

6 NATURAL WAYS

TO STOP NECK AND SHOULDER PAIN

...FROM DISTURBING YOUR
SLEEP AND GETTING IN
THE WAY OF YOUR LIFE

REPORT BY ORSON WAJAH PT, MCSP

orsonwajah-physiotherapy.com

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About The Author Orson Wajih

Every week, for more than a decade, hundreds of people have consulted Orson Wajih **looking for answers to their concerns about Neck and Shoulder Problems**



and to know exactly what to do for a **fast end to their Neck and Shoulder Pain and Stiffness**. Orson Wajih works with people aged 50+ on a daily basis. He is passionate about helping people understand and differentiate the facts from the myths surrounding Neck and Shoulder Pain. Helping them experience the natural resilience, health and strength of their bodies so that they can enjoy undisturbed sleep, ease of movement and get their energy back and enjoy an active lifestyle.

Introduction

In this Special Report on **Neck and Shoulder Pain** I want to share with you **6 powerful strategies** that you can make work for you, some will give an almost instant improvement and some may take time to work.

To be honest, without me knowing your individual history it is not possible to say which will work the best for you. There's no guarantee that any single strategy will work for you. But over the last twelve years of helping people, combined with an up to date understanding of the scientific research I have been able to identify **what does and does not work for easing neck and shoulder pain**. I understand that there is a lot of confusing information out there regarding neck and shoulder pain and some of it is simply out of date and wrong, but you can rely on this report to only provide science backed, up to date principles for you to try.

Imagine, how great would it be if you **tried just one of these tips every day?** Then you would know what strategies work best for your neck and shoulders, so that you can feel comfortable sleeping, sitting at work or driving, without headaches or pain taking your energy, so that you can enjoy the active lifestyle you deserve.

TAKE THE CHALLENGE: Now that you have this knowledge in your hands try at least one of these strategies each day. Most of them will only take a few minutes

and can easily be incorporated into your day. In fact you may find that being in less pain gives you more energy and concentration allowing you to be more effective with the important tasks of your day. I think you will be surprised by how much stronger and healthier you will be feeling after implementing these ideas

Do you need an X-ray or MRI?

In most cases no. And even if you have had an x-ray or MRI, which shows changes such as neck arthritis, or shoulder tendon tears- this doesn't mean that you are destined to be in pain or that you need an operation.

Have you been told that you have Neck Arthritis or a Shoulder Rotator Cuff Tear and are now worried by your imaging results?

Research has changed our understanding in recent years. We now know that these changes are normal and found just as often in people with no pain or problems. Our bodies are naturally resilient and capable of accommodating the physical and emotional stresses of life. This means it is natural and normal to not be as 'perfectly' constructed as the man in the anatomy books.

- 80% of people with **NO Neck Pain** will have an X-ray or MRI scan showing structural changes to neck spinal structures like discs and joints. These are a normal part of ageing.
- Many people **Without any Shoulder Symptoms** will have evidence of tears in a tendon seen on an MRI. Only about 30% of tears are symptomatic.

Whilst our anatomical structure is not irrelevant and can contribute it is often not the only significant driver of our pain. Lots of different factors (many of which you may have not considered) can have a large effect on your neck or shoulder pain. **This can make you feel that your pain has a life of its own.** It may be that you have not been informed about or considered all of the potential contributing factors.

These other factors can include:

- **Lack of quality sleep**
- **Life stressors including work and family**
- **Feeling that the pain will never go away**

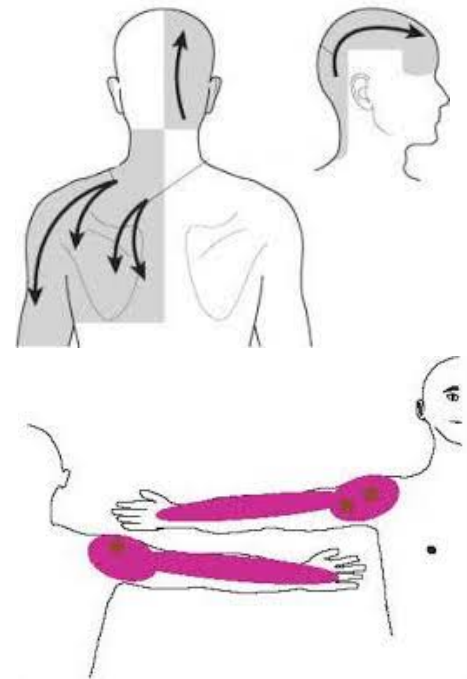
- **Negative beliefs about your pain and the feeling that you are causing more damage by performing daily activities and movements.**

