

NECK AND SHOULDER PAIN RELIEF

SYMPTOMS, CAUSES, AND REMEDIES



Table of Contents

DISCLAIMER	3
INTRODUCTION	4
WHAT IS NECK AND SHOULDER PAIN?	6
SYMPTOMS OF THE NECK AND SHOULDER PAIN	10
COMMON CAUSES OF THE NECK AND SHOULDER PAIN	11
1. Mental Stress	11
2. Posture Changes	13
3. Tech Pain	15
4. Lack Of Lumbar Support	17
5. Sleeping The Wrong Way!	18
6. Muscle Tear Or Stretch	20
7. Carrying Weight	21
8. It’s Your Nerve!	22
9. Other Medical Causes	23
REMEDIES FOR THE NECK AND SHOULDER PAIN	28
1- Pause Sports	28
2- Stretch To Get Rid Of Stiffness.....	29
3- Support Your Neck.....	30

4- Get A Better Pillow	32
5- Limit Your Screen Time	33
6- Massages	34
7- Hot And Cold Packs	35
8- Pills.....	36
CONCLUSION	36
RECOMMENDED RESOURCES.....	37



DISCLAIMER

DISCLAIMER

- This e-book is designed for informational purposes. It is to help the reader understand the causes of neck and shoulder pain and use simple remedies and everyday lifestyle changes to take a step towards better health.
- It is not advisable that medical consultation is avoided by the reader. In case of the severity of the patient's conditions, immediate medical consultations are advisable.
- The author and publisher do not guarantee that the condition of pain would get permanently cured. In case of persistent pain, a proper examination should be considered by a qualified health professional.

INTRODUCTION

Have you ever experienced neck and shoulder pain? Are you afraid you are getting frequent neck and shoulder pain and want to know more about it? In this book, we delve into the common causes of neck and shoulder pain, and we share simple remedies to help you get rid of neck and shoulder stiffness, pain, and strain!



Some people complain that they experience both neck and shoulder pain while others just experience neck pain. For some people, the shoulder pain may get too excruciating that it extends up to the neck or vice versa. However, please note that shoulder pain doesn't need to symbolize a shoulder issue, or the neck pain indicates a neck issue.

The underlying causes of each of the pain or both of them depend upon your specific body needs and should be explored. We are going to discuss the common causes that could be related to your pain. We are going to discuss measures which you can take to get relied upon. Remember, persistence is key for getting your shoulder and neck back to normal!

If the pain prolongs and/or intensifies, you should seek immediate medical examination. However, from the onset of the pain, you can also monitor and understand the causes of your pain and take simple measures for relief. When you are trying to discover the specific reason why you might be getting irritated neck or shoulder or both, it is important to stay calm and open-minded. Let's not jump to extreme conclusions about the causes of the neck and shoulder pain – we all have been there where a simple google search about your ailment leads to anxiety about having a grave disease. This guide helps you to explore your condition and start remedies for pain relief. Let's not get scared, let's get fit!

WHAT IS NECK AND SHOULDER PAIN?

Do you wake up and immediately grab your neck this way because you feel it is stiff or spasmed?



Do you find yourself in this position during office hours and wonder why there is a throbbing pain in the neck and shoulder region?

Shoulder and Neck Pain (symptoms, causes, and effective remedies)



Neck and shoulder pain can be symptoms of several medical conditions. The symptoms emerge as stiffness or spasms in the region. Furthermore, patients may feel soreness, tingling, or numbness in the neck and shoulder.



The shooting pain emanating from the neck and/or shoulder could hamper your daily activities. You may feel too tired or too strained to focus on your daily work. Prolonged sitting may aggravate the pain. In the following pages, we would discover the causes of the neck and the shoulder pain.

When the shoulder and neck pain are occurring simultaneously, they are often referred to as **shneck pain**. The term represents the overlapping nature of both the pain, which means they are linked to myriad underlying causes and occur due to numerous reasons. Did you know that the neck and shoulder are the two regions in the body that are connected by nerves? The good news is, that the **shneck pain** may be self-managed.



SYMPTOMS OF THE NECK AND SHOULDER PAIN

If you feel either of the ways listed down below then you should keep reading to discover what is causing your neck and shoulder to sprain and what remedies, you should apply for the pain relief.

- 1- When you wake up your neck feels stiff.
- 2- You feel sharp pain while turning your head left or right.
- 3- You cannot hold your neck in one position for a long period of time just like while sitting on a computer. Your neck and shoulder region feels spasm.
- 4- You feel muscle tightness in the mentioned region.
- 5- You are experiencing headaches.
- 6- You are experiencing a feeling of friction or stretching in the neck and shoulder region.

