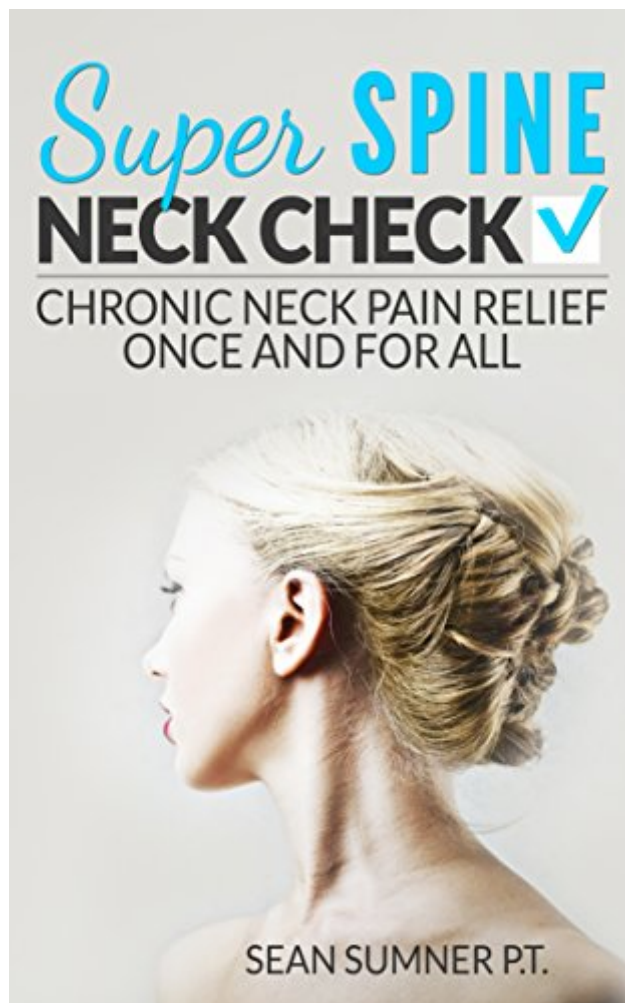


The book was found

Neck Check: Chronic Neck Pain Relief Once And For All (Super Spine)



Synopsis

To relieve your chronic neck pain you need a plan. Living with neck pain makes life a chore instead of a joy. It affects everything you do, including computer work, getting in and out of your car, or even simply washing the dishes. When your neck hurts, your movements become more difficult and stressed, causing more tension and pain. It is a nasty cycle that keeps you from ever truly getting pain free and healthy. Dealing with neck pain it can be scary and it's hard to know what to do without making time to see a doctor, physical therapist, or chiropractor for advice. And even when you make the decision to get professional help, should you see a specialist or not? How many times have you wanted to try something but were scared, not knowing if it would help the pain or make things worse? Should you use ice, heat, or alternate between the two? Should you get a massage or will that make things worse? Don't waste any more time and energy dealing with neck pain without a plan. Don't wait for someone to come along with the magical cure or continue to rely on medications. You do not have to live with neck pain. The truth is that you that you do not have to keep living this way. There are ways to get rid of the pain once and for all. In this book, I will share what I have learned from over a decade of treating all types of patients with neck pain. Whether you are an office worker who sits at a desk all day, an electrician who relies on his neck to be able to look up, or even if you are retired and starting to experience arthritic pain from simple wear and tear over the years, this book will show you that there are things you can do to keep your neck healthy and pain free. Hundreds of people just like you, who used the strategies in this book, are now living pain-free. They learned how to keep their necks strong and healthy and so can you. Learn what you can do at home. You will learn the exact strategies that I teach my patients each day, including things like when to use heat or cold, which stretches work best, how to calm a muscle spasm, how to set up your desk and workplace, and more. Take action and learn the specific you can start doing today to bring back the joy of pain-free life and get your neck in better shape for the future. Get expert advice without the copay.

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Customer Reviews

This author is an experienced and well-credentialed physical therapist who specializes in the treatment of patients with acute or chronic neck pain. He's also an excellent writer and a down-to-earth guy. And he has both professional and personal experience with the modern lifestyle conditions that cause neck pain. After years of urging patients to avoid sitting for long periods at a computer, he admits that the pressure to finish this book meant that he himself sometimes did just that. Anyone who has ever sat down at a computer for a "quick check" of their email (or anything else) and looked up to realize that they've been sitting slumped over the Evil Machine for hours knows all the verses to this song. This is an in-depth discussion of neck pain aimed at the sufferer who wants to take an active role in his own treatment. All medical practitioners agree that patients who are proactive, rather than reactive, have the best out-comes. It's your body and your life and you should be in charge. But that takes effort and goes against the modern mindset that tells us that 1) there is a quick fix for every problem and 2) that medical care is what happens in the doctor's