Our structure is not the only factor when we are in pain and may not be the most relevant. Successful resolution of pain comes from addressing multiple factors specific to each individual. Usually the structure doesn't need to change. Research now shows that people usually don't need surgery and can do just as well with physiotherapy while avoiding the risks and inconvenience of surgery.

Is Your Neck Pain Really a Shoulder Problem? Or is Your Shoulder Pain Actually a Neck Problem?

Neck and shoulder pain are frequently **inter-linked**. Many times neck injuries lead to shoulder problems, and shoulder problems often contribute to neck pain.

These two areas are so connected anatomically that where you feel the pain doesn't reliably tell you where the problem is. For example often headaches are related to a neck problem. Also remember that the experience of pain is not *just* about our anatomy.



This confusion about what the pain means often leads to people putting off making a decision about what to do to help end their Neck and Shoulder pain. Worse, many people just end up accepting it as 'part of life' - as if it's normal, as if it "has" to be that way.

Have a look at the pictures, is your pain in any of the grey or pink areas? A problem in the neck can cause pain in any of the grey or pink areas. A problem in the shoulder can cause pain in any of the pink areas. The neck and the shoulder can BOTH cause pain, numbness or tingling down the arm to the hand.

People suffering with neck and shoulder pain report having **trouble concentrating, sleeping, and maintaining their energy levels.**

Neck and shoulder pain usually starts as a "nagging discomfort" or stiffness,

however left untreated it can develop into a persistent and debilitating issue.

So What Can You Do Now to Help Your Neck or Shoulder pain?

1. Improve Your Sleep

Both the quantity and quality of your sleep can effect your neck and shoulder pain. Improving the quality of your sleep can decrease your pain levels as well as increase your energy and activity levels.

Try to arrange your schedule so that you get at least 8 hours sleep. Make sure your room is dark and avoid computers and smart phones for an hour before bedtime. Try setting a 'reverse' alarm clock which goes off one hour before bedtime - to let you know it's time to wind down.

Do you have long term insomnia?

Trouble getting to sleep, or staying asleep? Relying on sleeping pills?

[CLICK HERE](#) to find out more about an insomnia intervention that has over 20 years of solid research behind it. It is natural and uses no medication. It has been shown to be effective in improving sleep in 70% of cases, even when people have been struggling for years and 'tried everything'. The National Institute for Health and Care Excellence (NICE) recommend it above pills.

2. If you are having pain at night...

If you are finding it hard to get comfortable in bed try these tips:

- Avoid lying on the painful side.
- Avoid sleeping on your front.
- When lying on your back place a pillow under your knees.
- Avoid reading in bed.
- Your pillow should be replaced with a new one every 2-3 years.

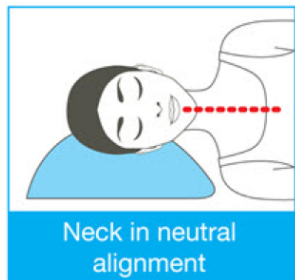
Neck Alignment In Back Sleeping



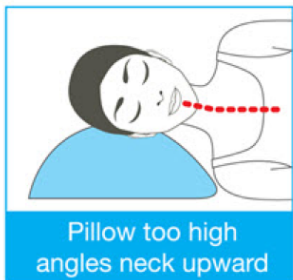
- Make sure you have a good pillow, which supports your head and neck in a neutral position.

