

How to Eliminate Neck Pain Immediately with 3 Easy Steps



By Dr. Kareem Samhour

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For information contact:

Shoulder Injury Guide

86 SW Century Blvd., PMB 344

Bend, OR 97702

E-mail: info@shoulderinjuryguide.com

Website: www.shoulderinjuryguide.com

<http://www.shoulderinjuryguide.com>

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Meet Dr. Kareem Samhour, a.k.a. ‘Dr. K’



Dr. Kareem Samhour is the president and owner of Global Fitness LLC. Through his company people are able to realize complete wellness, as they serve nutrition, massage, physical therapy, and personal training. Dr. K is a graduate of the University of Miami Doctor of Physical Therapy program and has earned a bachelor's of science from the Pennsylvania State University in Kinesiology. Additionally, Dr. K is a licensed physical therapist and holds a Health and Fitness Instructor certification from the internationally recognized American College of Sports Medicine.

Dr. K has worked in some of the best hospitals, rehabilitation facilities, outpatient physical therapy services, and elite performance gyms in the United States. He has taught personal trainers and physical therapists alike in their roles as one, united front in the best interest of the patient/client. Dr. K has spent his career surrounding himself with only the best in his field and intends to provide you with *the best* information out there.

Dr. K has trained countless clients in the fitness industry, while mentoring and teaching other fitness professionals at the same time. He speaks regularly to corporations and individuals on improving well being at the workplace. He is a dynamic and interesting speaker. Most recently, Dr. K has realized the necessity of bridging the gap between physical therapy and personal training. He has been recognized on many occasions as *the expert* in creating this bridge.

Dr. K is also an avid supporter of many charities and associations. He regularly endorses and donates to the following organizations: American Diabetes Association (ADA), Women's Fund, Phlare Magazine (for corporate women), American College of Sports Medicine (ACSM), American Physical Therapy Association (APTA), MS Society, Philadelphia Expo to combat Childhood Obesity, Miami-Dade Children with Disabilities, the Foundation for Physical Therapy, the Special Olympics, and the Para Olympics.

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1

Head Retraction Exercise

Problem: Most people with shoulder problems also have 'Forward Head,' meaning that the position of their head is forward relative to their shoulders. This causes pain and 'crinks' in the neck, often resulting in discomfort throughout the day.

Solution: Do 3 sets of 10 head retractions per day. Sit up tall in a seat that has a place for you to rest your head (i.e. your car, but DO NOT DO WHILE DRIVING.) Feel for the bony prominence in the back of your head, about halfway up in the center. This exercise involves you pressing your head directly back into the seat cushion, without tilting forward or backward, and holding for 10 seconds. If done correctly, this exercise will give you a "double chin" while you are retracting.



2

Upper Trap Stretch

Problem: During shoulder injury, and following, our nervous systems tell our bodies to recruit the largest muscle in the area to protect us. Unfortunately, this reaction lasts much longer than intended. In the case of the shoulder, your upper trap is most heavily recruited.

Solution: Perform an upper trapezius stretch 3x/day for 30 seconds. While seated, grab onto the bottom of your seat and tilt your head to one side (so that your ear approaches your shoulder.) Gently add a little bit of extra pressure with your free hand to increase the stretch. You should feel a stretch from your ear all the way to the top of your shoulder if done correctly.



3

Sleep with the pillow under your head and shoulders.

Problem: Most people sleep with their pillows under their heads at night. This pushes your head forward all night, causing cramping and soreness the following day.



Solution: Make sure that the pillow isn't only under your head, rather under your head *and* shoulders instead. By placing your pillow in this position, you can prevent most of the undue stress placed into your head and neck throughout a night's sleep.

