

March 2022 Newsletter - Neck Pain

Welcome to March! The time has just flown by, it's hard to believe it's already March. What an interesting month, still cold if you're up North, and still beautiful if you're down South. But we all know we're close to that changing, so enjoy every moment. I think of March as a "hump month" because it's not quite the end of winter, but when we get over it, it is Spring!

When I lived in New York, March was a fun month because of St. Patrick's Day. Of course, there was the big parade in New York City, but we had an even better (in our opinion) parade in Pearl River, NY. It was a local parade, but I'm told it was second only to NYC, and bigger than anything that happens in Ireland. I love living in Sarasota, but I do miss that parade.

Note to My Clients:

I have made new office hours and I want to share them with you. I'll be in the office on:

Monday: 8:30AM to 7:30PM

Wednesday: 8:30AM to 4:00PM

Thursday: 10:00AM to 5:30PM

Saturday: 8:30AM to 1:00PM

Please Help Me

I've learned that in order for TEDx to invite me to do another talk, I need to have my current talk shared with many people, plus I need to have comments so I can respond. Maybe you have already watched it, if so, thank you. Would you mind watching it again and adding a comment? You can either go to YouTube and put in "Julie Donnelly, pain" or if you're reading this newsletter online, you can go to <https://www.youtube.com/watch?v=dSrxURd8ZJk&t=133s>. Thanks a lot!

What's Happening in My Office

This month I've had so many people come in with neck pain and headaches, that I decided I need to share that explanation and a treatment with you. There are a lot of different treatments for the neck, some you can do, and others that need me to do them. Neck pain and headaches are widespread because there's so many things, we do on a daily basis that causes these two pains. A big problem is our cell phones, and we can't get rid of them, so we just need to know how to constantly be aware of it and treat ourselves frequently.

We're off to explore the neck.

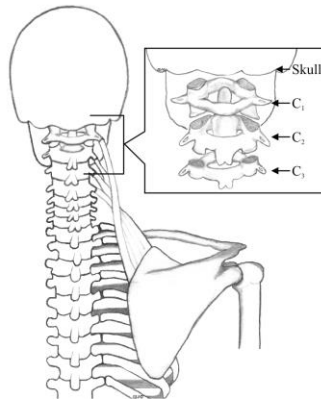
I hope you have a relaxing month!



Thoughts About a REAL Pain in the Neck

It's amazing how fragile our necks are, and how vulnerable they are to injury, yet for most of us we go through life with nothing more than a headache every now and then.

If you have had a car accident you may have suffered from whiplash, which causes horrific headaches, because the bones of your neck have been forced out of alignment. In many cases this is either caused, or complicated, by tension in a muscle called Levator Scapulae.



As you see on the graphic to your left, the muscle originates on the first four cervical vertebrae, and inserts into your shoulder blade (the scapula).

When it contracts you lift your shoulder, making the nickname for this muscle be “the shrug muscle.”

Your brain goes into your spinal cord, and then your spinal cord passes through the center of the vertebrae all the way to the bottom of your spine.

However, when the muscle is in spasm (tied in a knot) it is pulling down on the cervical vertebrae at the very base of your skull. This pulls the bones to the side and down and pushes the bone into your spinal cord on the *opposite* side.

Frequently a client will come in with neck pain, or headache pain on one side, but I find the muscle tension on the opposite side.

Spasms in the levator scapulae muscle will also tilt your head to the side, and it can cause pain to your shoulder and down the upper/center part of your back.

Treating the Levator Scapulae

There are several effective ways to treat your neck and shoulders, the following is just one of them. I have written books that teach many of the self-treatments in case you want to learn more.



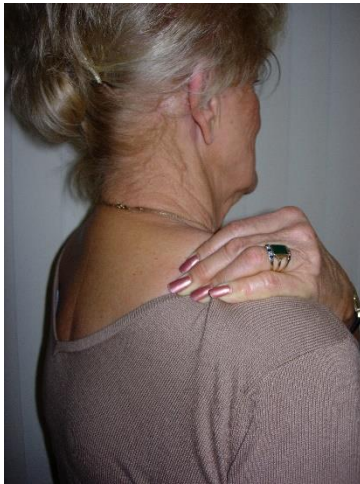
Put a ball, preferably the Perfect Ball, on the very top of your shoulder.

Bend at your hips and put the ball on the corner of a wall, pressing the top of your shoulder into the ball. Then move up and down so the ball is rolling across the top of your shoulder, from the front toward the back of your shoulder.

The goal is to lengthen this muscle, so it takes the strain off your cervical vertebrae. The Perfect Ball is perfect because it is solid in the center and soft on the outside, preventing bruising to your bone.



A second way of treating your shoulder muscle is to press your thumb into the “well” at the front of your shoulder, just above your collar bone.



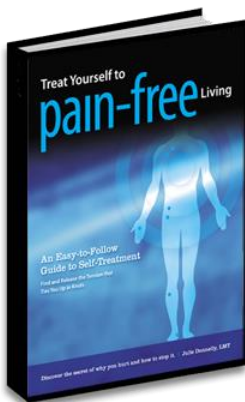
And press your fingertips into the back of your shoulder, as shown in the picture to the left.

Deeply press your thumb into your fingers, tightly squeezing the thick piece of muscle that is between your thumb and fingers.

Slowly drop your head in the opposite direction so you can stretch the muscle fibers.

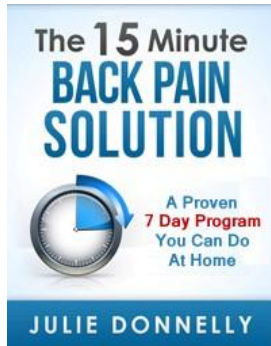
You Can Help Yourself Relieve Pain Quickly!

I’ve been helping people release pain since 1989, and back in the beginning I realized that the only way people stay out of pain is to either come to see me almost every day (not a great option!) or learn how to continue their therapy at home. That’s why I wrote my books, to help you help yourself on a regular basis.



Treat Yourself to Pain-Free Living has over 200 pictures, colorful charts to show you where you feel pain and where to treat to relieve it, and detailed explanations that explain how to treat painful muscles from your head to your feet.

Clear and easy to follow, people have told me they call it “their bible for finding solutions to pain.”



The 15 Minute Back Pain Solution has been written specifically to address the muscles that cause low back pain, sciatica, sacroiliac joint pain, and even knee pain.

Pictures and graphics, and detailed text will explain how to do each step.



If you have either carpal tunnel syndrome or trigger finger, you'll want to get the Julstro System.

A specialized tool was developed to enable you to get the proper strength and focus on the spasms that cause both of these problems. The TotalTX tool also can be used for problems from your shoulders to your lower legs, and it's all in the "how to" book included with the Julstro System.

Plus, with each one of these products you will receive a gift of a Julstro Perfect Ball (value \$9.00) so you'll have the tool to reach difficult spots, and to do all of the treatments taught in the books.

I hope you enjoy March and that you find fun things to do to celebrate this "hump" month!

Wishing you well,

Julie