
7 Ways to Stop Irritating NECK & SHOULDER PAIN

(...From Disturbing Sleep and Causing Severe
Headaches)



HealthFit Performance & Wellness (HealthFitInc.Com)

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About HealthFit

"We help you stay Mobile and Active to restore your belief in Health's Potential."

Achieving optimal health and wellness is a multi-dimensional process, never a linear path. It is attained by treating the root cause of an individual's pain, and never by applying a quick, temporary or universal fix.

We are a multi-disciplinary practice, but offer so much more than the sum of medical and fitness professionals.

At HealthFit, we have the experience and capabilities to provide our clients with the most comprehensive, one-on-one care and beyond that, an experience that we believe is not just unique, but rather uncommon.

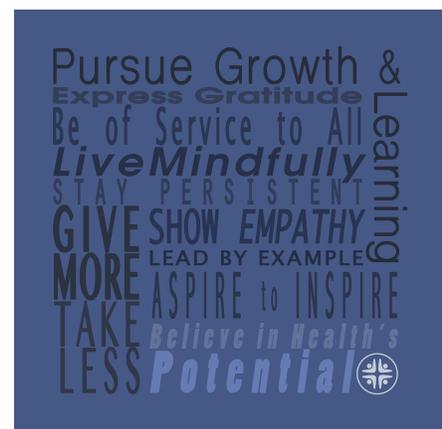
OUR MISSION:

To foster and build amazing relationships which empower our clients to be more mobile, active and live a healthier lifestyle.

We believe that through dynamic treatment, compassion and education, we can enable our clients to move in the way the human body was intended to move, to understand the impact of proper nourishment to the body and ultimately, be empowered to achieve their personal health and wellness goals.

CORE VALUES:

- **Pursue Growth & Learning**
- **Express Gratitude**
- **Be of Service to All**
- **Live Mindfully**
- **Stay Persistent**
- **Show Empathy**
- **Lead by Example**
- **Give More Take Less**
- **Aspire to Inspire**
- **Believe in Health's Potential**



Meet The Team



Dr. Kelli Kakita Han (Chiropractic Physician) - Dr. Kelli is one of the kindest and most caring people you will ever meet. You will be hard pressed to find a Chiropractor that puts as much time and effort into the well being of her clients. Dr. Kelli loves her work because it provides her clients with hope, especially for those who have been told there is nothing they can do for their symptoms. She believes in finding the root cause of the your condition so the body can heal itself and function optimally, not simply mask the symptoms.



Dr. Jason Han (Physical Therapist/Sports Clinical Specialist) - Dr. Jason has dedicated his a great deal of his life to optimizing his skills as a clinician in order to provide the best one-on-one care possible. Jason has a confident yet calm way of helping his clients feel at ease with their injuries. He does this by giving you the same level of care he provided to all of his professional clients during his stints with the Pittsburgh Steelers and Cirque du Soleil.



Matthew Starling (Chiropractic Intern/Board Certified Applied Kinesiologist) - As a Certified Applied Kinesiologist, he takes an incredibly well rounded approach to solving your body's ailments. His love for nature and an active lifestyle inspires his interest in the human body and all that it can accomplish. Whether your goal is to heal your chronic back pain or get back on the bike for that upcoming triathlon, Matthew takes a individualized approach to your care and well being.



Allister Buchanan (Head of Fitness & Performance Training) - With an infectious smile, laugh and the fitness training skills to match, Allister has helped a great number of his clients reach their health goals. His clients range from your grandmother that wants a life of independence again to the elite athlete that is trying to shave milliseconds off his time. Regardless of your starting point, he takes an individualized approach to keeping you mobile and active to restore your belief in health's potential.

Introduction

In this Special Report on Neck And Shoulder Pain (and stiffness) we will share with you 7 very powerful principles and strategies you can make work for you – some over time and others almost instantly.

The reason both neck AND shoulder pain have been “grouped” together because there is a huge relationship between the two. It is often overlooked that neck injuries lead to shoulder problems, and shoulder problems often cause neck pain.

That the two are “inter-linked” is very true and the fact that the arrival of one often means that the other isn’t far behind, means that they must both be considered when trying to end either, or both.

These tips are in no particular order, and they all have only one thing in common: They all work.