Make sure your pillow

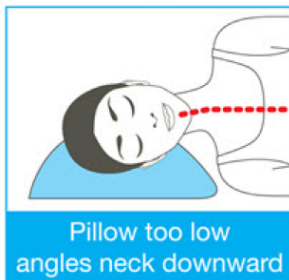
Neck Alignment In Side Sleeping



Neck in neutral alignment

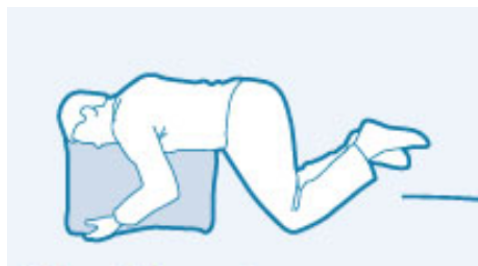


Pillow too high angles neck upward



Pillow too low angles neck downward

isn't too big or too small. The idea is to fill the space between the bed and your head so that there is no excessive side bending or rotation of your neck.



- If your shoulder is the main issue then as well as having a pillow under your head have another one under your arm. Sleep on your good side and place a pillow at chest height and rest your painful arm on it to support the shoulder.

3. Be Aware of Your Breathing

Many of us carry excessive tension and stress in our upper back and neck muscles, and it is often worsened with stress and pain. You may not be aware of this, but your usual breathing patterns may contribute to neck and shoulder tension. When we are in pain or feeling emotional stress we can unconsciously hold our breath or only take shallow breaths. This can over tense our neck and shoulder muscles. **This is a natural protective response but it is not helpful in the long term** and makes things hurt more.

Are you feeling stressed out?

[CLICK HERE](#) to find out how Calm, Energy & Resilience coaching can help you.

For passionate achievers who are feeling stressed out, in pain and disconnected from what's important to them. Grow beyond being driven by worry and perfectionism so you have the grace, energy and enthusiasm to excel at work and make deeper connections to yourself and to others in all areas of your life.

Try this breathing exploration for 5 minutes:

-Lie on your back with knees bent and a pillow under your head.



-If available you can also roll a towel lengthways and place it underneath you, along your spine.

- Once in this position relax and breathe silently in and out through your nose, with lips sealed closed.
- Take normal size breaths in and out through your nose, imagine breathing low down into your abdomen. Place one hand on your stomach and one on your chest to monitor where your breath goes. Be sure your rib cage is not rising substantially.

Be aware to keep your head, jaw, neck, and upper back relaxed. Try consciously relaxing them each time you exhale.



4. Exercise

The scientific research shows that exercise is best thing for long term resolution of neck and shoulder pain. However these need to be specifically tailored to you after a thorough assessment. It is important to find exercises that target your specific problem, as well **you being confident performing them and being able to easily fit into your life**. So in this report I can only suggest general exercise advice. See tip 9 if you feel you need more specific exercise advice.

Try this 'Shoulder Lateral Raise' exercise.

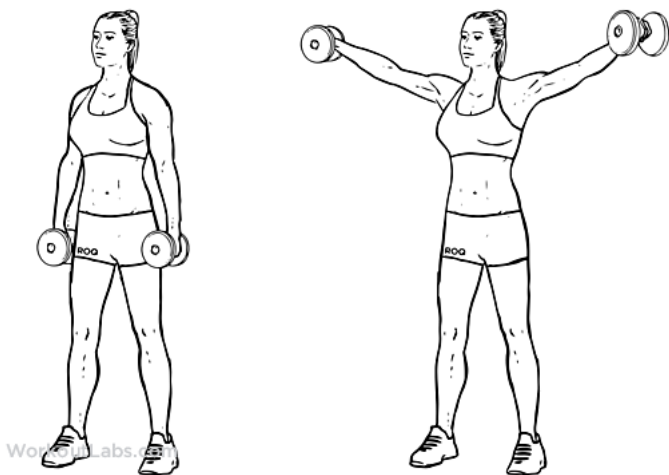
ONLY do this if it is pain free. STOP if your feel it is making your pain worse after exercising.

Roll your shoulders backwards a couple of times to relax the neck/shoulder muscles. Stand up tall with weight evenly on both feet. Have your head on top of shoulders avoid having head forward.

- Start with your hands by your side holding weights with the back of the hand uppermost. If you don't have a weight find a bottle of water or put some books in a bag.

- Lift hands up and out to the side at a 45° angle from your body. You don't need to go all the way to your head, but go comfortably above shoulder height. Slowly lower back to your side, Count 4 on the way up and 4 on the way down.

