

The

5

BIGGEST

Mistakes

Killing your
Neck &
Shoulders

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Mistake #1.

Ignoring pain altogether

"I'll wait and see how it goes..."

"It'll go away on its own."

"It's just mind over matter" OR

"No pain, no gain"

When people think there are more important things than dealing with neck or shoulder pain, they really aren't doing themselves a favour.

How are you meant to cope, going to work, earning money, looking after the kids when you're in pain?

In the context of a good workout, "no pain, no gain" may apply. But for every other situation it's downright silly. It DOESN'T apply when you have an INJURY or are suffering CHRONIC pain.

Pain is a clear signal from the body that something is not right.

Pushing through pain when injured or severe, is pushing past your body's clear signals to stop. Ignoring Pain hoping it will simply go away, is some level of denial for sure. Don't be caught weeks or months down the track with something much worse than when you started.

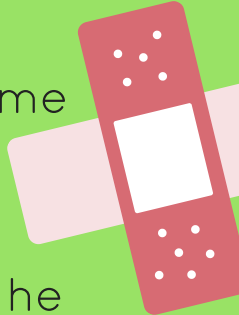
Ignoring doesn't work.



Mistake #2. Thinking more or stronger painkillers is a solution.

If you find painkillers are not working. Take a step back and reassess. Taking more can make you feel drowsy and "knock you out" but often when you wake up, there it is again, waiting for you. The pain has returned.

Painkillers provide short term relief while you buy time to find out what you're dealing with. But for chronic pain, it becomes **a bandaid effect**, masking the pain, and not treating the cause of why its there in the first place.



Painkillers should be used to manage unbearable pain and in the appropriate circumstances. The downside is a plethora of side effects can give you "new symptoms" that your didn't have before.

A more successful long term solution is looking at the cause of why the pain is there.

Looking at treating the cause is like pulling a weed up by the roots. Only looking at the symptom and masking it with medications is superficial. It won't fix the initial problem, instead delaying long term relief.

Mistake # 3. You don't exactly know what you're dealing with

Having pain over many years without a doctor for a preliminary diagnosis or further referral to a specialist or for MRI, CT can be like flying blind.

What are you exactly dealing with? How severe is it? Do you require surgery because you've neglected it for so long? "I don't know..."

This mistake often blends with Mistake number 1. Hoping and wishing and waiting for pain to go away on its own can be appropriate if you've had a sore neck for a couple days. But weeks, months, years? It's definitely time to get it checked out...and **Googling doesn't count.**

I get it with some people, you're scared to know what you've got or you have white coat syndrome and the thought of going to the Doc is the last thing on your mind. **But knowledge is power.**

Rather than commit yourself to suffering in silence, get you body recovering sooner rather than later. Injuries left untreated lead to loss of range of movement, poor quality sleep and things just getting WORSE.

Mistake # 4. You think your pain is a life sentence

AKA: "This is my lot in life"

"I have to suck it up and get on with life."

Chronic pain is the pits.

For some, **having pain for so long changes you**. You might have noticed changes in yourself. You notice being more **grumpy**, you have **terrible sleep**, things **get on your nerves** a lot more, you **catch every cold** that blows into town, and you have **no energy**. You might even see the glass as half empty overall and **feel hopeless about it all**.

Pain & Inflammatory processes on hyper-drive cause havoc for your sleep cycles, immune system and is downright demoralising.

Pain is draining. Pain is a distraction your body doesn't need to deal with on top of everything else you do.

For people experiencing chronic pain, a multi-layered approach can work well. Having a group of professionals helping you with different techniques simultaneously can make a big difference.

Think about including (if you haven't already):

Your doctor,
your pilates/yoga teacher,
your Personal Trainer,
a massage therapist,
an osteopath,
an acupuncturist.



Whomever you choose, make sure a positive support network has your back.

Keep going, find those professionals that can help and ask for that help. **You will feel better knowing you're taking action.**

Some of our clients have been amazed after trying a new modality after suffering years of pain. They often wish they'd started trying other options sooner.



Mistake # 5. You don't know what to do next.

If you're committed to finding a solution to your neck & shoulder pain, its about being open to and exploring all the options. Pain is a big influencer and if the pain levels are high, it can get people finally taking some action.

Bodywork is a no-brainer.

Popping a pill to bring relief to your neck or shoulder is a short term strategy, and it may not work.

A more logical approach is to get bodywork done on **the actual site of the pain**. If you're not getting some kind of body work for neck and shoulder pain, you're missing an essential part of the plan. Choose from:

- Massage
- Osteopathy
- Acupuncture
- Physiotherapy

Why these are effective especially for long term pain:

- These modalities provide natural pain relief
- Long term management with no side effects.
- They're claimable on Private Health Funds.
- They are relaxing
- They work WITH the body's natural recovery processes, speeding up healing.

Why do we care so much about your Neck & Shoulder Pain?

In a recent survey of our local community, we found many of our local school parents were experiencing some degree of neck and shoulder pain or tension.

It seems neck and shoulder pain is a badge we all wear at some point in our busy lives.

Whether it be carrying children, manual labour, deskwork, repetitive tasks and just dealing with stressful situations, our neck and shoulders aren't looking so great.

To help our community, we offer free downloads such as this and some of the treatments mentioned above to **bring relief to tired and aching neck and shoulders. If you need our help, just ask.**

We are a Natural Therapies clinic on Sydney's Northern Beaches and you can read about our Practitioners, our

www.familywellnesscentre.com.au

