



# HOW TO EASE NECK & SHOULDER PAIN & HEADACHES



NATURALLY AND RESTORE YOUR ENERGY,  
FOCUS, SLEEP AND JOY

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# ABOUT THE AUTHOR

## ADRIANA L. RAMÍREZ BONILLA

Adriana received her Physical Therapy degree from Universidad Nacional de Colombia and holds a three year Master degree in Acupuncture and Traditional Chinese Medicine from Five Branches University in California.

She has over 20 years of professional experience treating Orthopedic and Sport injuries in Colombia and in the United States. Her successful approach to rehabilitation and wellness integrating Eastern and Western modalities to treat the body, mind and soul has earned the trust and loyalty of thousands of people whose life has been positively impacted in more than one way.

Adriana herself, has experienced pain and functional limitations because of it which have taken her through an on going path of curious enquiry and self-healing. Her own injuries have offered her insights to the nuances her very same patients deal with and how to address them from direct experience.

She has worked with athletes, weekend warriors, competitive dancers, swimmers, football players, military and police population, professionals from every field, technicians, mothers and housewives; people from all ethnicities, age and gender groups.



# ARE YOU HAVING NECK PAIN, SHOULDER PAIN AND/OR HEADACHES

## WHICH ARE INTERFERING WITH ONE OR MORE OF THESE ACTIVITIES?

- Sleeping
- Work
- Turning your head
- Driving
- Lifting objects
- Typing and/or moussing
- Reading
- Your exercise workouts or favorite sport



# SUFFER NO LONGER

These tips I'm sharing with you I've used myself and have given them many times to my patients who pay for this kind of advice.

I'm letting you have them all for **free**.



## IMAGINE THIS...

What would it be like if you try these strategies I'm giving you everyday for a few weeks...

Within a few weeks you could have gotten some way towards winning back your active healthy lifestyle.



## TENSION HEADACHES

Are located on the back of your neck and around your head like a band. They occur when the neck and scalp muscles become tense or contract.

The muscle contractions can be a response to stress, depression, head injury or anxiety.



# TENSION HEADACHES

ARE FELT IN THESE AREAS





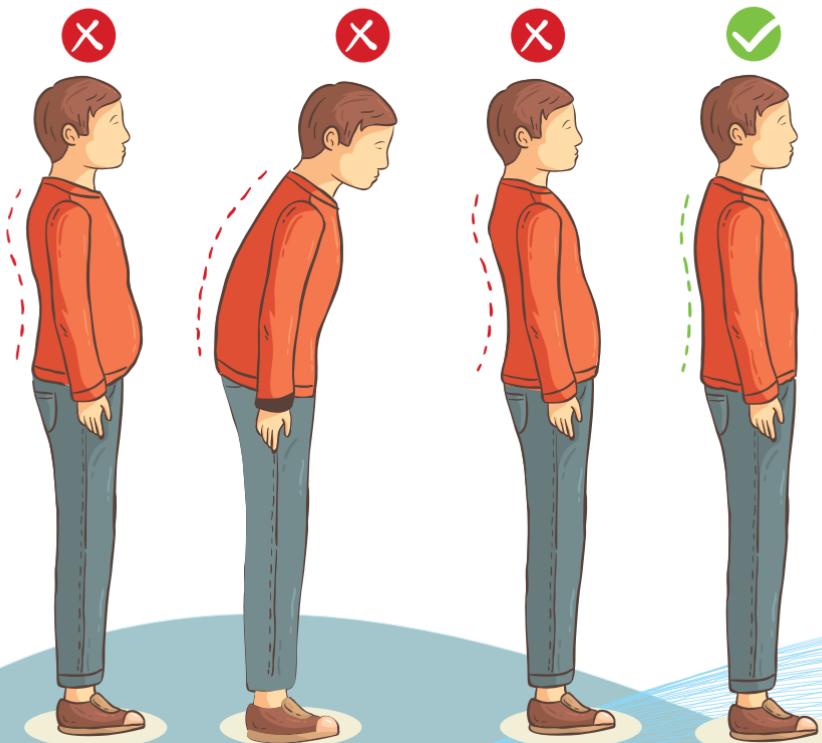
Regardless of how long your neck pain and headaches have been going on, these can improve with these basic **tips** I'm about to give you.

Try them out and see how the pain and the quality of your life start improving.



