

# THE **6** MOST EFFECTIVE STEPS TO END **NECK PAIN** AND **HEADACHES**

FOR PEOPLE WHO ARE SICK OF DRUGS, WANT TO  
TAKE CONTROL AND START ENJOYING LIFE

*DR. ALEX GOMETZ, DPT. Prehab*

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[www.prehab.com](http://www.prehab.com)

Alex Gometz PT, DPT

# About The Author Alex Gometz

Over the last ten years, thousands of people (or hundreds on a weekly basis) have consulted Dr. Alex Gometz looking for answers to questions about a Quick End to Neck Pain and stiffness. Alex is now a trusted health advisor, lecturer at local universities, hospitals and business. He is a mentor to other clinicians and active researcher of injury prevention with publications in Clinical Neurology and Neurosurgery and The Orthopedic Journal of Sports Medicine.



Dr. Gometz mostly works with highly motivated people aged 35-55 on a daily basis. At Prehab, people with back, joint pain and stiffness, successfully meet their expectations due to excellence in care, the latest in rehabilitation technology, research guided approach and an exceptional team.

His patients are teachers, stay-at-home moms, construction workers, law enforcement, firefighters and stage performers. He specializes in treating patients with current conditions that are limiting. He helps patients finding solutions to the cause of their pain, lack of strength and restoring an enjoyable, wonderful, flexible and active body.

# Introduction

Chronic neck pain and headaches afflicts numerous individuals and if they are experienced at the same time, are likely related and could benefit from similar treatment strategies.

In most cases the cause of the symptoms can be from multiple sources to include spinal joint function, nerve referred pain, muscle and soft-tissue tension dysfunction.

Starting today you do not have to live with the pain with no hope in sight. Here are 5 simple steps to move you towards a pain-free and happier you!

# The 6 Most Effective Ways To End Neck Pain And Headaches

This report is complimentary and hopefully a great benefit to you. These are tips I use in my practice to help patients avoid living through suffering on a daily basis. “My goal with authoring this report is to offer you a manner to improve your health. Please realize there are real solutions to your problem and we believe you will be pleased with how much better and healthier you will feel by taking these initial steps.

1. Be stress on all regions of your body, with your spine being especially susceptible to these postures. Your mother was right to correct your posture during your youth. Due to constant use of laptop computers, phone with slouched head and upper body alignment is a common faulty posture that can lead to over tired muscles and pain patterns. The weight of our head is similar to an 8-10 pound bowling ball. If this bowling ball (your head) is sitting in front of your shoulders and body all the muscles and joints of the neck will be under **aware of your posture and learn how to correct it!** Maintaining poor postures can place increased load to prevent that bowling ball from falling further forward, thus explaining the aches and pain you are experiencing in these postures.

TIP: Assume a neutral seated posture by sitting upright with your abdominal muscles lightly tightened (contracted), your shoulder blades slightly pinched back and your head resting comfortably over your shoulders. To maintain this posture, place a small pillow or rolled-up towel in the small of your lower back to keep a small arch of your spine. In this position you should feel small muscle contractions in your abdominals and back muscles as we should be using these muscles to keep neutral posture. This is in comparison to the faulty forward slouched posture where you are “hanging” on your spinal joints and ligaments, placing undue stress on these structures.

2. **Look at how you position your head and neck for sleep, and add some support!** If you awaken at night due to neck pain and tension or if you awaken the next morning with pain and stiffness you likely could benefit from some posture changes to your sleep positioning.

TIP: Depending upon your natural body posture, support your head with 1-2 pillows or as needed for the head and neck to feel at ease. When sleeping on your back or your side be sure to keep the head neutral with your head in even alignment between

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your shoulders (no excessive side bending or rotation of the head-neck). We all have various shoulder-widths and will need to accommodate this with more or less pillow support when in laying on your side. Consider use of a hand or small bath towel rolled-up and placed within the pillowcase to support along your natural neck curvatures. This can be performed on your back or side and adjust the towel roll thickness for your comfort. We did not discuss recommended postures in stomach-lying for sleep, as this generally is a non-preferred position due to the required maximal rotation strain placed on the neck. If you are a stomach-sleeper, consider making new habits to become a back or side sleeper for long-term neck health.

- 3. Use of ice or heat to ease the pain.** If you seek to minimize medication solutions for your pain, consider ice or heat use.

TIP: Ice is useful with more intense or acute pain patterns, when a new onset neck pain has just occurred (the first 24-48 hours). If you are dealing with usual, chronic neck pain and headaches heat to the neck is appropriate. In either case ice or heat may be applied to the neck region for 10-15 minute durations to ease the pain severity and/or general tension present.

- 4. Do NOT Skip Meals and Drink Water -** Some headaches can be caused by a drop in blood sugar levels or dehydration. Plan ahead and eat 3 meals with 2-3 light snacks in between meals. Drink at least half your body weight in ounces for water intake (i.e. if you weigh 160 pounds then you should drink at least 80 ounces of water – this does not factor in exercise so you would need to drink more than 80 ounces of water if you exercise that day)
- 5. Take some time for relaxation and de-stressing.** Many of us carry excessive tension and stress in our upper back and neck muscles, and it is often worsened with stress and pain that may be present. You may not be aware of this, but your usual breathing patterns may contribute to this neck to shoulder tension!

