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Chiropractic
and wellness

NEWSLETTER



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It's Not What You Are Doing That Is Hurting You It's How Long You Are Doing It

Another of the more common complaints we see in our clinic is upper back and neck pain. The vast majority of these complaints are from individuals who work at a desk all day and/or use a computer for long hours.

Upon examination, many of the upper back muscles are very tight and sore and often there is restriction in neck movements.

Most people think it's the desk job that is causing the tight muscles.

This is actually not the case. The activity isn't the problem. How long you do the activity for is the problem. Let me explain.

In simple terms, there are two types of muscles in the body. One type is built to contract powerfully for short periods of time. These comprise the majority of the muscles that move our body parts. The other type is designed to support for longer periods of time. The muscles that are used to hold your head up and use your arms in front of you at a desk, are of the moving type. When we ask moving muscles to stay contracted for long periods of time they get tired and start to tighten. Eventually this tightness becomes chronic and never loosens.

The trick to preventing this tightness is to take many short breaks during which you do a few shoulder rolls or stretches. This gets the circulation flowing in the muscles and flushes out the lactic acid that can irritate muscles. You can then return to the activity.

So as you see it isn't what you are doing that is the problem.....it's how long you do it.

Do The Upper Back Stretches On The Back Of This Page

**CHIROPRACTIC CARE CAN HELP MAKE
PAIN-RELIEVING DRUGS UNNECESSARY!**



1. Grasp the arm above the elbow and pull straight across the chest
2. Feel the pull in the mid shoulder blade area



1. Grasp the arm below the elbow and pull up to stretch the lower rhomboid, trapezius and rotator cuff muscle



1. Grasp the arm above the elbow and pull down to stretch the upper rhomboid, trapezius and rotator cuff muscles



Grasp arm above the elbow and pull behind the head with a slight upper body tilt away to stretch the latissimus muscle



SHOULDER SHRUG AND ROLL

Understanding the principle behind this simple exercises in the most important concept in reducing upper back and neck tension.

Everyone who works at a desk, on a computer or is doing any task involving the arms out in front of them for long periods of time, must understand this point.

It is not what you are doing that is causing the problem but the length of time you are doing it.

Muscles that were designed to move and work do not like to do a support job for long lengths of time. They

Life's Little Adjustments



DID YOU KNOW?PAIN HAS A PURPOSE

Pain is produced by the body as part of an overall plan for survival. Pain is nature's burglar alarm. When it sounds, it means that something is trying to steal your health. It means that something is tampering with your correct body function. It means you had better start doing something to stop the theft.

Destroying pain through the use of sedative or analgesics makes as much as turning off a burglar alarm in the belief that the act will also stop the burglary. The purpose of pain is to act as a stimulator of action. It is produced to make you act to correct the cause of the pain.

Relief of pain is good—if the real goal of correcting the causes is not forgotten or thwarted. Your life may depend on it.

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Chiropractors turn the power on!