# MAINTAIN CORRECT POSTURE

I hate to bring this news to you but mom was right when she used to say: sit and stand up straight. It does look better and ***it feels better!***



The last image shows good alignment of the spine and it's the desired standing posture

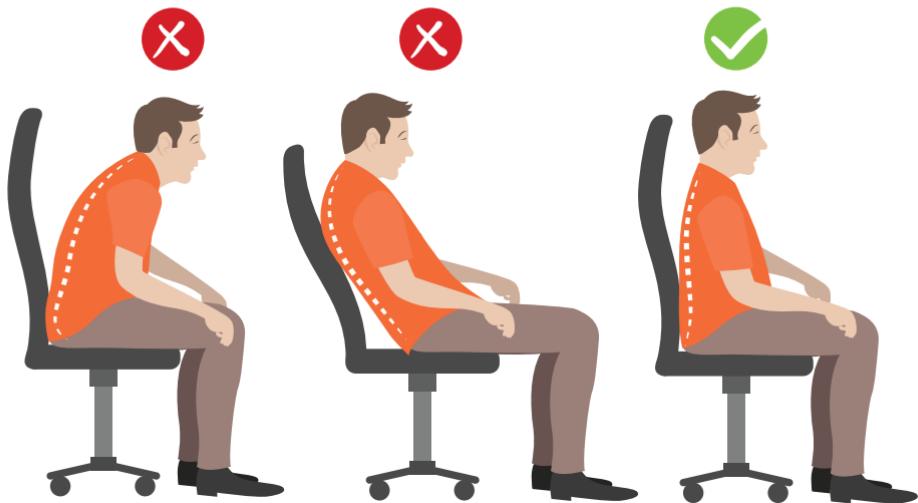


When you sit and stand straight yet relaxed, your spine and muscles have to work less and there's a lot less chance of something going wrong with your neck.

**Just try  
it right now  
and feel the  
difference.**



# SITTING POSTURE



Yes! The last one is  
the least stressful on  
your neck and back.

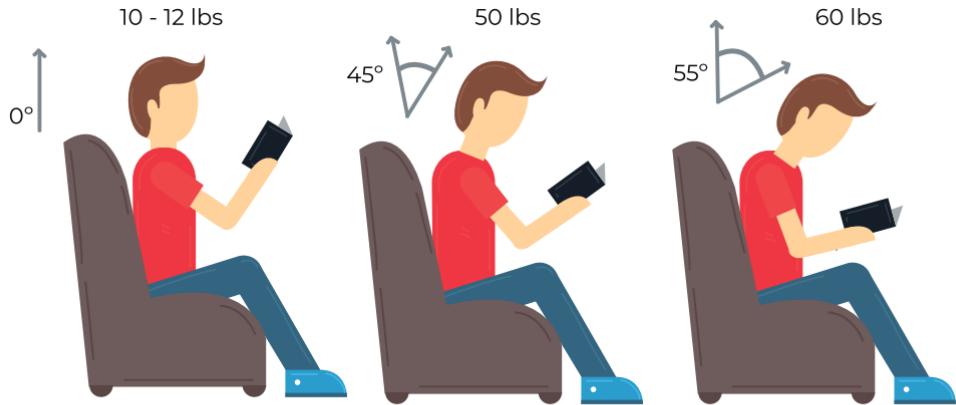


# BEST POSTURE

## FOR READING

When reading, sit on a chair and bring your cellphone or book at about your neck level.

Notice the increase in pressure at your neck the further you bend your head forward.



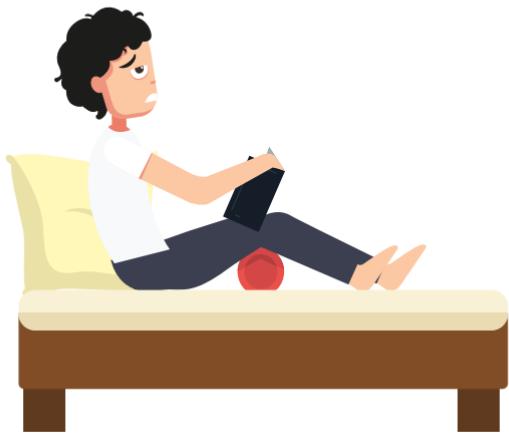


# AVOID READING AND WATCHING TV IN BED





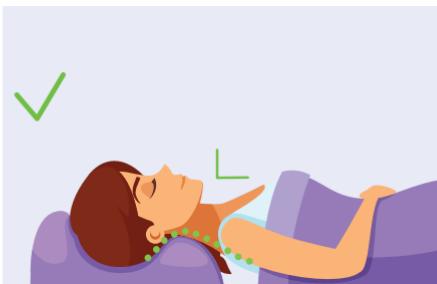
...Unless you are reclined with the use of wedges for your back and under your knees or are using prism reader glasses.





