

“How to get rid of that pain in your neck”

Neck pain or stiffness can affect your life in so many different ways. Whether it be sharp pain, dull muscular aches, headaches, or an inability to fully move your head, neck pain can be very frustrating yet it's simple to fix in the majority of cases.

What Causes Neck Pain?

Commonly we find that neck joints become stiff or locked much like a rusty hinge. This in turn usually causes protective muscle spasm of some neck muscles and weakness of others. The longer this abnormal scenario exists, the harder it is to reverse the habit. Your posture alters, which strains adjacent joints and muscles, and the condition cyclically deteriorates.

The interesting thing about necks is that one stiff joint or one imbalanced muscle can have a dramatic effect on your whole neck if not fixed properly. We often see patients who have unsuccessfully tried various treatment techniques. What we normally find it that it is a combination of joint mobilisation, muscle

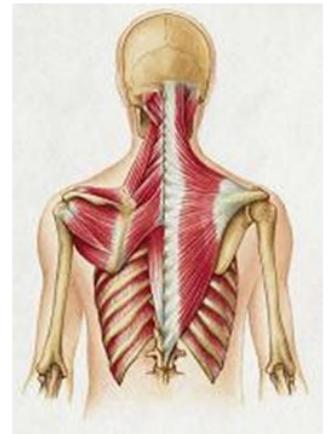


stretching, massage, acupuncture, and strength exercises that are required to reverse some well established poor habits.

Why Do Things Tend To Deteriorate?

The human body is incredibly talented and will adjust itself so that other joints or muscles move further or work harder than they should. While this is usually okay on the short term it's devastating in the long term.

Unfortunately the result is often chronic pain and stiffness, headaches or even tension type migraine. Luckily, there is a very quick, extremely safe and long-term solution. And it's waiting for you at PhysioWorks. Your physiotherapist is highly skilled at the diagnosis and treatment of mechanical neck pain. The old days of having to crack a joint to reposition it are virtually gone, along with the safety concerns!



New research has shown that a combination of joint and muscle treatment and some specific strengthening exercises are an effective way to eliminate your neck symptoms and headaches. We understand that neck pain is not solely about joints and not solely about muscles. There is a whole gambit of information that your physiotherapist will analyse and correct if needed to resolve your individual problem. The good news is that you can also reduce your chances of pain returning significantly if you do the right thing quickly.

Joke of the Day

A well-respected surgeon was relaxing on his sofa one evening just after arriving home from work. As he was tuning in to the evening news, the phone rang. The doctor calmly answered it and heard the familiar voice of a colleague on the other end of the line.

"We need a fourth for poker," said the friend.

"I'll be right over," whispered the doctor. As he was putting on his coat, his wife asked, "Is it serious?"

"Oh yes, quite serious," said the doctor gravely. "In fact, three doctors are there already!"