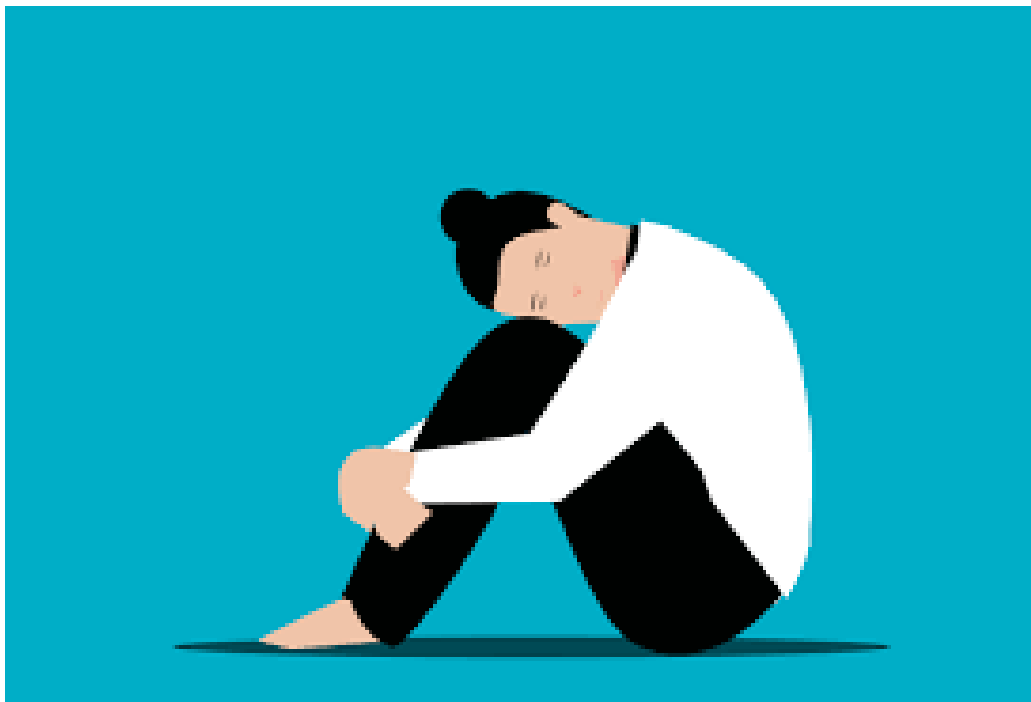


COMMON CAUSES OF THE NECK AND SHOULDER PAIN

Sometimes the neck and shoulder pain is caused by a sudden shift in our routine, changing the sleep posture, or being overwhelmed by burdens. Let's explore the common causes of neck and shoulder pain.

1. Mental Stress

Are you getting overburdened at work/ school/ home? Are giving extra hours for that project and sitting in front of your desk/ laptop/ PC can cause exertion. Are you thinking too much about something that is causing your stress? Notice your patterns when the pain is the onset and the corresponding activity. Chances are that you are over-worked which is causing muscle tension.

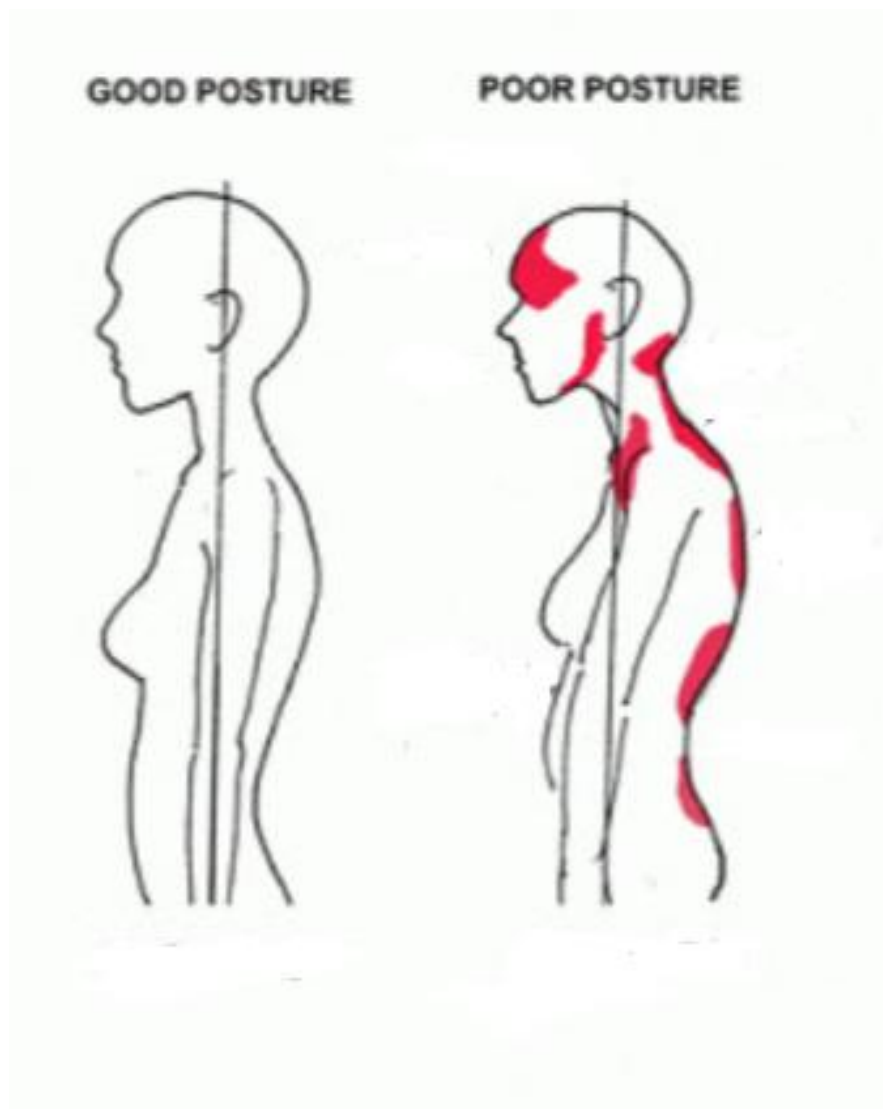


Tension in the muscles of the neck and shoulder is sometimes because of stress and/or anxiety. It may be the body's way of responding to a perceived threat. That is, it can be triggered as a fight or flight response within your body. Notice your previous days and try to find the reason why you might be feeling the anxiousness or stressed.