office or in surgery. In truth, you are your own best physician, if you develop the confidence to become an active partner in the process and if you make the effort to educate yourself. Neck pain can be a result of injury, ageing, bad posture, sedentary life-style, or a combination of these factors. Surgery is sometimes necessary, but not always and many people are disappointed with the results. Narcotics and other heavy-duty pain-killers have well-publicized dangers. Exercise and changes in life style are the safest and least expensive "treatments" and likely to be the most effective long-term. I have been dealing with neck pain for decades and (being for many years without insurance) have had to find my own way. I was amused to learn that the heated neck-wrap that this author recommends is the one I bought many years ago and have used every day since then. The exercises he demonstrates are almost exactly like the daily stretching routine that I have perfected over a period of years and which keeps me virtually pain-free. So do I regret spending three bucks for this book? Heck, no! It's chock full of information and suggestions and I learned a lot from it. The secret to staying in good health as you age is to keep learning and trying new things. Plus it's fascinating to me to read the science behind some of the things I have found to be effective without knowing why or how they worked. If your approach to health care is to present yourself passively at your doctor's office, plan on spending a LOT of time there. Your health won't improve until YOU get involved in the process and make it happen. You're smarter than you think and even small changes can reap big benefits. This book could change your life for the better and the amazed expression on your doctor's face when you start asking intelligent questions is worth the effort!

If you or anyone that you know suffers from neck pain, even if it is moderate, you need this book. If you don't have neck pain, you still need this book, because eventually everyone develops some form of neck/back pain, whether it be from sitting at a desk all day long for years on end, or from exercise [or lack of]. In this book "Neck Check", the author, who himself is a certified Orthopaedic Clinical Specialist that has devoted his professional career and research to helping people deal with and effectively treat clinical neck pain. From the mildest form of stiff neck to serious injuries, this book has everything you need to recover, and to move on to living a quality life free of neck arthritis and painful muscle tension. Here is just a small dose of what you'll learn: • How to properly apply heat and hot packs to relieve and relax muscle tension [there are also links to the recommended products you can purchase]; includes descriptions of how to use the products [heat pads] as well which is extremely helpful; • The benefits of getting a massage + how to find a good massage therapist; also includes how to warm up for a massage and stretching beforehand; • Stretching exercises that loosen up neck muscles. NOTE: this includes great

diagrams and pics for easy explanation;• Understand the impact of stress on neck muscles and the tension it causes;• Learn the secret to decompressing your neck, traction, and an explanation including links and diagrams to the products used for this therapy...the bottom line is, everything you need is right here in the pages!• Learn to use the TENS unit; this includes full detailed info on how to use it, as well as where to purchase it;• Core tips on how to keep your neck healthy and strong;• Tips on posture and how it affects your neck performance; as a bonus there is also a list of apps you can use that helps you to regulate your posture throughout the day;• Stretching routines and exercise. Great pics and sketches details exactly how the exercises can be done. Includes the biceps stretch, pec stretch [my favourite], and chest stretch on a foam roller;• Core exercises for training and strengthening your neck muscles--again includes diagrams with a full explanation of how to do each one.• Core exercises for strengthening your mid and upper back -- includes diagrams for lat pulldowns, front rows, and external rotation;• positions for sleeping and what to avoid when sleeping and/or relaxing around the home• And FINALLY, how to properly sit at a desk. This is, in my opinion, the most important chapter because millions of people have to sit at a desk all day and use a computer. There are great suggestions and action steps you can take to set up your desk for success that prevents neck damage. This book is not just for people who have neck problems. It is for everyone regardless of age or gender. A complete and comprehensive guide that is worth its weight in gold, NECK CHECK is going to save you from having to suffer with muscle tension, injury, or uncomfortable pain in your back and neck area. The book is full of useful diagrams, pics, clear explanations of all exercises, and links to apps and websites that deliver more insight on neck maintenance. Neck Check is more than just a help guide, but it provides tactical solutions to preventing long term pain and increases the quality of life exponentially.

This book is so timely and insightful! My husband had a shoulder injury a few years back, and somehow that has now evolved into chronic pain in the shoulder and neck area. We are at wits end about healing it. But this book certainly is a beacon. I loved how the author starts the book with an affirmation of pain not controlling us. Reading that provided immediate respite. We are big believers in the effects of heat, and I enjoyed reading the section on how heat works, and what to do after the heat therapy. I didn't know about massaging the muscles after! The stretch diagrams are clean and clear. Sean Sumner has done a great job of explaining the mechanics of the stretch. And that tip about mentally decompressing pain was sheer genius. It is not something we would have practiced consciously, but after reading about the impact of it, I am surely going to practice the guided

meditation bit. This book is not just great with the physical therapy bit, but also about creating a mindset for healing. The recommendations by the author are practical, well weighed out and pertinent. Sean Sumner has shared her insight generously, and everyone is bound to find it useful!

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