TIP: Finding ways to reduce your stress and anxiety levels can go a long way to assisting your pain patterns. Meditation training can help to relax your mind and body, thereby reducing stress to this region. Also consider using diaphragmatic

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(relaxation) breathing to relax those neck to shoulder muscle tension sites. Steps to perform: 1) Lay on your back on a comfortable surface, with low-lighting and separate yourself from distractions (turn off TV, close the door for no family and pet disturbances). 2) (Optional for comfort) Place a pillow under your neck and under your knees to unload tension to your spine. 3) Initiate relaxation breathing by taking a moderate to deep inhalation through your nose while simultaneously your abdomen should rise. Be sure your rib cage is not rising substantially as this is a clear sign you likely have excess neck muscle tension with breathing. 4) After the inhalation, exhale deeply through your mouth and imagine / visualize your pain and tension reducing. Perform this breathing pattern for 3-5 minutes, 2-3 times per day as a mini-stress and tension reducer for both your mind and body.

6. **Consider seeing a Specialist Physical Therapist (PT) to abolish your pain and stiffness!** If you have a neck pain condition that has not improved after 2 weeks or it substantially affects your function, it may be time to seek professional help.

TIP: A Physical Therapist with specialty training in orthopedics can help rapidly improve your ability to perform normal functional activities and substantially reduce or abolish your pain patterns. Receiving care under a skilled PT using manual therapy to ease joint, muscle and soft-tissue pains, in combination with corrective exercises can help break the pain cycle you are stuck in and teach you strategies to become a self-healer. This will decrease your reliance upon medications and ultimately reduce your time in a health care clinicians' office. Ultimately allowing you more time to enjoy the passions of your life, to include recreational pursuits, reassuming your regular fitness program, or just enjoying time with your family and friends.

These are 6 simple steps that can guide you to greater self-control of your neck pain and headaches. Consider a visit to a specialist physical therapist in case you don't see a significant improvement in your ability to function with minimized pain and stiffness. Impassioned to be a partner for restoring your health.

Dr. Alex Goetz, DPT

Orthopedic Specialist Physical Therapist

# Bonus Section

## #1 Don't Overload One Side of your Neck or Body

- If you always carry your purse or briefcase on one side of your body, then you are setting yourself up for a possible scoliosis or muscle imbalance that might help create neck pain or a headache – especially if it is one side of your head. Flexibility can be a major influencer on your neck pain and headaches.
- Always carrying extra weight on one side disproportionally distributes your weight and can throw off your center of gravity – this can lead to a constant stretching of muscles on one side and a constant shortening of muscles on the opposite side – neck pain and headaches are often caused by muscle imbalances and the body trying to correct for them.
- Try to use both straps on both of your shoulders when carrying a backpack.
- Alternate arms when carrying a purse or briefcase.
- Instead of carrying one grocery bag in one hand, try splitting the contents into two bags and carry one bag in each hand.

## #2 Daily Posture Stretches

- Closely linked to seeing a good physical therapist is doing postural stretches correctly.
- You also want to ensure that the stretches that you want to do are actually right for you.
- As you age, your muscles lose strength and flexibility so learning stretches to maintain your.

## #3 Strengthen your Back

- Strengthening your lower and upper back will promote good posture and decrease stress or strain on the neck.
- Make sure that the exercises you want to do are correct for you and that you are doing them correctly by consulting with an exercise specialist like a physical therapist.



# Conclusion

Now you have it: 6 things (plus 3 big bonus tips) that you can do TODAY to reduce your neck pain and headaches without medication, improve your posture, and restore your health. You have so many options and I could go on and on about how you can stop your Neck Pain and Headaches but these are the fundamentals. If you try one tip per day and stay disciplined with implementing them into your daily routine, they will make a big impact on the quality of your life.

Stay in touch for guidance and other tips to bringing normalcy to your active lifestyle. You will also gain insight how physical therapy may help accelerate your recovery and teach you ways to aide your body's ability to heal itself.

# Why Not Come In For FREE?

“Did You Know We Are Offering FREE 20-Minute Discovery Consultations?” A FREE Discovery Consultation will help you better understand your injury and how we can help you RECOVER.

A FREE 20-Minute Discovery Consultation with our back specialists would help you BETTER decide if physical therapy is right for you. We set time aside EVERY DAY to listen to patients' questions and provide simple and easy to understand answers. Our goal is to get you on the road to recovery immediately.

If you've recognized you need help, but don't know where to start, then reaching out to a Physical Therapist for FREE is the next step. You will be giving yourself the knowledge required in this ever-changing medical world. Let me and my physical therapists explain to you WHY you are hurting and HOW we can help you.

In your Free Consultation you can expect to learn:

- What causes your pain?
- How we can specifically help your injury?
- What is your unique treatment plan?
- How long will it take?
- What simple exercises you can do?
- Why do our patients LOVE us and keep returning?

(picture of a couple after a gym workout very happy)

## **i** Health Advice Disclaimer

**We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Guide.** However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors.

It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of this examination from one of the Licensed Physical Therapist at Prehab USA Physical Therapy and Wellness LLC. We are able to offer you this service at a standard charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.