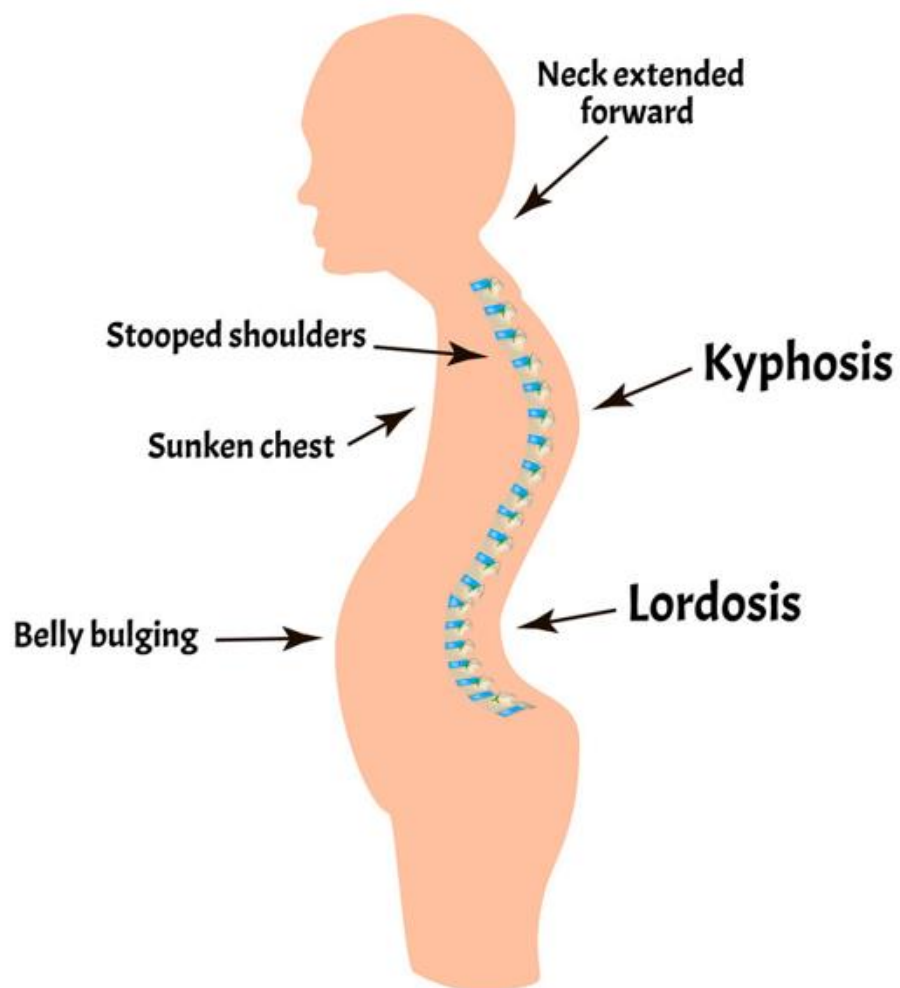
2. Posture Changes

Sometimes a bad posture causes throbbing pain in the neck and shoulder region. A bad posture inflames or strains your muscles and ligaments. Bad posture can be as much detrimental to your health as causes injuries in the neck muscles.



If you are habitual of sitting in a slopy manner, or you sink in your chair without any lumbar support, that bad posture might be causing your aching neck and shoulder!

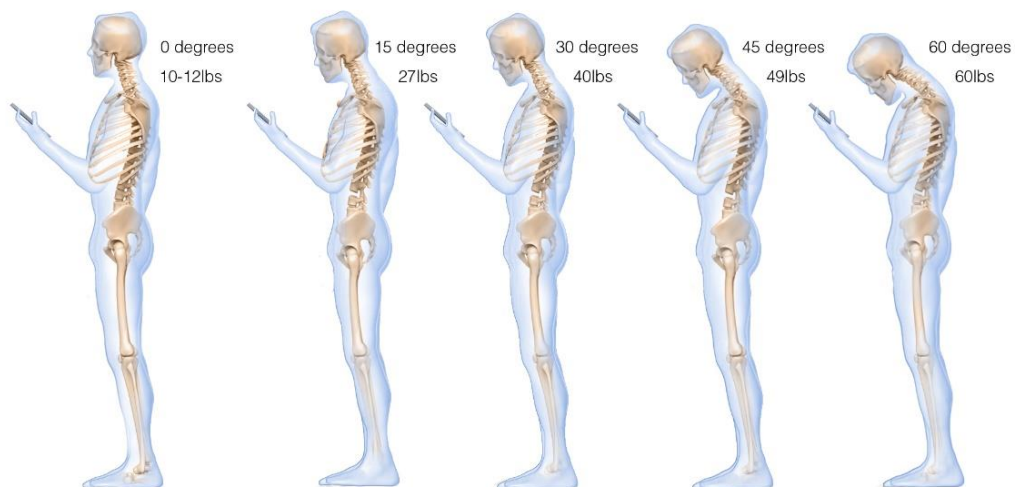
Poor Posture



3. Tech Pain

We are in the digital age. Most of our time is spent looking down at our screens. That is also bad posture and may cause neck and shoulder pain!

How many times a day do you find yourself looking like a guy in the picture? Be honest! Its time to change that!



Overuse of the phone might be wrecking your neck! It's time to take into account your smartphone addiction and put control over it. We will discuss this in detail when we come to the remedies portion of the book.

Many people find the following picture relating to their pain. Try and notice if you spend most of the day looking down at your phone and feel you neck ache and sprain.



While using a technological device such as a PC, tablet, or smartphone mostly the neck is fixed at a specific angle. When we move the muscles of the neck after a long time to a different position the stretched and sprained muscles cause the neck to ache.

4. Lack Of Lumbar Support

If you are a student or an office-going person you might want to consider the lumbar support when you sit. Have you been sitting in a curved position, bending your spine just like the way the person on the left of the below image is bending? The agitated neck and shoulder muscles may be signaling you to sit straight!



The sitting position is important to support your spine and body weight. It is also important to keep your neck and shoulder muscles from spasming or straining. Notice if you bend your spine and neck too much while you are indulging in writing or other activities.