# PROPER POSTURE

WHILE YOU SLEEP

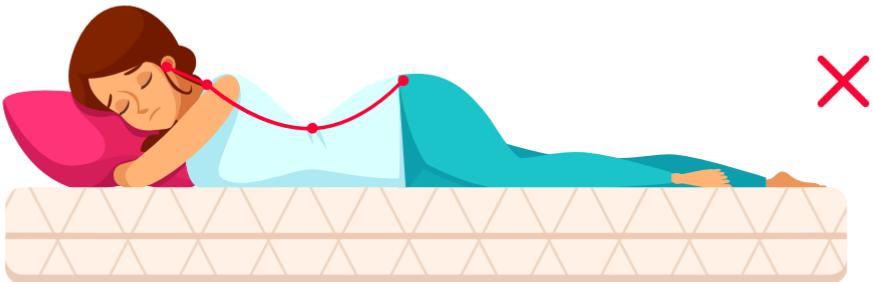
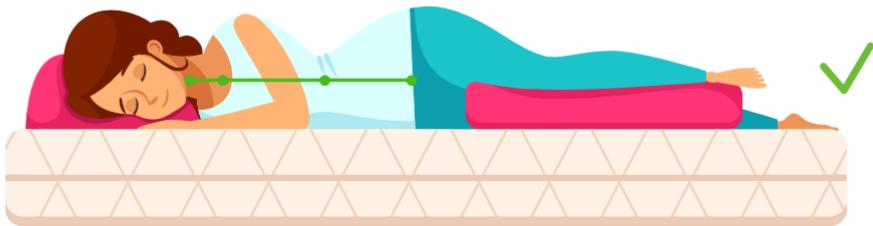


Choose a firm pillow which doesn't lose its shape once your head rests on it.

The pillow must be the right height to maintain your neck straight.



# AVOID SLEEPING ON YOUR STOMACH, IT HURTS YOUR NECK AND YOUR LOW BACK!





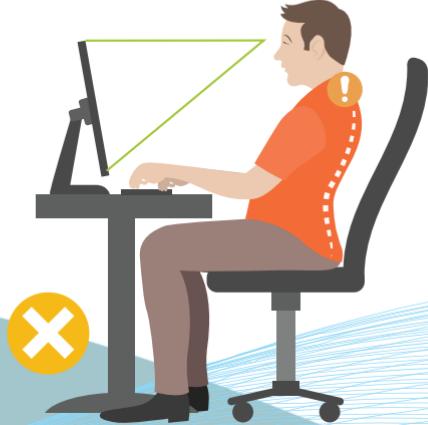
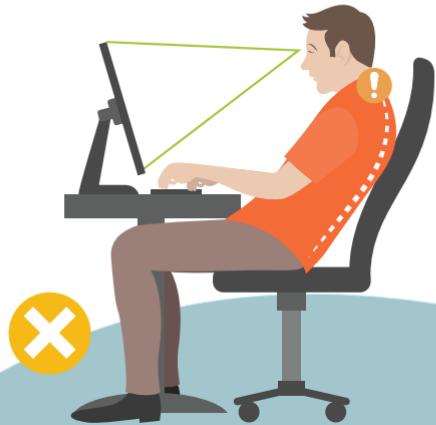
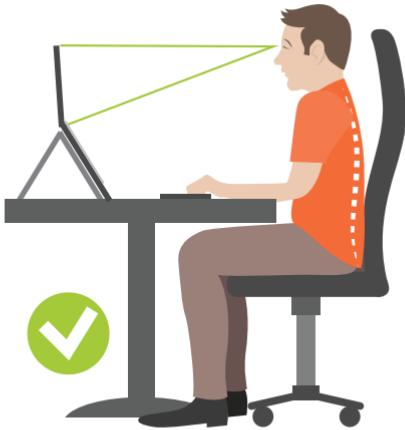
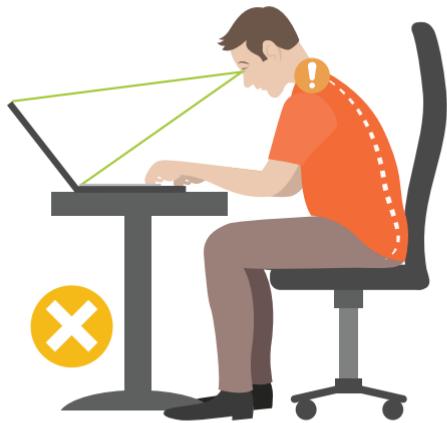
# AVOID SLEEPING

