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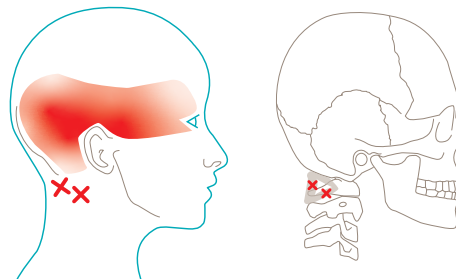
Therapy For Neck Pain & Headaches

Most neck pain and headaches are caused by trigger points located in muscles around the neck and the skull. Trigger points are essentially micro spasms in muscles and each trigger point has a specific pain referral pattern. Follow these self-massage techniques, trigger point therapy or a stretch, which will help you with your neck pain and headaches.

1 - Self Massage Suboccipital Muscles



- 1 - Push in these dimples just below your skull.
- 2 - Tuck your chin in to expose these muscles a little bit more.
- 3 - Now move your thumbs from the inside to the outside using pressure continue to tuck your chin in
- 4 - Continue for five minutes. To reduce any friction, use a little bit of massage oil or moisturiser.



2 - Trigger Point Therapy Suboccipital Muscles



- 1 - Push in these dimples just below your skull.
- 2 - Tuck your chin in to expose these muscles a little bit.
- 3 - Apply a prolonged pressure on these muscles, dig your thumbs in and hold for 10 seconds until the pain subsides and release it.
- 4 - Repeat x5 and you do this daily.



3 - Self Massage Temporal Muscle



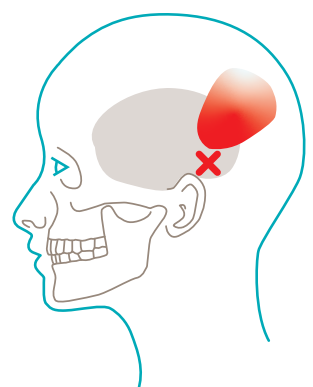
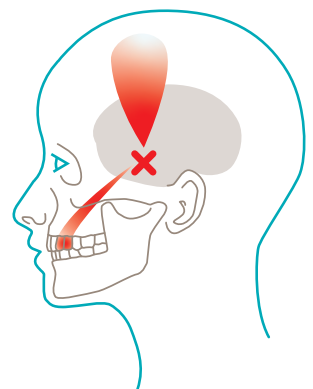
- 1 - Using the palms of your hand, apply pressure top to bottom of your temple area for a self massage technique. This reduces tension in the muscle and will reduce headaches and neck pain.
- 2 - Complete as a continuous movement for up to 5 minutes each day as and when required.



4 - Trigger Point Therapy Temporal Muscle



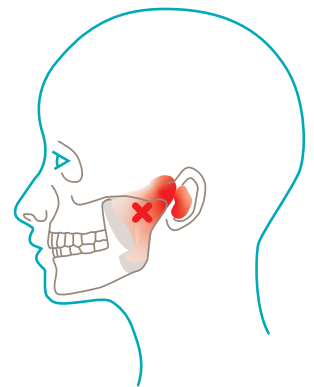
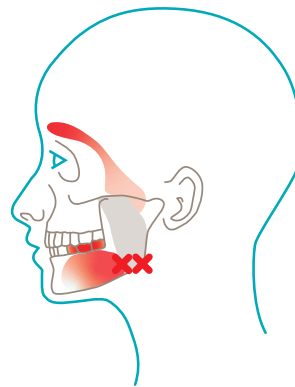
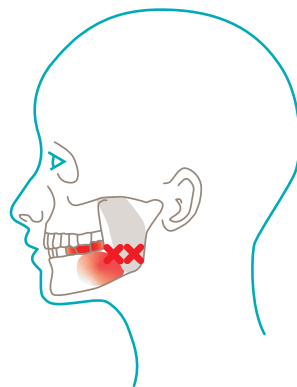
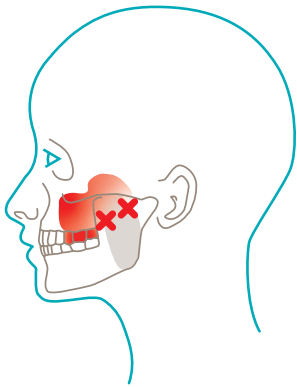
- 1 - Use your index finger but you need to reinforce the index finger by placing your middle finger on top of the index finger so you can apply a bit more pressure.
- 2 - Clench your teeth a few times, you should feel the muscle tensing up underneath your fingers.
- 3 - Feel for a tender area, a trigger point.
- 4 - Apply pressure for about 10 to 12 seconds or until the pain subsides.
- 5 - When it subsides, move your finger around the area again until you feel pain.
- 6 - Hold the pressure again for 10-12 seconds.
- 7 - Repeat process 2 to 3 mins daily as and when required.