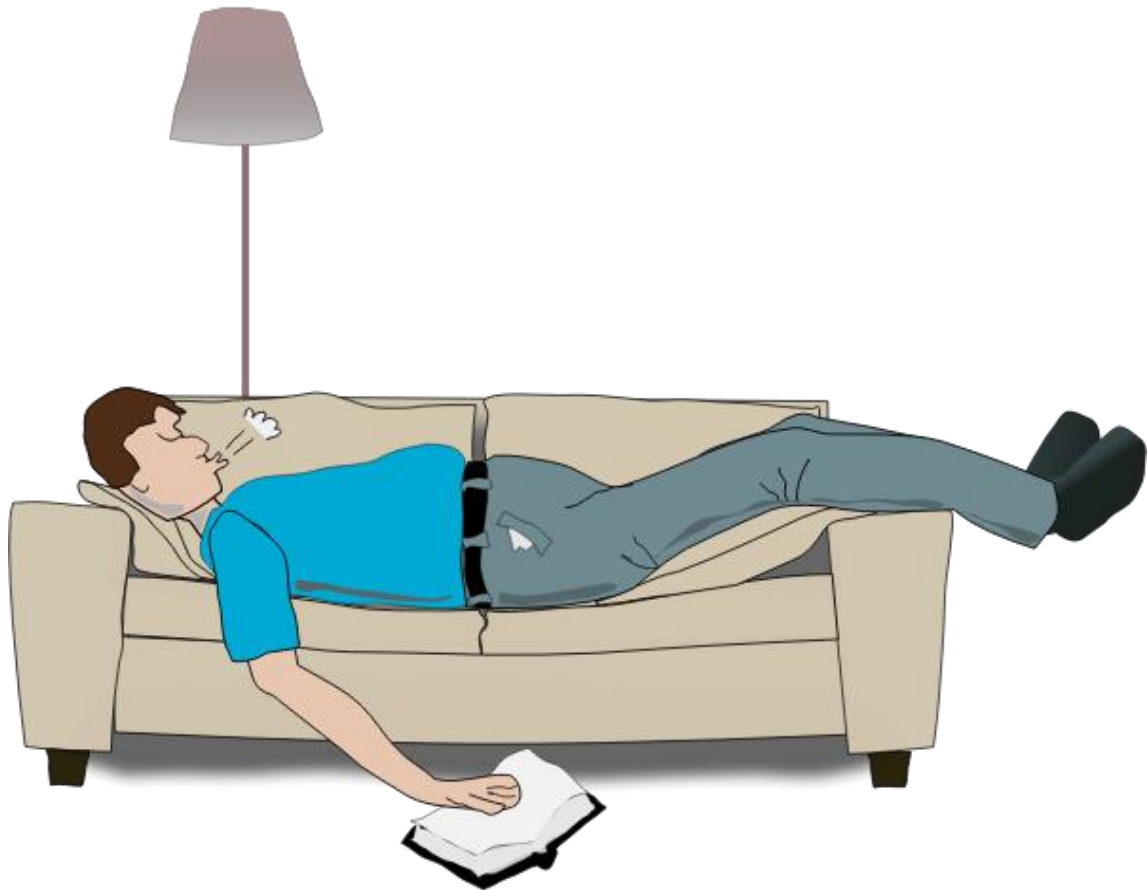
5. Sleeping The Wrong Way!

Well, sleep is vital for improved cognitive performance and physical well-being. But the way you sleep, that is the posture of sleeping might be causing the strained neck and shoulder muscles. This often causes stiffness around the neck which makes it hard to turn your head left or right.



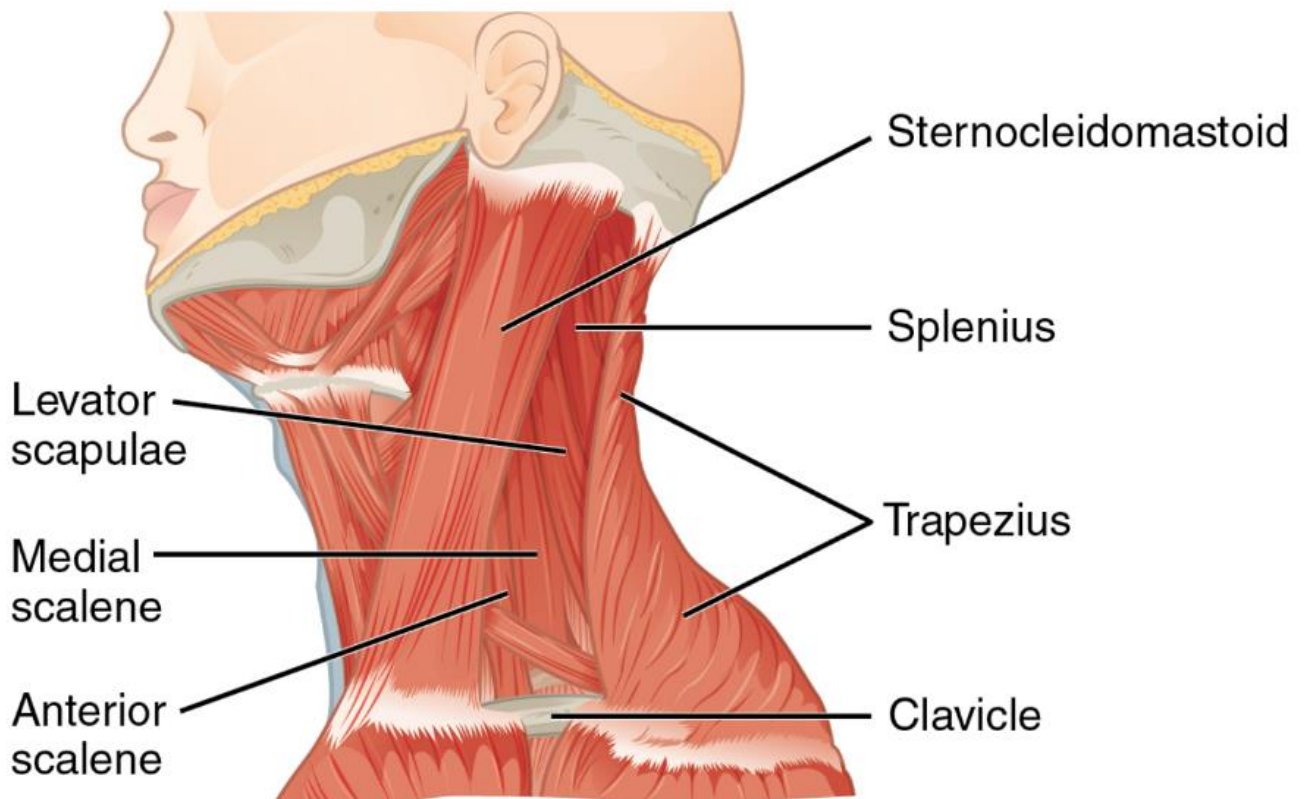
What does it mean “ sleep the wrong way”?