ON THE COUCH OR ON YOUR ARM





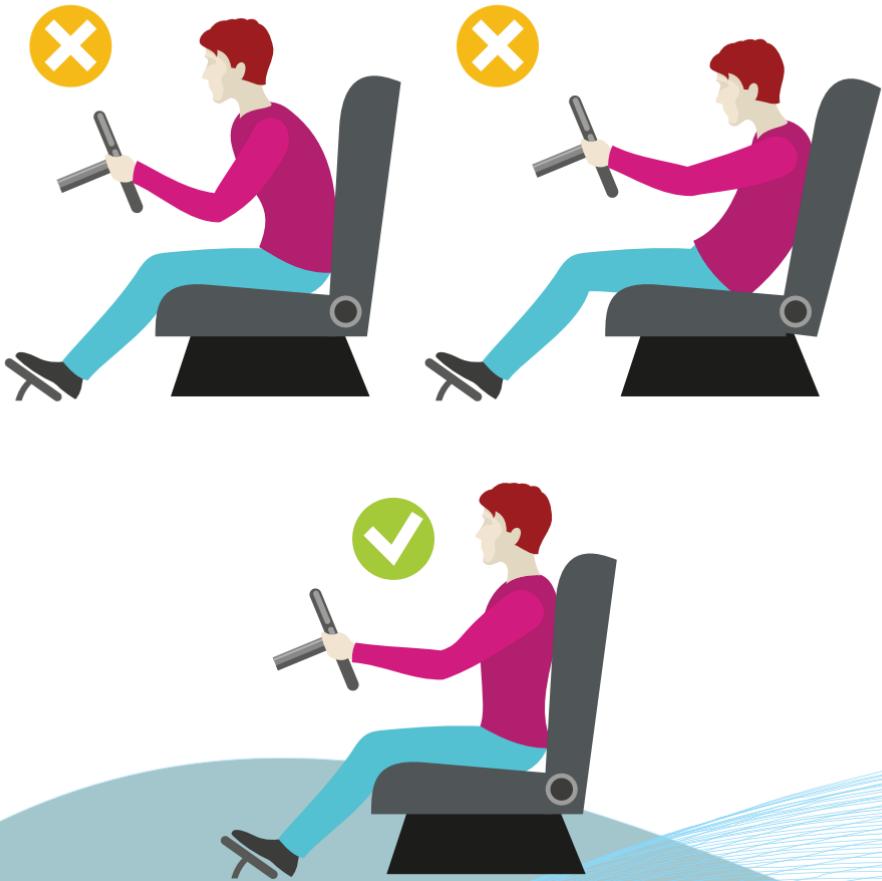
# CORRECT POSTURE IN FRONT OF THE COMPUTER





