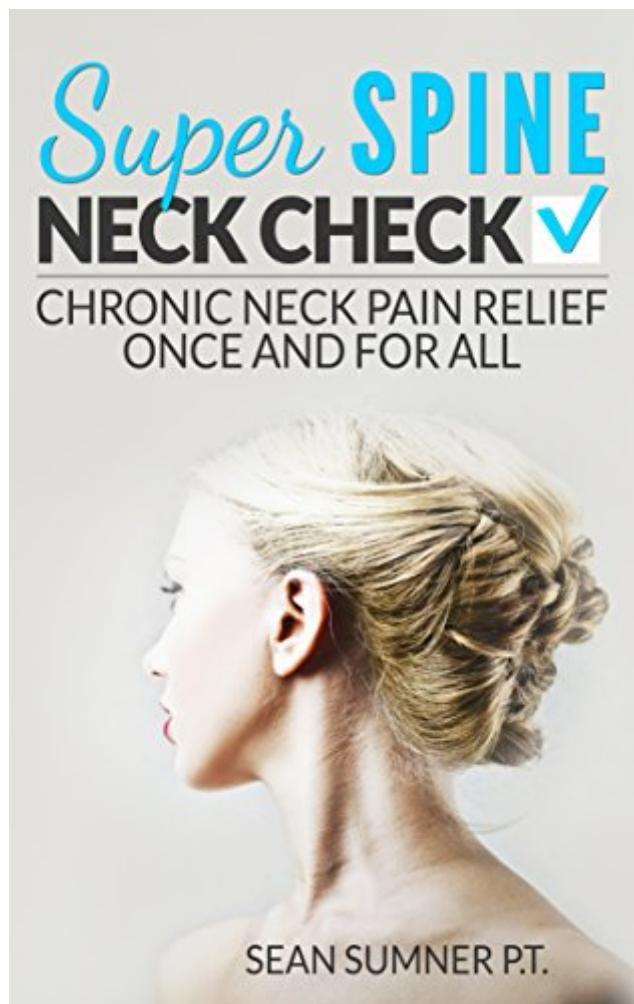


The book was found

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. 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. I will teach you 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.

Book Information

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Customer Reviews

California author Sean Sumner is a practicing Physical Therapist working as the lead Spine Care Therapist for the U.C. Davis Medical Center in Sacramento, CA. he is also a board certified Clinical Orthopedic Specialist - a classification that places him in the elite company of the top 4% of practicing physical therapists across the U.S. He not only works closely with primary care physicians, spine surgeons, pain management physicians, and physiatrists in developing plans for patients with pain and other disabilities related to the spine but also is involved in educating physicians on how to help patients with sciatica and other low back problems. In other words he is well qualified to speak to the subject of CHRONIC NECK PAIN. In his very positive introduction Sean states, '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. Make a plan that you can follow with specific steps that have been repeated with success by hundreds of other people like you. You do not have to keep living with neck pain.'

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.

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!

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