Have enough weight so that 10 repetitions gets you to 7/10 fatigue i.e. you could do 2-3 more but not 10 more.



viewed from above - arms at 45° angle in front of you.



5. What about sitting?

Despite prevalent myths in our culture, the most up to date scientific research shows that there is NOT a 'perfect' sitting posture that will protect you from pain. Or that there is a 'bad' posture that will always lead to pain. Posture has been heavily 'over policed'! **Temporarily avoiding painful positions is good advice - but not avoiding them forever.**

Try to vary your sitting posture rather than rigidly holding a 'perfect' sitting up straight posture. Being overly rigid and unrelaxed can make the pain worse.

Check in regularly to let go of any unneeded tension. Sit with both feet on the floor and allow yourself to consciously relax. As you exhale:

- feel the weight of your sit bones and pelvis sink into the chair.
- feel your upper back relax into the support of the chair back.
- feel your shoulders relax.

Driving:

Adjust your seat so that you are closer to the steering wheel and your arms aren't out stretched. If possible rest your elbows on the centre console or door.

On a long car journey take breaks at least once an hour and get out for a 5 -10

minute walk. You can also adjust your seat so that you aren't having to sit in exactly the same posture for the whole journey.

6. Physiotherapy

The fastest way to get relief is to visit a physiotherapist. Seeing a hands on specialist physiotherapist means you will have a thorough assessment and **understanding of why your neck and shoulder hurts and the best plan to get you back to normal again.** After the first physiotherapy appointment your concerns and questions will have been answered and you will know exactly what you need to do to get back to enjoying life. In most cases a MRI scan or X ray is not needed. Research shows that the best outcomes for neck and shoulder pain are due to getting you moving again with a simple programme that is tailored to you and fits into your life. **Expert hands on treatment has been shown to quickly relieve pain while you recover.**

Combine the tips in this report that work for you plus a visit to see a hands on private physiotherapist to get you back to confidently enjoying life and all the activities that are important to you.

You can often leave a good physiotherapist with your concerns resolved, a clear plan and prognosis and physical pain reduced in less than an hour.

Many people I talk to have the belief that they need to visit their doctor first when they have neck and shoulder pain. Physiotherapists are first line practitioners, which means that you can visit one directly and don't need a GP referral. **The quicker you can get a diagnosis and treatment the quicker you can get relief.**

Conclusion

Are you finding yourself with aches and pains in your neck or shoulders? **You are NOT alone.**

Many people deal with neck and shoulder pain or discomfort during their lifetime. **The problem is that most of them allow the problem to get worse before looking for a solution.**

We hope this information has given you some ideas of **how to ease your neck or shoulder pain and avoid making it worse.**

If you are currently dealing with neck or shoulder pain, whether it is new or something nagging, we are more than happy to provide you with a **FREE phone consultation.**

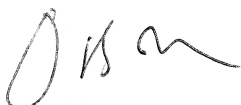
It only requires a few minutes for us to get an idea of what might be causing your neck or shoulder pain, and it doesn't require any bookings or appointments.

Click [HERE](#) to request a phone consultation.

Physiotherapists have extensive experience and success treating neck and shoulder pain. We at Orson Wajih Physiotherapy are passionate about helping people alleviate neck and shoulder pain so they can enjoy life to the utmost. There is obviously more I could go into regarding resolving your neck or shoulder pain. In the weeks ahead **I'll be sending you even more tips and advice on how to restore your active lifestyle** and share with you how physiotherapy can make a difference in your life.

I sincerely hope this is the beginning of a great, long-term relationship where you can have an honest conversation about your health and receive leading edge, evidence based health advice that truly makes a difference in your life.

Dedicated to helping you move better and feel better,



Orson Wajih MCSP

Specialist Neck and Shoulder Pain Physiotherapist

Knightsbridge, London

Health Advice Disclaimer

I make every effort to ensure that I accurately represent the injury advice and prognosis displayed throughout this Guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that I commonly see in my physiotherapy clinic. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physiotherapy advice and various other physical 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 cannot be deemed fully accurate in the absence of this examination from Orson Wajih a Chartered Physiotherapist at Orson Wajih Physiotherapy. I am able to offer you this service at a standard charge. 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.