- While binge-watching Netflix you fell asleep on the couch and your head was elevated at an uncomfortable angle. You’d wake up feeling like a robot with rusted knuckles in the neck region for sure!
- Your new pillow was made up of uncomfortable material.
- The pillow elevated your head too much.



6. Muscle Tear Or Stretch

The two important muscles of the neck are the levator scapulae and trapezius. When the fibers of your neck muscles are strained or stretched, they might cause stiffness. A tear on the fibers of neck muscles also causes agitated neck muscles. Even if any one of these muscles is strained, the stiffness and pain may extend from the neck to the shoulder region.



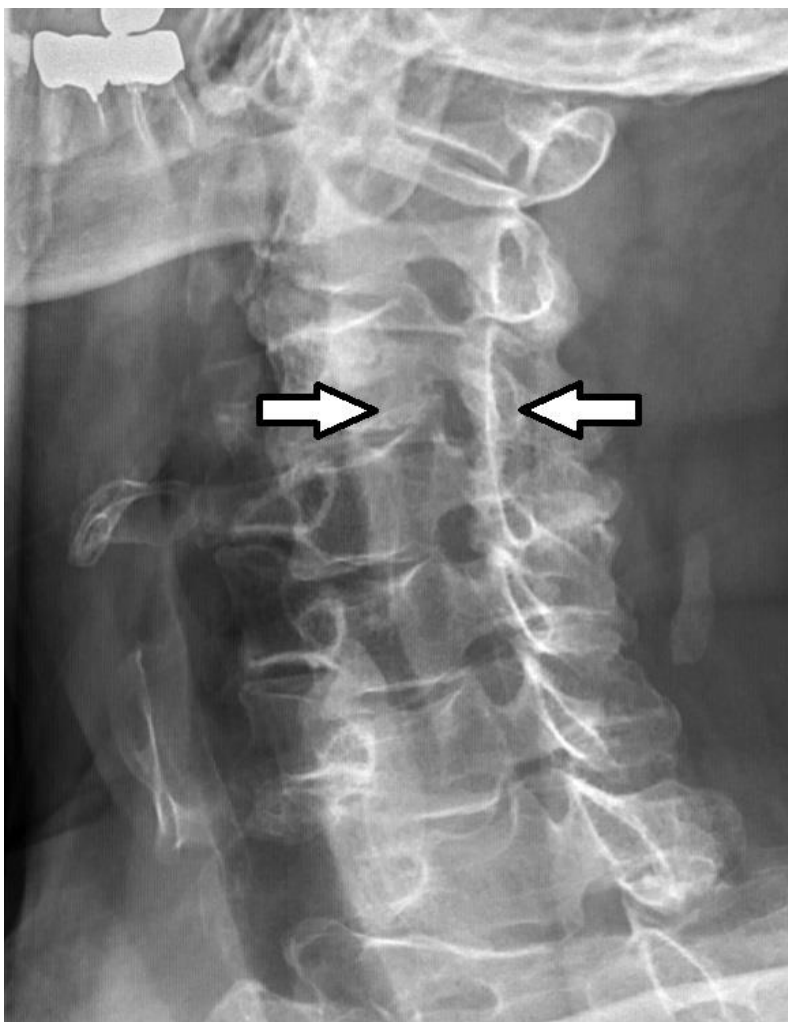
7. Carrying Weight

Think, did you lift any heavy objects recently? Lifting something cumbersome can cause your neck and shoulder muscles to ache. The neck region may get exerted due to extra effort or pull required by the neck muscle fibers.



8. It's Your Nerve!

The human body has a remarkable network of nerves. In case you have a pinched nerve in the neck and shoulder region, you'd experience throbbing pain. In medical terms, it is referred to as cervical radiculopathy. It can occur because of an injury or because of your advancing age.



Even the vertebrae boney structure or stenosis in the cervical can cause a nerve to pinch resulting in pain. Alongside the neck and shoulder pain, you might also experience weekend hand muscles and numbing.

