



LIFE BALANCE
CHIROPRACTIC CENTRE

HOW TO EASE ANNOYING IRRITATING NECK & SHOULDER PAIN - BEFORE IT GETS WORSE.



A pre warning - knowledge without application is just plain stupid.
So actually do the work to see the results.

1. TRACK YOGA & BROOM STICKS

Track Yoga, even if your not into yoga, this has got to be one of the best apps hands down. I personally use this to move my body pretty much every day. It doesn't have to be for long and they have 5 minute sessions all the way to 20 plus. Broom sticks are also a brilliant way to move the shoulder in all directions it needs to move. Be creative hold a broom in two hands and just move it in as many ways you can think off. Over head back, to the side. This is a great way to mobilise the shoulder and activate the supporting muscles around your neck.

2. GET YOUR BAG RIGHT.

Living in a digital age makes it that much harder to choose fashion over function. Why not both ? As carrying that heavy bag is only going to cause your muscles and joints to become overactive and stiff. Your walking is going to be thrown off as well by interfering with your arms being able to swing. So instead try these quick fire hacks to bring your body and shoulders back into to balance.

First try carry a cross body bag and mix it up a bit, don't just wear it on one side. Second seems obvious but reduce the load, for months I personally was wearing a backpack with way to much riding my bike and it was only when i brought one that connected to my bike did I realise how much tension was building up that causes neck and shoulder pain. Consider doing a daily inventory of your bag and purse to see what you actually need. Third Switch up, don't leave one shoulder out. It might just hate you for it for reasons such as muscle memory and tension building on the side you carry your bag on. This is a great way to decrease the strain, pain and imbalance. Four Try a backpack on you can there are plenty for the fashion conscious among you. This will allow your body a normal gait pattern. Finally try using a dynamic purse or bag such as a clutch. This will rest those overactive muscles and relax that stiffness. Don't ask me how I know this stuff about handbags.

3. DO THE RIGHT EXERCISES TO REHAB YOUR SHOULDER PAIN.

One of the best things to help you ease your neck and/or shoulder pain is to do the right series of progressed exercises - some examples are working the supraspinatus with your arm straight down by your side. Push sideways against a wall or stable object. To work your subscapularis bring your arms to 90 degree and to shoulder level. Go right against a wall. Then make a fist and push with internal rotation force and apply a gentle pressure into the wall to activate the muscle.

For external rotation turn your body so your back and elbows are touching the wall at 90 degrees then apply a gentle pressure to the wall through the back on your wrists. Finally for Teres Minor bring your elbows in by your side, arms at 90 degree, stand against a wall and apply a gentle pressure to the back of your wrists onto the wall in external rotation.

4. GET A PROPER ASSESSMENT AND SYSTEM TO FIX IT.

Sometimes no matter how much exercises you do, you need to adjust the structure and alignment of the spine. This is why we see so many clients who look good but are in lots of pain initially when they visit us. So make sure you speak with your local chiropractor to ensure the specific aspects of your injury are well understood and a system to correct the problem long term so it no longer affects your job, sleep, keeping you active, threaten your independence or gets in the way of spending quality time with friends and family. Get back to life balance with Life Balance and leave the adjustments to us.

Find out more about our system and process on our website or speak to one of the team Josh & Rosie and find out about how we might be able to help you go feel more empowered, engaged and live a better quality of life. Find your life balance today. In the meantime if your getting headaches with your neck and shoulder pain Check out this post snippet from this blog post we put on the site <http://bit.ly/2rFOKOS>

FINAL THOUGHTS

Often times we get asked by our clients to give an understanding of why there are so many pregnant women and postnatal mums struggling with pelvic girdle pain (spd) Well, to answer that we believe there are these 6 main glitches or mistakes that they are having.

**LACK AWARENESS, NO COMMITMENT,
LACK A CLEAR DIAGNOSIS OR CLINICAL IMPRESSION,
LACK RESULTS, LACK PROPER PELVIC FUNCTION,
HAVE NO ACCOUNTABILITY.**

What we do at Life Balance is a 5 step method that helps address those mistakes. And it's those mistakes that are causing

the symptoms. Overstressed living with unresolved pelvic girdle pain and feeling let down that lead to the big problems like PGP (SPD).

**1 EMPOWER 2 ASSESS
3 PLAN 4 SYSTEMIZE 5 LIVE**

THE AUTHOR



Dr Josh's journey into health started as a kid. His passion meets at the intersection of a love of learning, about principles that contribute to quality health and the self healing ability of the body and human potential. He sees health challenges and injuries as a way to inspire people to live a better life and is recently curious about exploring new ways to create value at this intersection.

CONTRIBUTER



Rosie started her career as a designer. Having realised her passion for chiropractic and how chiropractic can improve people's quality of life she went on to pursue her passion and co-created Life Balance.

Health & Injury Advice Disclaimer

The information in our articles and website are NOT intended to replace a one-on-one relationship with a quality health care professional and are not intended as medical advice. We make every effort to ensure that we accurately represent the injury and health advice and prognosis displayed throughout this site. However, examples of health challenges and injuries, their prognosis are based on typical representations of those injuries and health challenges that we commonly see in our chiropractic centres. The information given is not intended as representations of every individual's potential injury or health challenge. As with any injury, each person's symptoms can vary widely and each person's recovery from injury or health challenge can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow Chiropractors advice and various other physical, mental, emotional and environmental factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury or health challenge cannot be deemed fully accurate in the absence of this examination from one of the Registered Chiropractors at Life Balance Chiropractic. We are able to offer you this service at a standard charge. Significant injury and health risk is possible if you do not follow due diligence and seek suitable professional advice about your injury or health challenge. No guarantees of specific results are expressly made or implied on this web site. © Copyright 2018 Life Balance Chiropractic. ALL Rights Reserved.

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