5 - Trigger Point Therapy Masseter Muscle



- 1 - Locate the top of your jaw using the palm of your hands.
- 2 - Start halfway up the ears, slowly move all the way down into the back of your jaw applying pressure for a self-massage technique to start getting rid of those trigger points in the masseter muscle.
- 3 - Complete as a continuous movement for up to 5 minutes each day as and when required.



6 - Trigger Point Therapy Masseter Muscle



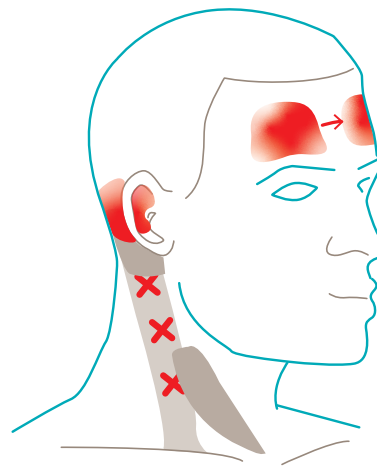
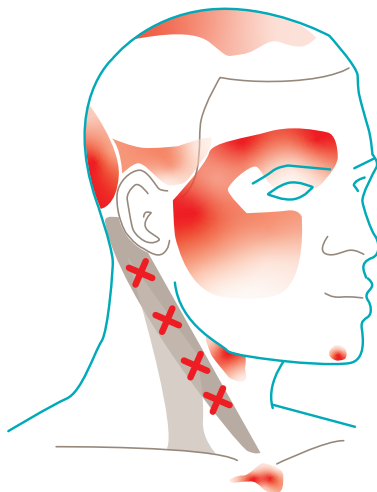
- 1 - Use your index finger but you need to reinforce the index finger by placing your middle finger on top of the index finger so you can apply a bit more pressure.
- 2 - Locate a tender point in the muscle.
- 3 - Clench your teeth a few times to find where this muscle sits.
- 4 - Apply the pressure, hold for 10 seconds then release.
- 5 - Move your finger slightly to the back and repeat steps 2 - 4.
- 6 - This can be repeated several times a day if required.



7 - Self Massage SCM



- 1 - Turn your head to the left and tilt your right ear towards the floor. You will feel the muscle protruding, long and straight.
- 2 - Using a pincher grip, grip the muscle between your index finger and your thumb.
- 3 - Make a rolling movement from the bottom of the muscle to the top.
- 4 - Using pressure continue step 3 for up to 5 mins daily.
- 5 - This can be repeated several times a day if required.



8 - Stretch SCM



- 1 - Turn your head for left muscle, to the right or vice versa.
- 2 - Lay over an edge with your head over a sofa or bed.
- 3 - Tilt backwards, so the first thing you need to tilt your head all the way backwards below 45 degrees of the horizontal.
- 4 - Keep shoulders nice and down, you should feel the stretch.
- 5 - Hold for 10 – 12 secs.
- 6 - Repeat x 5.



9 - Trigger Point Therapy Upper Trapezius Muscle



- 1 - Find the middle of your shoulder.
- 2 - Go back a little bit about half an inch.
- 3 - Poke around and you will find a trigger point.
- 4 - To reduce pain, apply pressure through the fingers.
- 5 - Hold firm pressure for 10 to 12 seconds or until the pain subsides.
- 6 - Move your finger to locate another tender spot.
- 7 - Repeat step 5.
- 8 - This can be repeated several times a day if required.



10 - Stretch Upper Trapezius Muscle



- 1 - Hold on with your left hand to the seat of the chair.
- 2 - Tilt your right ear to your right shoulder.
- 3 - Drop your head forward slightly and turn to the left.
- 4 - Feel the stretch.
- 5 - Hold the top left side of your head with your right hand and pull your head a little bit more towards the right.
- 6 - Feel the stretch.
- 7 - Hold this for 10 seconds.
- 8 - Repeat 3 – 5 times.
- 9 - This can be repeated several times a day if required.



Scan to watch
the video



Link to video:

<https://youtu.be/MibGKmS-SSE>

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