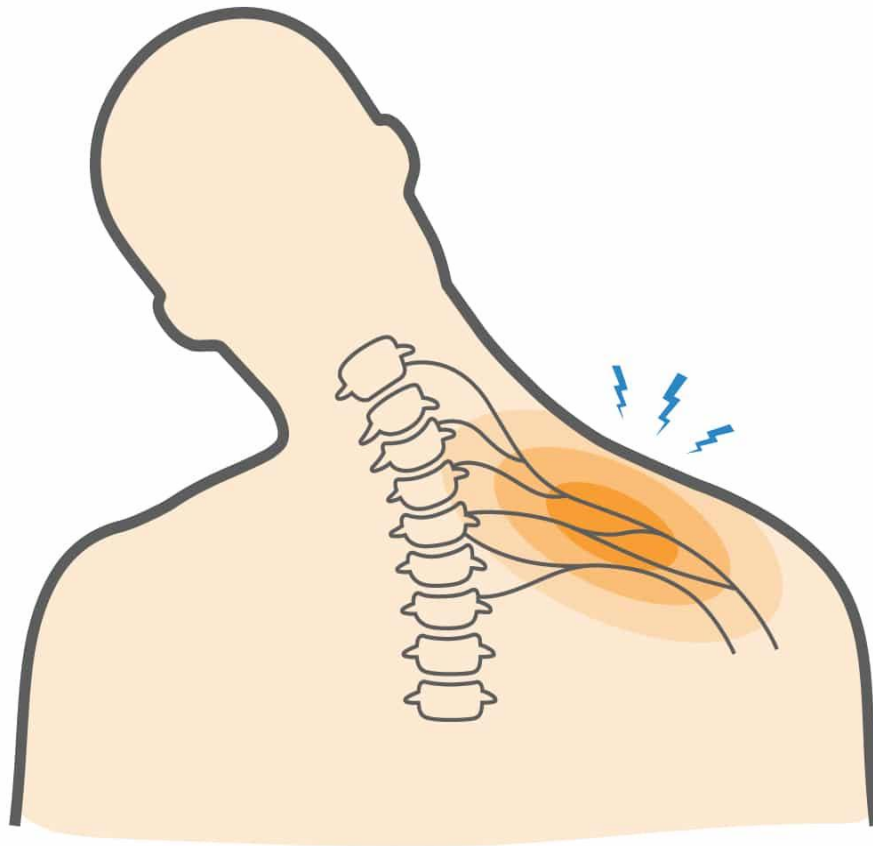
9. Other Medical Causes

Several medical reasons may cause neck and muscle strain. Prolonged conditions are not feasible and medical consultation should not be avoided for the sprained muscles around the neck and shoulders. Here are some of the medical reasons for the strained shoulder and neck region. Do not be alarmed though, just get the information and book a consultation with a doctor if you associate with these causes mentioned below:



- **Stinger Injury**

It occurs when your shoulder or neck region nerves are stretched or squeezed. This may occur in the aftermath of a sport which results in burning pain.



1 Source: <https://upswinghealth.com/conditions/stinger/>

- **Cervical Spondylosis**

Caused due to the aging process which causes wear and tears in the body. Osteoarthritis risk increases which results in boney spurs in the cervical.



- **Brachial Neuritis**

This affects not just the shoulder and neck but the thoracic region including the chest and hands. It is characterized by the loss of function of the nerves.



- **Fibromyalgia**

Another word for Fibromyalgia is ***Widespread Pain***. It is widespread pain in the muscular system of the body.

- **Shoulder Osteoarthritis**

It occurs when the articular cartilage is subjected to wear and tear.

This could be due to aging or extensive use.



REMEDIES FOR THE NECK AND SHOULDER PAIN

With simple home remedies, you can control and even get rid of your neck and shoulder pain. For prolonged and uncontrollable pain, it is highly recommended to seek medical intervention.

