

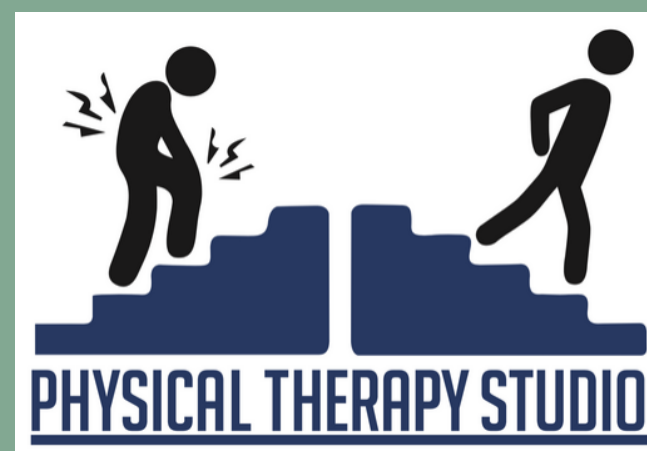
PHYSICAL
THERAPY
STUDIO

CAREN LIEBERMAN PT

IMAGINE LIFE WITHOUT NECK PAIN



*How to ease neck
pain without
taking pills!*



FOR MORE INFORMATION, CALL 818.535.8661

3 THINGS YOU CAN DO NOW TO STOP OR DECREASE PAIN

1 Sit Less, Move More

When we sit, we carry our heads too far forward putting pressure on our cervical spine, therefore often causing neck pain.



2 Sit Tall

Sit tall on your sit bones with erect posture.

Our spines are essentially 3 curves or an 'S' shape. The 'S' shape is like a coiled spring providing strength and flexibility to move the limbs on a strong spine.

Our bones follow these curves, and if we lose the natural curves, the spine is no longer strong. Our neck compensates when we do not sit tall.

3 Avoid Sofas

Sofas are soft, so we sink into them. They cause us to slouch onto our sacrum (which is not designed to sit on).

This causes a long round C shaped spine, which puts pressure on the ligaments, discs, and muscles. Over time, this puts strain on your neck.

Over time the spine responds to this stress by developing scar tissue and bone spurs. We feel this as pain and stiffness.



QUICK TIPS TO RELIEVE PAIN BASED ON HOW MOVEMENT AFFECTS YOU



If movement is painful...

- Tuck chin in before turning neck.
- Sleep with pillow gently cradling and supporting neck. Pillow should take up space between shoulder and neck when lying on side. When on back, pillow should support neck in neutral.
- Breathe for relaxation.

If movement relieves pain...

- Tuck chin in before turning neck.
- Stretch muscles around the neck by sitting and holding onto the bottom of a chair with right hand. Drop head to the left to gently stretch the right upper trapezius muscle. Hold for 30-60 seconds.
- Repeat on the other side.
- Laying down on your back with your head on a pillow, make three small nose circles in both directions.
- Sleep with pillow gently cradling and supporting neck. Pillow should take up space between shoulder and neck when lying on side. When on back, pillow should support neck in neutral. The neck should not be forced into forward flexion by too many pillows or left hanging backward by insufficient support.
- Breathe for relaxation.



If movement does not affect pain...

- Sleep with pillow gently cradling and supporting neck. Pillow should take up space between shoulder and neck when lying on side. When on back, pillow should support neck in neutral. The neck should not be forced into forward flexion by too many pillows or left hanging backward by insufficient support.
 - Breathe for relaxation.
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"I hope these tips were helpful for you. If you have any questions or would like to know more exercises that can help you, I can be reached at caren@physicaltherapystudiocity.com or (818) 535-8661."



ABOUT CAREN

Caren has been a Physical Therapist in Los Angeles for more than 25 years. Caren is certified in ASTYM, NAT, MFM, Amino neurofrequency, Postural Ergonomist, Mat Pilates, and has Maitland Trained Manual Therapy skills. Caren previously worked in Tarzana Hospital as the director of Therapy Services. Caren has worked in outpatient departments and private practices prior to founding Physical Therapy Studio, which has become one of the most sought-after private physical therapy practices in Studio City, California.

ABOUT PHYSICAL THERAPY STUDIO

Caren loves working with runners, cyclists, cross-fit athletes, weekend warriors and keeping them in the game. Having been a triathlete, marathon runner, and active cyclist, she enjoys working with athletes to get them back to their peak performance.



The treatment model we use is one-to-one Physical Therapist to patient for up to an hour using education, my hands, exercise, correct muscle activation in the right order, and giving people the tools and skills to help them recover faster. We have set out to create an environment where we can provide Physical Therapy in the most natural purest way, and backed by science to get the best results. This model of treatment allows us to get there sooner. We use research based cutting edge technology such as Class IV Laser, ATM2 and Astym. Caren Lieberman is a Primary Care Physical Therapist - a leading musculoskeletal expert, or the person people come see first, if hurting or injured.

California has Direct Access Law for Physical Therapists. This means that you DO NOT need a physician's script to see a Licensed Physical Therapist in California. In most cases you do not need authorization from your insurance company either! Therefore, there is nothing that will delay or postpone your path to becoming pain free.

Health Advice Disclaimer

We make every effort to ensure that we accurately represent the injury advice and prognosis displayed throughout this Report. However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our physical therapy clinics. The information given is not intended as representations of every individual's potential injury. As with any injury, each person's symptoms can vary widely and each person's recovery from injury can also vary depending upon background, genetics, previous medical history, application of exercises, posture, motivation to follow physical therapist advice and various other physical factors. It is impossible to give a 100% complete accurate diagnosis and prognosis without a thorough physical examination and likewise the advice given for management of an injury cannot be deemed fully accurate in the absence of an examination. We are able to offer you this service FREE of any charge. Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury. No guarantees of specific results are expressly made or implied in this report.