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5 CAUSES OF NECK AND SHOULDER PAIN & TIPS TO EASE YOUR PAIN



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Nuha Hasan graduated with a Doctorate of Physical Therapy degree from Midwestern University. As the owner of Ascend Physical Therapy in Orland Park, IL, Nuha is a leading physical therapist in the Southwest Suburban Chicago area, and works with active adults to relieve pain and help them return to their active lifestyle without the need for medications, injections, or surgery. Dr. Hasan has knowledge and expertise with movement dysfunction in active adults, women's health, dry needling, and myofascial release.

Dr. Hasan treats patients with pain, stiffness, or dysfunction, with the goal of helping people get back to the activities they love without expensive tests or treatments. Nuha specializes in treating individuals with conditions that have not responded to conventional physical therapy, through **one to one HANDS ON therapy session with less overall visits and a greater outcome**. Nuha's aim is to achieve maximum results in minimal time throughout the entire plan of care, with the goal of relieving pain, decreasing restrictions, and improving overall quality of life.

Nuha has a passion for helping people with their pain, and found that becoming a physical therapist was the best way to do just that. She applies a comprehensive approach to care by integrating patient education, specialized hands on techniques, and collaborating with the patient and other healthcare providers to achieve the best health outcome.



INTRODUCTION

People consult me all the time looking for answers to questions about neck and shoulder pain, including causes and how to stop pain not just from occurring, but recurring as well.

While I do not know your specific medical history or what may have caused your pain, this e-Book is meant to serve as a guide with specific causes of neck and shoulder pain and tips on how to address your pain. There is no guarantee that all these strategies will work for you.

I created this **5 Causes of Neck & Shoulder Pain & Tips to Ease Your Pain** e-Book because I feel that if sharing this brief yet helpful guide can help neck and shoulder pain sufferers from avoiding unnecessary doctor's visits, X-rays/MRIs, painful injections, or even surgery, then I have succeeded in not only improving your quality of life, but also hope this encourages you to take the first step in controlling your own healthcare, and sharing this valuable information with others.

Many people don't realize that neck pain can cause shoulder pain and vice versa. Neck pain affects almost 50% of working people, and in fact over 65% of sitting employees suffer from neck, upper back, and shoulder pain. If neck and shoulder pain is left untreated, this can lead to serious issues such as disc herniation or rotator cuff injury. Other issues that can arise from neck and shoulder pain include headaches, mid back, and lower back pain.

You have nothing to lose by trying these helpful and worthwhile strategies, which would take only a few minutes to implement in your daily routine. You will be pleasantly surprised how such small changes can greatly impact your pain.

5 CAUSES OF NECK & SHOULDER PAIN & HOW TO EASE YOUR PAIN

1. CAUSE: IMPROPER POSTURE!

- **TIPS:**

- Avoid slouched positions and prolonged inactive positions as much as possible to avoid neck and shoulder pain
- If prolonged sitting is a part of your occupation, then you need to constantly “reset” (or realign) your neck by performing chin tucks so that your ears are over your shoulders, and try to sit as upright as possible by arching your lower back
 - ✓ Another possible benefit of chin tucks is pain relief from headaches
- Another way to improve your posture and avoid shoulder pain is to squeeze your shoulder blades together and hold that muscle squeeze for a few seconds, release, and then repeat (try to perform 10 reps for 3 second holds throughout the day after prolonged periods of sitting)



2. CAUSE: NON-SUPPORTIVE PILLOW AND HEAD POSITION DURING SLEEP

- **TIPS:**

- Ensure you have a supportive pillow, however if too soft = no support, and too firm = can cause pain and stiffness
- Ensure it is not only your head that rests on the pillow, however that the pillow “cradles” your neck by supporting the arch of your neck while sleeping on your side (with a pillow between your legs)



3. CAUSE: WORK STATION

- **TIPS:**
 - If performing a prolonged sitting activity such as reading a book, using your phone, or working on a computer, then make sure your work is at eye level (too high will cause increased tension in the back of your neck, and too low will cause increased stress on your spine which can cause disc issues and radiating pain in your arms over time)

4. CAUSE: CARRYING OR LIFTING A HEAVY BAG

- **TIPS:**
 - Avoid lifting or holding any heavy objects with your painful or injured shoulder
 - Make sure to use both shoulders and alternate carrying objects to avoid being uneven and having increased tension on only one side

5. CAUSE: UNINTENTIONALLY MAKING SHOULDER PAIN WORSE

- **TIPS:**
 - Avoid reaching in painful directions with affected shoulder; instead only move in a pain-free range of movement (for example: if you know you will experience pain above 90 degrees of motion, then move below that range of motion in order to avoid constant irritation and pain; this will allow healing and gradually increased motion)
 - Avoid lack of movement due to pain as this can increase stiffness and lead to earlier onset of arthritis
 - Avoid sleeping on painful shoulder; instead sleep on opposite shoulder or on your back with support under your knees to keep your back flat
 - Avoid overuse of the opposite shoulder (through compensation) and repetitive movement of the painful shoulder (if this is an unavoidable work activity, then try to take constant breaks and perform simple

postural exercises (chin tucks and shoulder blade squeezes) to realign your spine)

❖ **EXTRA TIP: DON'T FORGET RICE!**

- Rest
- Ice (after a lot of activity with your shoulder or when you are experiencing pain or discomfort)
- Compression
- Elevation
- Make sure to ice and elevate throughout the day as needed, especially if you have swelling or pain

TAKE HOME MESSAGE:

Are you finding yourself confused about how to handle your neck and shoulder pain?

Many people have neck and shoulder pain 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 the knowledge you need to make a decision about what to do next for your pain.

If you are currently dealing with neck and shoulder pain, whether it is new or something nagging, we are more than happy to talk to you about your personal situation. We offer a **FREE phone consultation** so that you can be confident in taking the next step to relieve your pain.

It only takes a few minutes for us to get an idea of what might be causing your problem, and it doesn't require booking an appointment.

To request a **FREE PHONE CONSULTATION**, [click here](#).

Or you can give us a call right now at 708-778-3445.

This guide can only go so far in alleviating your neck and shoulder pain. If you would like to **experience quality, one to one, hands on care from an experienced and caring physical therapist**, then Ascend Physical Therapy is just a call away.

Best,

Nuha Hasan

Leading Physical Therapist In Southwest Suburban Chicago Area

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