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Stiff Neck



A stiff neck can prevent many daily activities from taking place, resulting in muscular pain and discomfort with any movements of the head, neck, or even shoulders. Causes of a stiff neck are varied, but include simple things such as sleeping in an awkward position or a sudden jerking motion of the head. Poor posture during the day, and even while you are sleeping, causes the muscles in the neck to be stretched into uncomfortable positions. The sudden jerking motion, associated with whiplash, causes the neck muscles to become tense and spasm.

To reduce the risk of a stiff neck occurring, stretch breaks should be incorporated into everyone's daily routine. Along with maintaining proper posture throughout the day, the following stretches can be used to help relax the muscles in the neck and shoulders. All of these stretches can be done in a seated or standing position, with the head up and back straight. Shoulder rolls, both forward and backward, allow muscles of the mid and upper back stretch out. Neck side-bending also elongates these muscles, and is performed by moving your ear to your shoulder. A stretch is felt on the opposite side of the neck. Turning your chin toward your shoulder stretches the muscles on the side of the neck. Tucking your chin into your chest, while maintaining proper posture, will stretch the muscles of the back of the neck. The muscles in the front of the neck are stretched by tipping your head back and looking up to the sky.

Each of the stretches should be held for 30 seconds each and repeated on both the right and left side. The use of a moist heat pack may also help to relieve tension and stress on the muscles. Trigger point massage may relieve specific points of muscular pain.

SUCCESS STORY

I am enjoying life again. You don't realize how great it can be to be pain free until it happens. It doesn't have to be a way of life to have pain...I had doubts, but the way I feel now is incredible.
-D.J.



Fruits and Vegetables

Fruits and vegetables contain essential vitamins, minerals, fiber and other substances that are important for good health. People who eat generous amounts of fruits and vegetables are less likely to have chronic diseases and may reduce the risk of cancer.

A variety is the best way to give your body a wide range of the nutrients your body needs and uses. Think color when picking out fruits and vegetables and get a mixture to take advantage of each unique nutritional value. The closer a food is to its natural state, the better it is for you. Steam the vegetables to retain the nutrients and enjoy the flavor.

A great place to get fresh produce is at the Farmer's Market where you know the produce is locally grown and you support the local farms at the same time.



FIND THE MISPELLED WORD!

If you can find the misspelled word in this newsletter you could win! Call the Bangor office at 992-4042 and ask for Jessica, or call Tammy in Dexter at 924-0077. If you can correctly identify the misspelled word you will be entered into a drawing to win a special prize!