# CORRECT POSTURE

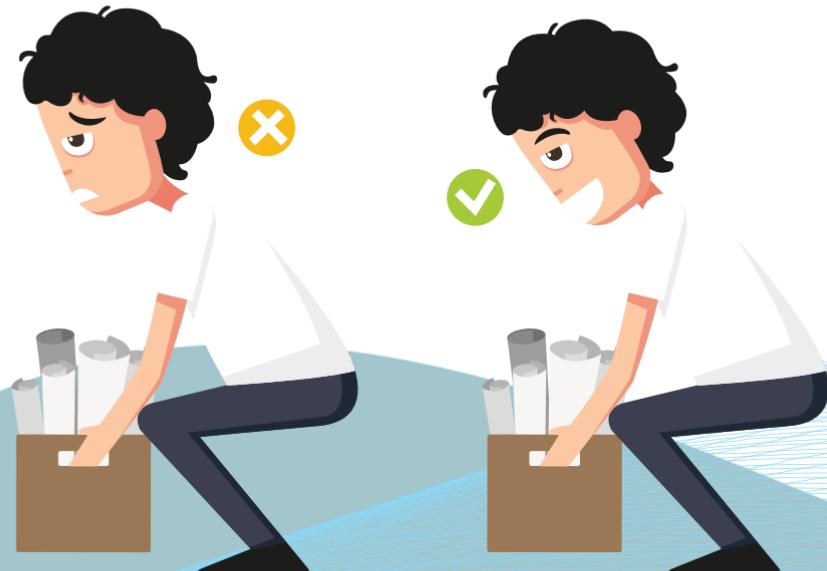
WHEN DRIVING





# PROPER POSTURE

## WITH LIFTING AND SQUATTING





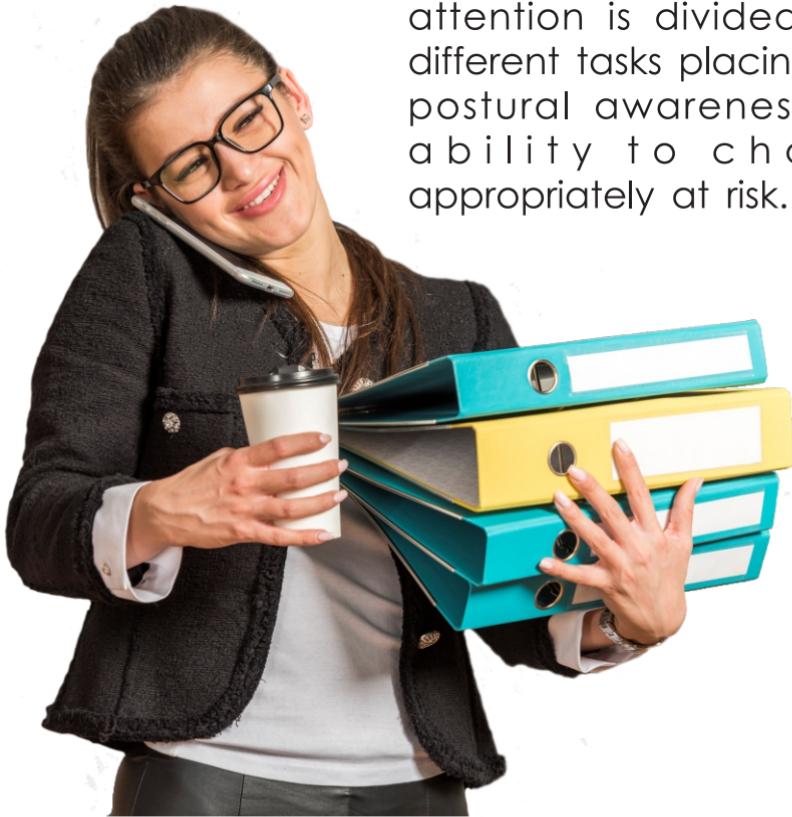
# PROPER POSTURE

## DURING YOUR FAVORITE SPORT





Avoid multi-tasking as your attention is divided onto different tasks placing your postural awareness and ability to choose appropriately at risk.





Use a heating pad around your neck for 15 minutes a day (no longer than that) while lying on your back. Your head must be on a pillow and use a pillow under your knees as well to make your low back more comfortable.

As you can see, most of my tips to help your neck are related to maintaining good posture at all times.



As a general rule keep your neck covered with a scarf when changing from a warm room to a cold one or stepping outside the house.

***Manage stress and have a “go with the flow” attitude***

Get plenty of sleep (8 hours is ideal) and try to go to bed before 11 pm.



Try these  
out and start  
claiming your  
life and  
wellness back



# CONCLUSION

These are some basic **tips** to **start** taking care of your achy neck and shoulders.

There's obviously much more to it, and I could go much more in-depth on ways to address the root cause of your neck, shoulder and headache problems and get rid of the pain for good.

Pain is only the tip of the iceberg and there are underlying factors such as muscle, joint, disc and nerve problems, weak musculature, poor posture, poor body mechanics and environmental factors that might be at the root of your condition.

Fortunately, most cases can greatly improve with the help of Physical Therapy and acupuncture and only a few cases will require surgery when other treatments have failed.



# HEALTH ADVICE DISCLAIMER

I make every effort to ensure that I accurately represent the injury advice and prognosis displayed throughout this guide.

However, examples of injuries and their prognosis are based on typical representations of those injuries that we commonly see in our Physiotherapy 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, exercises performed, posture, motivation to follow physio 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 this examination by a licensed Physical Therapist.

I am able to offer you this service at a standard charge.

Significant injury risk is possible if you do not follow due diligence and seek suitable professional advice about your injury.

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For more information or advice about your specific condition please contact me directly:



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