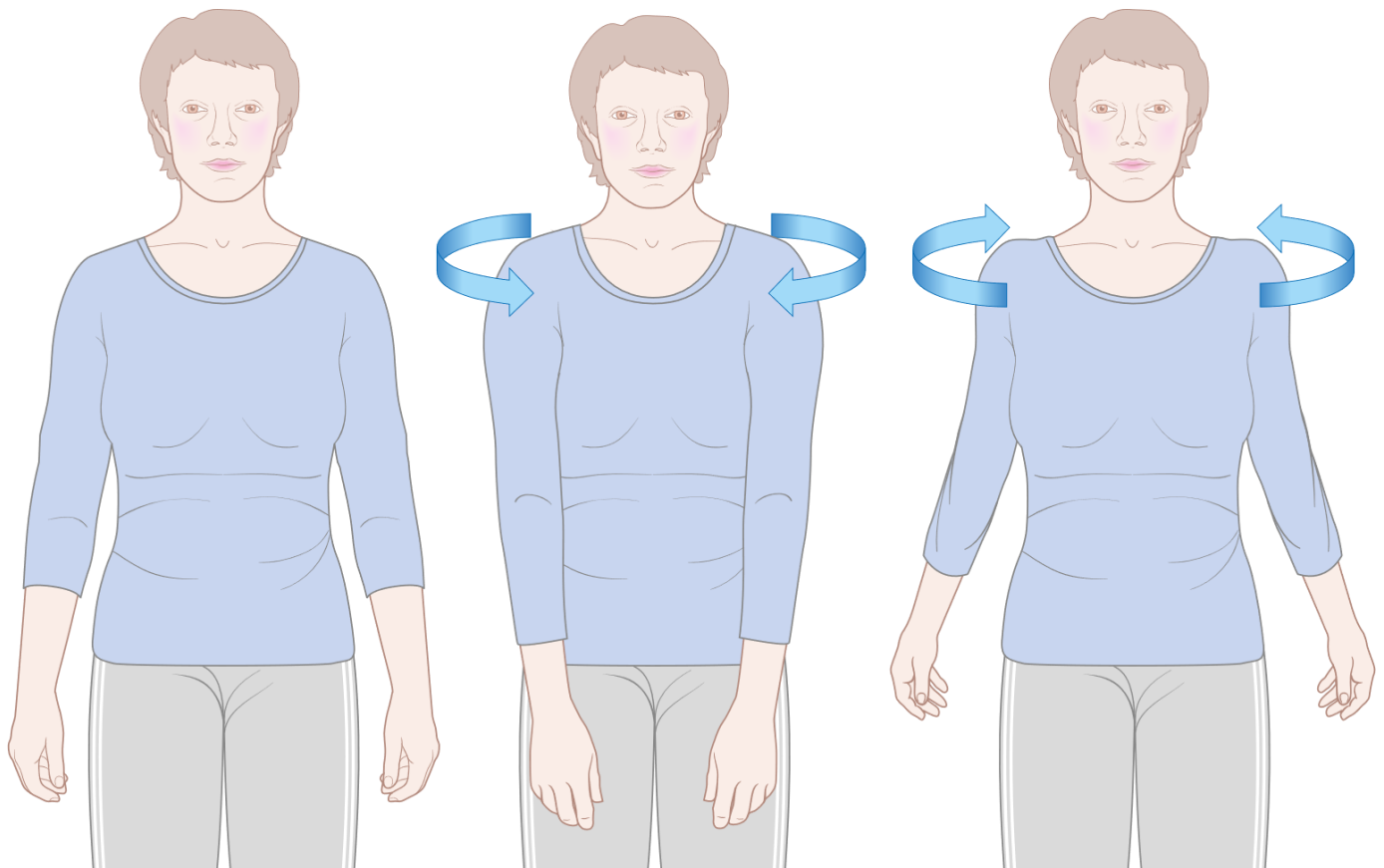
1-Pause Sports

Pause your sports practice and try to rest. Take a time out! Try to give your muscles time to heal and revive.



2-Stretch To Get Rid Of Stiffness

Do stretches to relieve the pain and relax the muscle. The muscle tension is removed by doing stretches for the neck and the shoulder. Like in the image shown below for shoulder stretches:



You can use similar backward and forward stretches for your neck.

Follow these steps for the neck stretches:

- a- Keep your head straight.

- b- Move your chin towards your chest and stay still in that position for up to 30 seconds.
- c- Now look at the top ceiling and move your head towards your back as much as you can. Hold that position for up to 30 seconds.
- d- Relax!

3-Support Your Neck

You can get yourself a collar and support your neck. A soft neck collar could help you alleviate your weak or agitated muscles and help to relieve neck stiffness. However, you should seek a professional prescription on the length of period for which you should be using the neck collar.

Soft Cervical Collar



4-Get A Better Pillow

A good pillow supports the head and also supports the pressure points. A lot of effort is put to probe which pillow material helps to provide a comfortable sleep and help the aching shoulders and neck. There are different materials of pillows such as memory foam, feather pillow, organic cotton fiber pillow, latex pillow etc. Choose the one most comfortable for you.



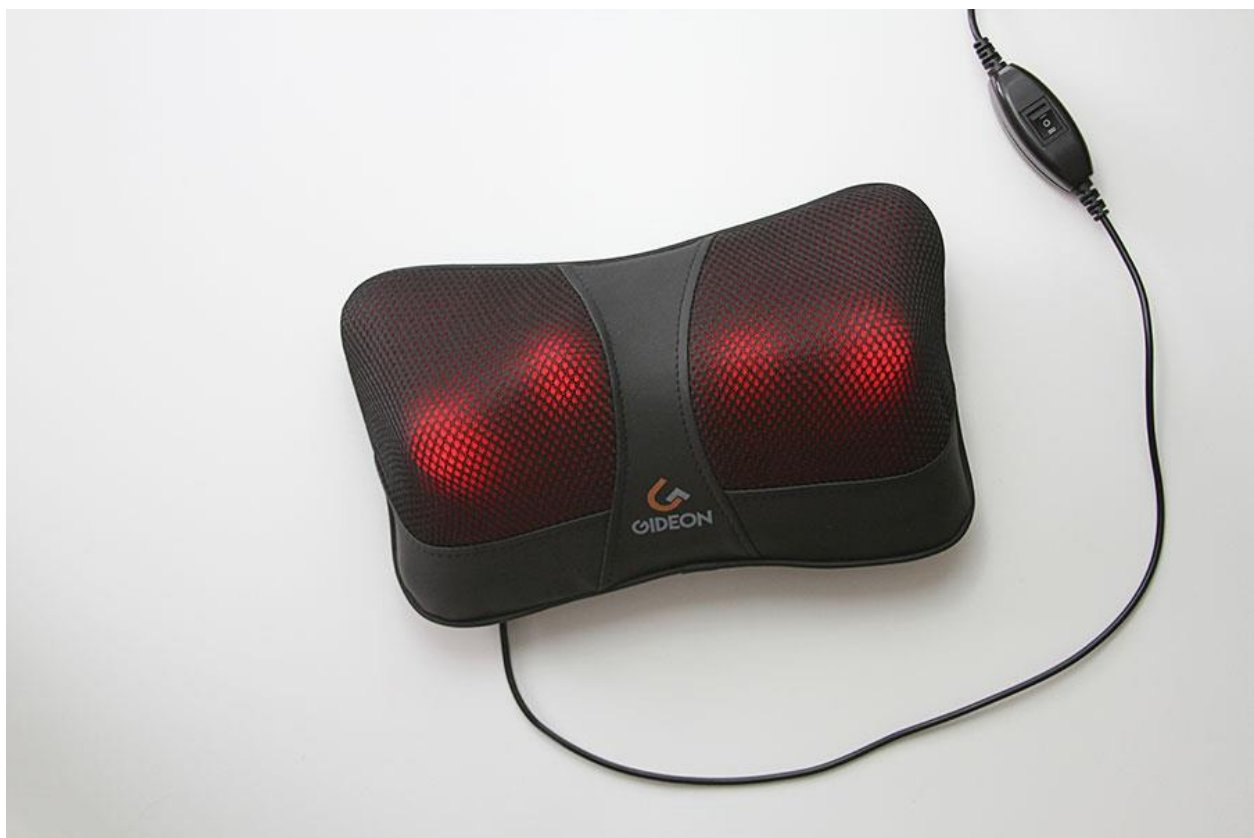
5-Limit Your Screen Time

Limiting the time you spend looking down at your phone could also help to alleviate the stress in the shoulder and neck region. Not only will it help you to get rid of this pain, but it will also help you to stay more focus. It is said that consciously limiting the smart phone usage can help to tame anxiety. It will be a good measure to detox from social media for a while!



