

# Headache and Neck Pain report

2020



# 01

## THE AUTHOR, OLIVER CRAWFORD:

ALL THE PEOPLE WHO ATTEND HAVE ONE GOAL:

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*"To get pain free, and stay pain free."*

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Having worked in the south of England and the West Midlands for 23 years Chiropractor Dr Oliver Crawford Msc, BSc(hons), has two degrees in Chiropractic, as well as American NBCE part I, II, III, IV qualifications. This means he is double qualified in Chiropractic both in the UK and the USA! Oliver has a wealth of experience helping people of all walks of life, from professional boxers, to Olympic cyclists, to European, and World champion kick boxers, as well as personal friends of Sir Alan Sugar, factory workers, and dustman. All the people who attend have one goal: To get pain free, and stay pain free.

Oliver Crawford is the principle Chiropractor at Wollaston Chiropractic clinic; A clinic that was founded 17 years ago having stood the test of time. Oliver works with a team of 7-9 people including other Chiropractors, and Sports Therapists, providing Chiropractic and massage therapy. The goal is to accelerate the healing of the body, and to promote a rapid recovery to get you well and **KEEP** you well.

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# INTRODUCTION

In this report on helping neck pain and headaches, I will share with you 8 very powerful ways to help your body recover fast. There is no one magic single thing you can do, but all the tips will help you recover much faster from your pain.

It's understandably difficult to give personalised advice without first meeting and examining the customer. To anyone reading this, I can't tell you exactly which one will help you the most, but what I can say is all 8 of these strategies are very powerful ways of helping you get well, and stay well. There is a saying that "knowledge is power", and this has never been truer than in the case of neck pain.

## MY EXPERIENCE

I have condensed my 23 years of experience into 8 simple things anyone can do at home. These strategies are well tested and proven; you just need to take action.

Imagine for a moment if you did a few of these tips every day. The cumulative healing effect will be huge. They are designed to help you heal faster, however, as you know it will take time and repetition.

So here is my challenge to you, can you do just a few of these things every day? It won't take a huge amount of time (maybe just a few minutes a day) and the cumulative effect will be huge.

I know if you try these tips you will be impressed with how much better you will feel.

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## 1: IMPROVE POSTURE:

**Have you ever considered your posture could be a significant contributing factor for your headaches and migraines?**

According to Google the average weight of a human head is 4.5-5 kg. If you are carrying that weight in a misaligned fashion, imagine what it is doing to your neck and shoulder muscles, joints, and ligaments. The effect over years will be huge!

When you are standing be sure to translate your chin backwards, and bring your shoulders down and back. Often just tensing your shoulder blades together a little will help significantly in that respect. A simple exercise is to make a double chin by moving your chin down and back, and holding that position for 10 seconds. Now repeat the process with tensing your shoulder blades together for 3 minutes or so. This activates lazy muscles in your spine that will now help support you in a better posture.

## 2: LAPTOPS, PHONES, AND TABLETS:

**Technology has become a massive part of our lives now-a-days.**

We are all using computers at work and now also using them for recreation (thanks Netflix)! All handheld technology puts increased stress on the shoulders, and neck muscles and ligaments contributing to headaches and migraines.

When using a phone or tablet be sure to bring it up to eye level to reduce the stress in your muscles, and the bend in your neck. Ideally the tablet for example should be self supporting and not using your muscles to maintain its position. They are relatively light, but as anyone who has read a book off a tablet will testify, they get heavier the longer you hold them!

When using your phone to make a call never hold it against your ear using your shoulder, this creates lots of muscles tension and kinks your neck, thus contributing to neck pain and headaches. It's much better to use headphones to make a phone call. If you have to use a laptop always put it on some books or a shelf so the screen is at eye level. This minimises the stress on your neck and shoulders.

## 3: EAT CORRECTLY:

**Eating the wrong food, or fasting and then flooding the body with sugar can cause rapid drops or spikes in your blood sugar levels.**

This is a contributing factor for headaches or migraines. Eating regular small portioned meals with slow release energy like proteins is the best way to keep your blood glucose in check. Avoid over processed packaged foods that are usually loaded with sugar or salts to make them more appetising. If you do crave sugar try to substitute a sugary treat for natural honey or fruits or berries.

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## 4: KEEP HYDRATED:

**Being dehydrated is a huge trigger for headaches and migraines.**

Being dehydrated does not just come from not drinking enough fluids. It can also be created by drinking too much tea or coffee which contains caffeine (a diuretic) that stimulates the kidneys to fill the bladder and dehydrate you. Cut down on the amount of coffee and tea you are drinking and increase quantity of water you're drinking every day.

My top tip is to always have a bottle of water next to you at work.

Don't wait till you are thirsty to drink water. You are already dehydrated at that point. Instead try and drink water little and often through the day to avoid feeling thirsty at all.