But over the last decade, I’ve been able to narrow down what really does and doesn’t work when it comes to easing neck and shoulder pain (and the stiffness either brings).

And the 7 principles you’re about to read are included in 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 7 of these incredibly powerful strategies for easing Neck and Shoulder Pain, “in play” and working for you – giving you back 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 7 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’ll be pleasantly surprised by how much better and healthier you will feel for doing so.

Health Advice Disclaimer

- ▶ This guide is intended for instruction and informational purposes only.
- ▶ The authors are not responsible for any harm or injury that may result.
- ▶ 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.

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Your Solutions:

1. Don't Sleep With Multiple Pillows

This may be quite difficult for you at first, especially if you are used to sleeping with two or three pillows. But if you can stick with it, it lowers the amount of tension on your neck and shoulders.

Why this this so? If you think about it, a “forward head” position while you are standing or sitting leads to bad posture and ultimately a lot more tension on your stress. If you are sleeping with multiple pillows, they are pushing your head to the exact same position for HOURS!

Frequent headaches, migraines and constant shoulder discomfort are a sign of spending 8 hours every night in the WRONG position. Drop down to just one soft pillow or a towel roll placed under your neck and you will notice a difference.

2. Avoid Reading For More Than 20 Minutes In Bed

The reason why is because you are probably propped up on multiple pillows, with your head look forward and down at your book or Kindle. Similar to tip #1, you are increasing tension on your muscles. It's a bit like stretching and rubber band too far - eventually it will fray and even snap.

Even worse is that your muscles are already tired and weak from a super long day. And by placing them under even more tension so late in the day, will inevitably lead to more discomfort.

An postural correction you can make if you truly want to read in bed is sitting with your back flush to your headboard so you are essentially “sitting up”. Place a small pillow behind your lower back for a slight arch support. Then you can also try putting a pillow or two on your lap with your forearms resting on them which brings the book higher towards eye level.

3. Avoid Carrying Your Backpack or Purse On One Arm, Or One Hand

For this, you're going to need to completely 'flip' everything you've likely done for years when it comes to carrying bags.

And this one is a very common mistake that adds to neck and shoulder tension. Carrying a workbag or even shopping bag over one shoulder, means that the weight is not evenly distributed. And the result is one side of your body is under more pressure than the other.

Guess what happens to the side of your body carrying the extra weight all these years? (Likely to be the side you're feeling the pain and tension the most).

More, if you carry the bag over your left shoulder all the time, you could end up with a curvature of your spine and it would mean that your left side is working too hard taking the weight of the bag every day, and certainly much harder than your right side.

And this would cause tension and pain, not to mention a funny and unhealthy looking posture.

4.) Daily Stretching Of Your Chest, Not Always Your Neck

There's a term often used by some really good healthcare professionals: "Stop Chasing The Pain." When improving neck and shoulder discomfort, it's always important to find the "underlying" cause.

Often times, a FORWARD SHOULDER posture will place excessive tension on your neck and upper shoulders. Stretching your Pecs or the front of your chest will help get your shoulders back so your neck can sit in a better position. You have to get these muscles nice and loose which will allow you to ultimately strengthen your shoulder blade muscles too.

Stretching your neck is not always bad, but constantly stressing it without knowing why they are always so tight just puts you in a cycle of pain that is difficult to get out of.

5. Make Sure Your Laptop or Desktop Are At The Correct Height

When you're sitting (remember anything more than 20 minutes isn't ideal) and your laptop or table isn't at the right height, then what can happen is you are looking downwards.

Do we see a common theme here???

With this prolonged posture, your spine becomes more and more rounded. This stretches the muscles, puts more force on the joints and more pressure on the discs. All of which are very sensitive and likely to cause you pain in the neck and shoulder area.

As a general rule, you want the screen near "eye-level". One thing you can do at home or work with a laptop is to place it on a stack of books. You would then need an external keyboard and mouse that you will place on the actual desk level for you to control.

Is it a hassle? Yes. BUT... Will it help your neck. ABSOLUTELY!

6. Strengthen Your Shoulder Blades and Postural Muscles

We live in a society where 99% of what we do is in front of us. (Makes sense)

BUT... this leads to the forward head and forward shoulder posture that wrecks your body. To counteract these prolonged positions, we have to strengthen the opposite side. (Makes sense again?)

