



Some simple tips  
To Help Reduce Neck  
Pain (and Stiffness)  
without having to take  
medication

**BY DR. NICOLA KELLY DC (VALUE €70)**

# NECK PAIN



PREMIER  
CHIROPRACTIC

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# ABOUT

## **About the Author, Dr. Nicola Kelly**

After graduating and living in the UK for 12 years and now a total of 16 years in practice Dr. Kelly works in both the Swords and Dundalk practices. She is very passionate about Chiropractic care and natural health. Over the last 16 years she has treated a wide variety of patients from newborn babies, pregnant women to athletes and professional athletes. Dr. Kelly regularly attends seminars in the UK and around Europe to keep up to date with new techniques and developments within the Chiropractic profession. Her main aim is to adjust and help as many families heal naturally through Chiropractic care. When not in practice she regularly plays tennis and enjoys meditation.

# INTRODUCTION

In this Special Report on reducing neck pain I'll share with you 5 introductory ways to help you improve the mobility of your spine, which in turn will help strengthen your spine and reduce pain.

The truth is without examining you in person I can't tell for sure what is causing your individual problem as the cause of back pain have many different factors. These can range from diet to emotional stress and from arthritis to postural stress.

But over the last 16 years, through having treated thousands of people I've been able to observe many things that help reduce stress on the spine, increase mobility and nourish the body's ability to heal. There are many things we can do on a daily basis to help our spines and to reduce back pain, far to many to go through here, but these 5 steps will get you started on better spinal health.

Please remember there is no quick fix to back pain, especially long-term issues, but if you follow the steps below and work on them daily, your spine will become stronger and you will be more empowered to help yourself.

# 5 QUICK AND EASY WAYS...

## To Help With Neck Pain/ Stiffness and Headaches

### 1. CHECK YOUR POSTURE

Did you know that your posture is the window to your spine? Did you know that human head weighs 10 pounds? Did you also know that modern day technology is creating a posture epidemic? Whether its too much time spent on our phones, iPads or work stations all of these are creating pressure on the muscles, joints, ligaments and nerves in our neck. For every inch the head is forward on our body it weights an extra 10lbs! So you can see how it would create damage in this area. Make sure the device you are using is at eye level e.g. put some books underneath your laptop. If you are using your phone put it on loud speaker or use a headset instead of holding your phone to your ear.

### 2. DRINK WATER

Dehydration is a common cause of neck pain and stiffness. I have seen many practice members' neck pain improve greatly by increasing their daily water intake. If the body is de-hydrated the muscles, ligaments and tendons become tighter. Two litres a day is recommended for the average person. Water also helps prevent degeneration in the discs in the neck, which is a major factor for neck pain.

### **3. DON'T USE TOO MANY PILLOWS**

The right pillow is essential in keeping the neck in a supported position. Your pillow needs to provide the right support. Firmness and height being the two most important factors. A pillow that keeps the head in a neutral position so not too firm, too high or too low is recommended. This will allow the neck to fully relax during sleep taking all the pressure off it.

### **4. REDUCE STRESS**

Where do we carry most of our stress? In our neck and upper back! We are all living faced paced and chaotic lives. If we don't take the time to slow down its only a matter of time before our bodies will let us know. I've found meditation and deep breathing techniques can help hugely in reducing stress. Five big slow deep breaths in and out through the nose 3 times a day helps take you from a stressed to a calm state. There are numerous meditations on the internet. I'd recommend starting with two minutes. Why not get started today and let the stress slip away!

### **5. GET ASSESSED BY A CHIROPRACTOR**

Get a special assessment by a Chiropractor to determine what your underlying problem is. A full examination will allow your Chiropractor to check your posture, balance, movement and strength. It will shed some light on your problem and determine if Chiropractic care is suitable for you.

# BONUS SECTION:

## 6. WALK

A 45-minute walk a day is a great way to keep your whole body moving better. 90% of brain stimulation comes from movement of the spine. It also helps improve the stabilizers of the spine, your coordination and balance. Walking can help increase blood flow to the neck muscles and reduce neck pain. So why not start today!

## 7. EAT WELL

Foods rich in Vitamin D, Calcium, omega 3, fiber and magnesium all help improve bone and joint health. Sugar, too much alcohol or saturated fats can cause inflammation and joint pain. Eat a balanced healthy diet and give your neck and whole body the best chance to thrive!

## CONCLUSION

So there we have it, some of the most important and tips and exercises I have come across over many years in practice that you can start straight away to improve not just your spinal health but your overall well being too.

Over the next few weeks I'll be sending you some more information on how to improve your health and the roll chiropractic can play in reaching your health goals.

We hope to serve and advise you on any future spinal health challenges you have and we are always here if we can be of any help in the future.

Yours in health,

Dr. Nicola Kelly

**Chiropractor**



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However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our 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 on background, genetics, previous medical history, application of exercises, posture, motivation to follow 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 accurate in the absence of examination from one of the Chiropractic Association of Ireland's chiropractors working at Premier Chiropractic Limited.

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