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# 07

## 5: SLEEP WELL:

**Your neck is very sensitive to the position you sleep in.**

Sleeping on your front is very bad for your spine because people rotate the neck so they can breathe thus kinking and trapping the neck. Additionally, laying on your front forces the spinal curve in your mid back to flatten abnormally. Always avoid sleeping on your front, it's very damaging to your spinal health and is a contributing factor for headaches and migraines. The next best position to sleep in is your side. Make sure your nose is parallel with the bed though (or your neck will be kinked). The very best position to sleep in is your back. In this position your spine is supported by the mattress, the only concern is the pillow is not too high and forcing your head into flexion.

Try and sleep 7-8 hrs a day (although as you get older less is needed). To help you get to sleep have a night time routine and dim the lights for the hour preceding going to bed. If you are using a laptop, phone, or tablet in the late evening, turn down the brightness and turn on a feature that reduces the blues and increases the yellows on the screen. On Windows 10 and Android OS it's called Night light, and on iOS its called "Night shift mode".



## 6: CARRYING BAGS:

**Carrying a work bag, rucksack, or even a shopping bag on one shoulder is a very common mistake.**

Carrying a work bag, rucksack, or even a shopping bag on one shoulder is a very common mistake. The main problem is the weight is distributed very unevenly. You can imagine the long term effects of any weight being unevenly distributed is going to be huge. It will have a significant consequence to lower back muscle development, and wear and tear in the joints of your spine. As you can imagine the effect is cumulative, and will damage your posture and joints over time. It can additionally cause the nerves in your low back to be more frequently trapped, resulting in recurring pains.

In my experienced most women carry way too much stuff in their handbags. Every two months I suggest emptying your complete handbag onto a table, and simply put back the things you really need. You will be amazed how much junk is left over.

## 7: MANAGE STRESS:

**Stress has a huge influence on headaches and migraines. It's now such a big part of all of our lives it's hard to avoid.**

The best advice is to learn **HOW** to manage your stress better. This can be best done through exercise and hobbies. Exercise helps provide mental clarity and the endorphins produced help relax you. Additionally by using muscles, it encourages them to relax following exercise. This controls and manages the inevitable build up of muscular tension that unavoidable stress creates.

Hobbies are a great way to manage stress. Most hobbies are mentally engrossing and completely take you away from your problems and stresses. They can be seen as an oasis of calm in a desert of stress. The ironic thing is most stressed people don't think they have time for hobbies or exercise. They **NEED** to find time though as stress is a hugely contributing factor with neck pain and headaches.

For those few people who exercise and still really struggle, I would recommend a meditation or mindfulness app for your phone. Many successful business leaders and professional athletes have found the benefits of meditation and mindfulness. Why not give them a try and feel the stress melt away?

## 8: CHIROPRACTIC:

**Chiropractic care from an experienced clinic with a good reputation is always going to help you heal faster than just “resting”.**

Chiropractors can leverage their years of training and years of experience to help you heal optimally. Most customers don't appreciate that we have probably seen other customers with your very same headache problem that very day.

As a Chiropractor we are always looking to find the **ROOT** of your problem. Correcting that will help you get well fast, and help you stay well. Whether you have had pain for a day or a decade, pain is **NEVER** normal. There is always a cause. Only when that is corrected will the pain go away and stay away. Chiropractic deals with the alignment and nerve flow of the neck and spine. Cervicogenic headache has been shown by research to respond very well to Chiropractic treatment.

Apply all the tips in this report and work at them everyday. Ultimately though, a Chiropractic “consultation” may be necessary. This involves a detailed history and examination along with an explanation. Then when you get the personal treatment you need to correct the source of your problem, then you will see a dramatic drop in the pain you are suffering from. As the pain improves we can then focus on strengthening your spine, so it never **EVER** returns.

## CONCLUSION:

So there you have it, 8 big tips that **ANYONE** can do today to help their body both heal faster and stay healthy.

So there you have it, 9 big tips that **ANYONE** can do today to help their body both heal faster and stay healthy. There are many other tips that an experienced Chiropractor can give on an individual basis, but these are the best tips for the average person that will help the most. Try and apply these tips as much as you can everyday and I know they will help you.

In the coming weeks I will send more tips to you on how to protect your back and restore an active and healthy lifestyle.

I hope this is the beginning of a great long term relationship where myself and the team at Wollaston Chiropractic clinic become the leading source of health and advice to you and your loved ones.

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*"Always remember you  
have one spine, and  
one life"*

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*Oliver*

Oliver Crawford MSc, BSc(chiro)

## HEALTH ADVICE DISCLAIMER:

We make every effort to ensure that we 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 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 on background, genetics, previous medical history, application of exercises, posture, motivation to follow 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 accurate in the absence of examination from one of the General Chiropractic Council registered Chiropractors at Wollaston Chiropractic Clinic.

We are 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. No guarantees of specific results are expressly made or implied in this report.