

QUICK RELIEF FOR EVERYDAY ACHES AND PAINS

10-second exercises to use the next time you have a cramped calf, stiff neck or a tight shoulder.

Stress is part of daily life. So are the aches and pains that stress causes.

Fortunately, you don't have to reach for a painkiller or anti-inflammatory every time you suffer a stress-related ache or pain.

WHY EXERCISE?

When you experience stress, the body responds by tightening the muscles – especially in the shoulders, neck and along the spine. When this occurs, blood flow to the muscles is restricted, causing pain, stiffness, etc.

Targeted exercise that focuses on specific parts of the body can counteract these effects. With the appropriate movements, you can stretch the muscles that have tightened and strengthen those that have been weakened as a result of tension, poor posture, or improper weight training. These exercises can be performed quickly and easily – anytime and anywhere.

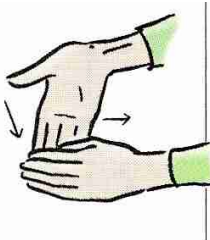
Here's how to get quick relief for common complaints...

PROBLEM: Cramped Calves and Toes. Anyone who sits for long periods is vulnerable to poor blood circulation and cramping in the legs and feet.



SOLUTION: Seated Calf Stretch. With feet flat on the floor, raise your right leg and extend it to a 45-degree angle. Flex your foot until you feel a stretch in your calf, then lift your leg as high as you can. Hold for a count of 10. Repeat with the left leg. Perform hourly when seated for more than two hours.

PROBLEM: Finger Stiffness. Because your fingers contain bone, ligaments and tendons – but no muscles – they are controlled by the muscles in the palm and forearm. When there is a joint or muscle imbalance, which can occur as a result of too much typing.



SOLUTION: Palm Stretch with Finger Flexion. With your palm facing up, extend your right arm in front of you. Using your left hand, gently pull the fingers of your right hand back. Hold for a count of 10. Repeat on the left side. Perform one to two times daily.

PROBLEM: Neck Pain and Stiffness. Upper and lower neck mobility becomes limited when the body is under stress, and headaches become more common.



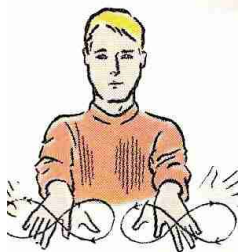
SOLUTION: Neck Retraction with Chin Push. While sitting or standing, slide your head back, tucking your chin. Then push the index finger of one hand against your chin and hold for a count of 10. Perform every two hours.

PROBLEM: Shoulder Pain. Emotional stress can cause the shoulder joints to compress. Problems can result when the bones of the shoulder are out of alignment and one bone rubs against another, causing pain and decreasing range of motion.

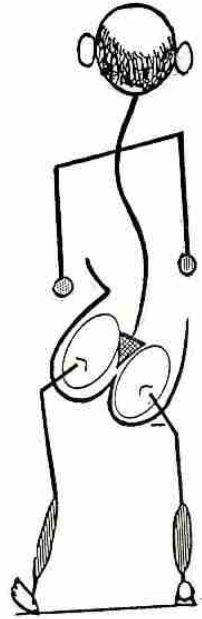


SOLUTION: Pendulums. This movement uses the weight of your arm to create spaces in the shoulder joint, thereby relieving the pressure. Lean on a desk or the back of a chair on the uninjured side. Let the other arm dangle down with the thumb facing outward. Swing the dangling arm clockwise in small circles five times, and then swing it counterclockwise five times. Perform two to three times daily.

PROBLEM: Wrist Pain. When you tense up your shoulders, you're shortening the nerves that extend to the fingers, especially the median nerve. This can result in carpal tunnel syndrome. Movement that promotes blood circulation will reduce wrist pain, decrease swelling and restore full range of motion to the wrist.



SOLUTION: Figure Eights. Extend your arms straight out in front of you, just below shoulder level. Let your hands drop below your wrists and move them through figure-eight rotations 10 times. Perform every two hours.



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