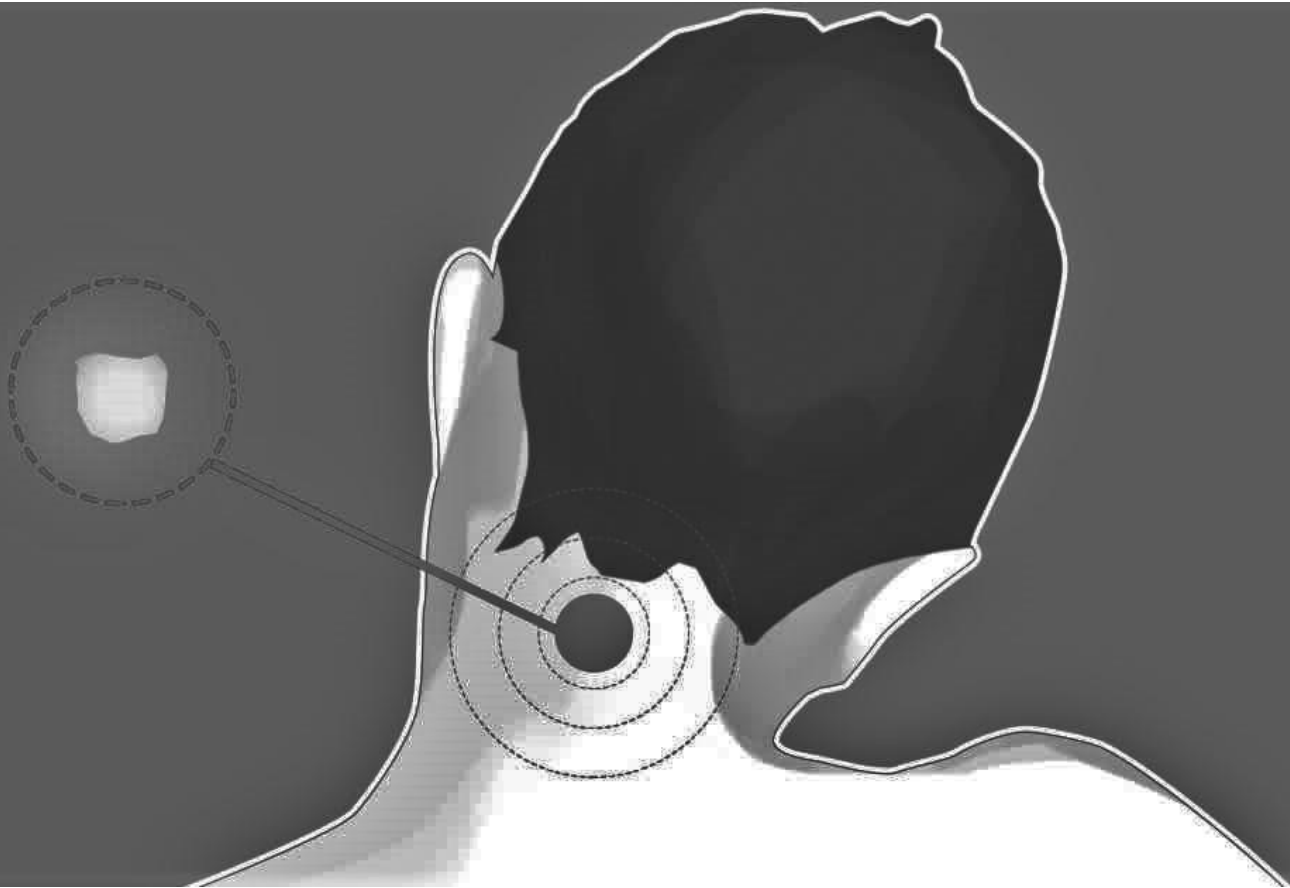
6-Massages

Gently massaging your sore neck and shoulder would help you to feel better. You can use any oil; however, almond oil is effective for calming the agitated nerves. It does not matter which hand movements you use to massage your neck and shoulder as long as you are gentle and able to relax yourself. Did you know that digital neck massagers are also available for relieving the neck and shoulder pain?



7-Hot And Cold Packs

You can use an ice pack and place it on your neck and shoulder. You can place the ice pack inside a towel then put that towel on your neck and shoulder to help you with the pain. Similarly, people have also found heat pads effective.



8-Pills

Try using over the counter medication for pain relief. However, if the pain does not subside seek appointment from a medical health professional.

CONCLUSION

Your neck and shoulder pain may be an alarming situation for deeper neural or medical issues such as arthritis. Or they could just be your signal to take a break and cut cords with the stressful patterns. Which one is it? You decide.

RECOMMENDED RESOURCES



My good friend Emily used to suffer from horrific neck and shoulder pain caused by a car accident that wasn't her fault.

She tried many things and was on the verge of getting back surgery when she discovered an unusual stretch that HEALED her neck & shoulder pain in just 30 seconds a day.

She never did get surgery.

And she doesn't use painkillers.

Looking at her today, you'd never know she was once crippled by neck and shoulder pain.

This unusual stretch is so effective, Emily is now on a mission to share it with as many neck and shoulder pain sufferers as possible.

=> [This 30-second stretch ERASES neck & shoulder pain](#)

back pain & sciatica (try this simple stretch)



"Ever since I tried this I haven't needed to go to the chiropractor for low back pain anymore."

- Sue A.



"...I became totally pain free and I've been pain free for over a year!"

- Bob T.



"I can honestly say this has changed my life!"

- Mary W.

One of the most frustrating things are the constant aches and pains that slow you down as you get older, and...

Back pain is probably the worst :(

The good news is...

I just discovered this strange stretch that can fix back pain extremely fast!

Once I tried this I had to share it with you...

[Strange Stretch Fixes Back Pain FAST](#)