



Wellbeing Clinic Newsletter

July 2022

Today's Focus:

NECK AND SHOULDERS PAIN

Neck and Shoulders Pain is one of the most common conditions we treat. Traditional Chinese Medicine is one of the most efficient methods of dealing with this problem.

Causes of Neck & Shoulders Pain

There may be several causes of neck and shoulders pains, the most common being:

- Strains and sprains from sports or overexertion, traumatic injury/accidents
- Rotator cuff tear
- Whiplash
- Age related “wear and tear” to bones and tissues
- Pinched nerve
- Herniated disc
- Incorrect posture and sleeping position

Common symptoms include:

- Pain/shooting pain
- Stiffness
- Soreness
- Tingling
- Numbness
- Spasms

The neck & shoulder pain can cause significant discomfort, temporarily limit one's range of motion and restrict their daily activities. If untreated, the problem may last for several weeks or even longer. Several lifestyle factors often contribute to or exacerbate this problem, such as:

- Office work – sitting at a desk and using computer equipment for several hours a day
- Incorrect posture while using electronic screen equipment which puts a pressure on the neck
- Driving
- Lifting heavy weights
- Strainous exercise

- Other daily activities such as breastfeeding, playing musical instruments, certain types of sports...

Conventional medical treatment

Conventional medicine typically offers painkillers and physiotherapy as a way of treating this problem. Some more serious cases may be treated by a surgery.

What can we do?

Combination of acupuncture, massage and herbal remedies offers a safe, efficient and non-invasive method of treating this very common problem, thus eliminating the need of using harmful medication such as painkillers and/or more invasive and risky medical procedures such as surgery.

Our customers usually experience a significant improvement from the first treatment session although, depending on the severity of the problem, several sessions may be necessary to achieve a full recovery.

Since the problem is to a large extent lifestyle related, it may have a tendency to recur, as eliminating the contributing factors may be very difficult or impossible. **It is therefore important to treat the neck and shoulders pain as soon as it appears to prevent it from getting worse.** It is also possible and highly recommended, especially for those who experience neck and shoulder pain regularly, to perform **preventive treatments at regular intervals to relieve the tension and inflammation** before the pain occurs.

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