



February News & Info

Is the weight of the world giving you a pain in the neck?

Could be 'shneck' pain

Neck and shoulder pain so commonly overlap that many doctors refer to it as 'shneck pain'. This occurs because the neck and shoulder are intimately connected by multiple nerve pathways. When injury occurs, the brain can't always trace pain pathways back to their source, and what we feel may not be what is really going on. "This is known as 'referred pain,'" says Dr. Mayer, an interventional spine specialist in Cleveland Clinic's Center for Spine Health.

Here's a checklist for determining if it's your shoulder or your neck that is the culprit. (continued next page.)



You won't want to miss:

Yoga for Neck & Shoulders

When? Friday, 19 Feb
Time? 19.00 - 20.15
Cost? Normal class fees apply, book online.

For information about special classes and more in February, please visit our website at

www.KatePorterYoga.com

February tips

Neck & shoulder pain issues

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Is the shoulder the culprit? Does pain:

- Develop in the shoulder itself or on the outside of your upper arm
- Is dull and aching
- Occurs when you reach overhead or behind your back, or when lifting
- Radiates into the upper arm, but not past the elbow
- Persists at night
- Improves when you rest your arm?

Potentially you may have a rotator cuff injury.

Is the neck the culprit? Does pain:

- Radiate to your shoulder blade, or close to or on the side of your neck
- Feel like electric-like, stabbing, burning or tingling
- Radiate down past your elbow or even into your hand
- Persist at rest
- Radiate down your arm when you extend or twist your neck
- Improve when you support your neck?

You may have arthritis or nerve-related neck pain.

5 ways to relieve pain from a shoulder problem

- Resting from activities that aggravate pain
- Physical therapy exercises
- Icing the shoulder, especially at night
- Anti-inflammatory medications
- Cortisone injections to reduce inflammation in the shoulder

5 ways to relieve pain from a neck problem

- Physical therapy or yoga to increase range of motion and strength
- Anti-inflammatory medications and /or muscle relaxants
- Ice, heat and massage therapy
- Injection of cortisone to reduce inflammation or local anesthetics to relieve pain

Of course you shouldn't rely on your own diagnosis; see a specialist and get a thorough examination of your neck and shoulder areas.

(Excerpted from Health.clevelandclinic.org)

Stretches for Head, Neck & Shoulder Tension

