



ADVANZ HEALTH

PHYSIO | SPORTS MEDICINE | PILATES

UNDERSTANDING YOUR **NECK PAIN**

THE 2-MINUTE E-BOOK

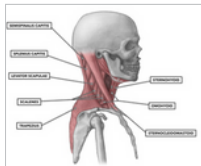
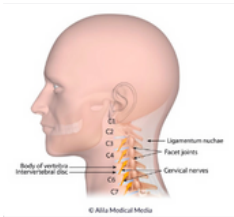


NECK PAIN

Neck pain can be an incredibly limiting and life impacting condition. In Australia, 30-50% of the population will experience neck pain in any given year, and approximately 70% of people will suffer from neck pain at some stage of life.

COMMON STRUCTURES THAT CAUSE NECK PAIN

Correctly diagnosing the source of your neck pain is critical for effectively treating the condition. Your GP and physio will do this for you.



TISSUE DAMAGE & REPAIR FOLLOWING AN INJURY

When a tissue is damaged, it undergoes healing and remodelling that spans across several phases that change in duration depending on the severity of the injury:



UNDERSTANDING PAIN

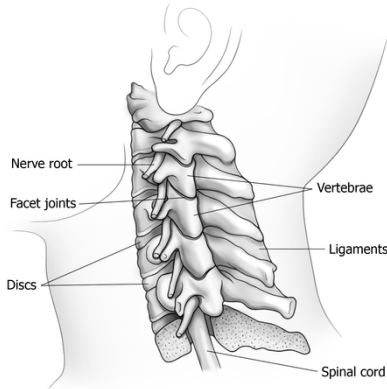
Pain is a healthy and normal response to tissue damage. It serves us by making us stop and rest to allow the injury to heal in the early stages. As an injury heals, the pain should reduce. If pain persists beyond the normal expected timeframes, it is referred to as “chronic pain”.

Chronic pain is different to acute pain, because it no longer accurately reflects the amount of tissue damage. It becomes a “communication malfunction”, where the brain and nervous system become overprotective and send us pain messages, even if damage or danger in the body is minimal or non-existent.

The longer pain persists, the less likely it will accurately tell us about the amount of damage in the tissue! It is therefore important to treat chronic pain with gradual exercise exposure, even if some pain is present.

UNDERSTANDING THE ANATOMY

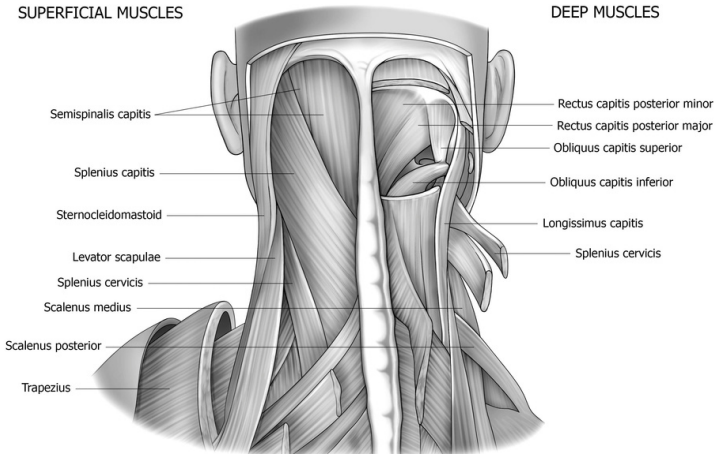
THE VERTEBRAE



THE MUSCLES

SUPERFICIAL MUSCLES

DEEP MUSCLES



SPECIFIC STEPS FOR NECK PAIN RECOVERY

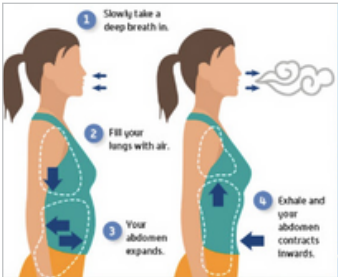
1. Improve your postural alignment:

By improving body alignment, you reduce imbalanced forces which cause overload, pain and dysfunction. This is done through physio & exercise physiology (in-clinic) or can be self-managed.



2. Switch on your core:

This is not just your abs! Your deep neck and back muscles support your neck and help with alignment while you move (see your free program). Diaphragm breathing is also an important aspect of core control.



3. Muscle release and massage:

Releasing tight global muscles that are in spasm can create positive effects on both pain and movement. One must be careful to not 'over-release' whilst pain is still acute, as this can often result in a lack of spine support. This can be done by your physio or at home with rollers and balls.



4. Postural strength and functional strength for work/life demands:

Exercises that promote good movement and control are essential for a complete recovery. These exercises are injury-specific, so see a physio or exercise physiologist.



Your physio or exercise physiologist will be a great ongoing resource during your recovery. They will help you with advice, pain relief, activity modifications and postural alignment.

RATHER THAN OVERWHELMING YOU WITH TOO MUCH INFO IN THIS BOOK, WE WILL DRIP-FEED YOU USEFUL CONTENT VIA EMAIL OVER THE COMING WEEKS TO HELP YOU OVERCOME YOUR NECK PAIN...STAY TUNED!

How do we consistently achieve outstanding results for our clients?

The 4D PHYSIO METHOD **“4-Dimensional Injury Recovery”**

The 4D PHYSIO METHOD is our very own 4-step approach to fixing your pain and injury. The 4-D's stand for:

1. DEEP CONNECT

Empathy, understand & appreciate your story & life, deep listening, effective goal setting, connection

2. DIAGNOSIS

Determine the specific structure causing your pain and communicate this diagnosis clearly with you

3. DRIVERS

Uncover the root causes of your injury through specific tests, in order to find & fix the true underlying problem (not just a bandaid quick-fix)

4. DEMONSTRABLE IMPROVEMENTS/RESULTS

Through specialised hands-on techniques and expert exercise programming, we take pride in creating dramatic and measurable improvements in your health, tracked with tangible data.

All of our therapists are trained in this system and the intricate skills within each of the 4-D's that lead to rapid and sustained injury recovery.

WANT A
FREE 10-MIN
PHONE CONSULTATION
ABOUT YOUR NECK PAIN?

CALL US TODAY: 02 8068 7161
OR EMAIL: admin@ahsmp.com



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