Unfortunately, most people that do these types of exercise end up just compensating with their neck and lower back instead of really targeting the muscles that they are supposed to. Then they aggravate their original problems and feel that they are just doomed to fail.

YES it is important to strengthen these areas, but the CORRECT way under the care of a PROFESSIONAL, and at a pace that your body can actually handle. Jumping the gun and doing too much too fast can just set you back which you don't want.

7. Get Evaluated with Physical Therapy or Chiropractic

Some neck and shoulder pain is super stubborn and if you've been battling with it for an extended period of time, it might require the benefits of a hands-on specialist. Seeking physical therapy or chiropractic is the fastest way to reducing your knee symptoms.

You are going to receive quick access to care that will ease muscle tension, soothe achy muscles, loosen stiff, stuck and painful joints, and strengthen your body so your back pain stays away and you can get back to doing what you love.



Your physical therapist or chiropractor will evaluate your whole body and help you understand what's really going on. Your visit with one of our professionals includes 100% 1-on-1 attention which is unlike the majority of other settings.

We pride ourselves on our attention to detail so your evaluation will include a thorough full body movement and hands-on assessment. with a treatment plan and home self-treatment program.

Your physical therapist will create a customized exercise and therapy program for you, including a home self-treatment program that you can do on your own, so you don't need to be seen multiple times per week in the clinic.

Your chiropractor will take a holistic viewpoint on your health, targeting your issues from a structural, chemical and emotional perspective which is completely different from the typical "Rack Em' & Crack Em" chiropractors that are out there.

We will get you where you need to be better, faster and with the best care possible. 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.

Bonus Tips:

1. Daily Lower Back Exercise Rituals

YES the title does say back exercises – it's because the strength of your lower back dictates the “pounding” that your entire body will take each time you go for a walk or a run.

If you can get into the routine or good habit of doing simple stretches and strengthening of your lower back muscles, you will benefit right through your 40's, 50, 60's and beyond.

In the same way that you brush your teeth twice per day to keep them clean and avoid pain, you need to look at working on your back in a similar way. Particularly as you're now in the 40-60 age bracket where your muscles start to lose strength and flexibility.

2. Avoid High Heels

Here's why. Wearing high heels will increase the pressure through your knees and through your spine by about 25 X. Reverse that, and it means if you wear a nice soft cushioned pair of shoes instead, your body would be experiencing 25 times less pressure and force placed upon it.

And don't make the mistake of thinking that this unwanted stress and pressure, doesn't make it all the way up to your neck and shoulder level. It absolutely does. And just imagine how much relief you'd feel if you could take that type of stress (a reduction of 25 times) off of your neck and shoulder tension, right now?

But understand that it's a cumulative effect. This pressure builds up from wearing the wrong footwear over a period of weeks and years and results in a weak spine and more pressure on shoulder muscles, somewhere around the age of 40-45.

3. Regular Exercise

We are made to MOVE so what better way than a daily walk, hike and/or resistance fitness training? Studies show daily activity can really help those aches and pains... BUT GUIDED BY A PROFESSIONAL especially if your condition is moderate to severe.

So, by finding the right personal trainer, or doing these exercises every day on your own at home, you'll steadily increase your muscle control, and with it, slowly decrease your muscle tension and pain.

Once we know they are safe to do so. we recommend all of our private patients to do these exercises and go so far as to create personal plans for each of them.

4.) 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 knee joint muscles. My tip, drink water little and often throughout the day.

6. Avoid Sleeping On Your Stomach

There isn't a more effective, faster route to self-inflicted damage to damage your neck and shoulder. Avoid this position like the plague.

Every part of your neck and shoulder joint is twisted and in the wrong position. And if you sleep like this, it's no wonder you are suffering from chronic, daily annoying pain in that region.

Conclusion:

So, there you have it: 7 things (plus bonus tips) that you can do TODAY to improve your posture, general health, as well as Ease Your Neck & Shoulder Pain.

There's obviously so much you can do too, and I could go much more in-depth on ways to end Neck and Shoulder 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'll be sending you even more tips and advice on how to restore your active and healthy lifestyle and will share with you how Physical Therapy and Chiropractic can make a huge difference to your life.

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

To Your Best Health,

Jason

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