain are fearful of losing their active life and these things can really help. You just have to decide what to start with.

7 TIPS TO HELP NECK AND SHOULDER PAIN

1. Move it more and stretch less aggressively

It is important when we have pain in these areas that we don't get stiff. Stiff joints by their very nature become painful joints. Regularly moving in a pain free range of movement will keep things more mobile

At Weymouth Physiotherapy we don't advocate aggressive stretching in painful conditions. Our experience is that it only causes increased pain which in turns leads to things becoming tighter. Stretch to the start of pain and hold for long periods 10 seconds or more.

2. Use natural pain relief

Don't underestimate the power of natural pain relief. By this I mean the use of hot water bottles, wheat bags, cold compresses, ice (wrapped in a towel), creams etc. Now this doesn't work for all but for many it can be a really efficient way of getting relief from pain and if this allows you to move better and more frequently then it is only going to help in your recovery.

People often ask us whether they should ice or heat. In truth its whatever works for you. Historically we have always said ice for joints or swelling and heat for muscle but in reality they both work in a similar manner so if your joint feels better for warmth then go for it. Apply for 20 minutes as frequently as you feel the need to.

3. Worry Less

We know from the evidence that one of the highest predictors of whether pain persists is worry. Commonly people are concerned something serious is wrong, or that are at risk of causing further damage. They may be concerned that it won't get better in the future or that they won't be able to do the things they want or need to do.

Our job is to reassure you. Rarely is there something serious wrong and with the right assessment and treatment it can always get better, no matter how long you may have had it.

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4. Consider doing some strength exercises

Strength training has a huge part to play in both shoulder and neck problems. In shoulder problems it is important to target the rotator cuff muscles which are like the 'core stability' of the shoulder. Strength training has also been shown to have great effect in neck pain to, particularly in office workers. Often tight muscles are actually just tired muscles and if we get them stronger that feeling of tightness goes away. Not only that exercise releases good chemicals and our bodies natural pain relief system. Double result.

5. Change your posture.

People always assume that when we get pain it is important to sit in the 'correct' posture. This isn't strictly true. Any posture held for long enough can cause pain. In truth there is no perfect posture. However I do encourage people to seek positions they find comfortable be it slumped or upright sitting.

Ultimately however the best posture is your next one. The key is to move regularly. Try not to get to stay in the same posture for longer than thirty minutes. Movement is medicine.

6. Relax

Many with shoulder and neck pain have difficulties relaxing. Pain that is there all the time means your mind doesn't get chance to switch off and this can run in to the night. Not being able to relax often causes tension which in turn causes your pain to increase.

Explore different ways of relaxation it may be simple meditation by relaxed breathing or something more advanced. Equally it may just be taking some time out listen to your favourite music.

One thing to remember is that is actually skill to relax and that means it's important to practice. Try to do it before your symptoms become too high as it is particularly challenging to relax once you have reached this stage.

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7. Come and see us

Nothing beats coming in to see us at Weymouth Physiotherapy. We can listen to your story, assess how you are moving and then come up with a customised treatment plan to get you living life as you want to. A lot of different things often contribute to back pain and it is not until you address each of them that you can finally move on from it. You will be presented with options as to what your care looks like be it interventions within the clinic or things that you need to work on at home.

Conclusion

These tips will hopefully enable you to better manage your shoulder and / or neck pain. You may not be able to put them all in to place right away however even if you put one or two in to action you will hopefully see some effects. For some this may be small, for others it may be a much larger effect.

If you need some guidance on how to put them in to action and to get fully back in control of your problem then please do not hesitate to contact us. We offer free telephone consultations where we discuss your condition and can talk about ways in which we could help. This gives you an opportunity as well to ask any questions.

Alternatively, we also offer free taster sessions. This is similar to the telephone consultations only you are able to come down to the clinic and discuss things in person. Please note however this is not treatment it is just an opportunity to discuss any concerns you have. You can apply for this on the website or just send us an email.

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