



BARTH FAMILY CHIROPRACTIC

SO, YOU SLEPT ON YOUR NECK WRONG

NOW WHAT?

We have all done it, went to bed fine and when we wake up we are so sore we don't know how we are going to get through the day. We sit there and think what happened last night, and why am I so sore. I can't turn my head left or right, the baby is crying and this morning is just not going how you'd hoped.

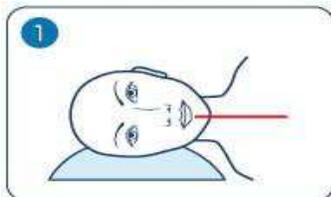
We'll rest assured let's go through some things on how this happened, how we can fix it and how we can stop it from happening again.

How did this happen?

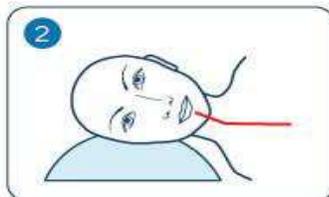
While there can be several reasons why your sore this morning the most likely culprit is you are not sleeping correct. We should always sleep on our side or back and never on our stomachs. The reason why, is you need to keep your spine in a neutral position during sleep to avoid added strain to the muscles and ligaments.

Now that we are on our side we need to have the proper pillow to support our neck. The best sized pillow for you will be the one that fits between your ear and shoulder without moving your neck.

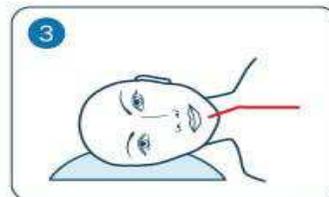
NECK ALIGNMENT IN SIDE SLEEPING



NECK IN NEUTRAL ALIGNMENT



PILLOW TOO HIGH
Angles Neck Upward

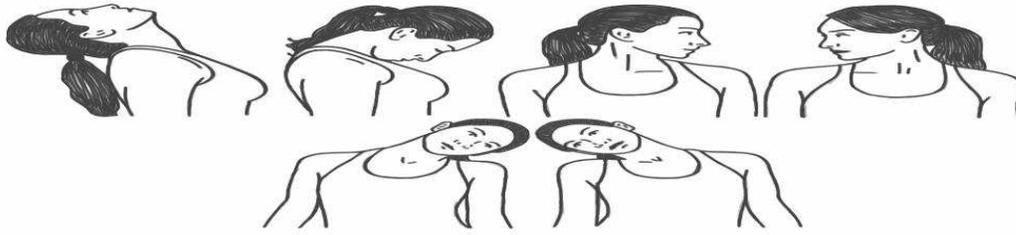


PILLOW TOO LOW
Angles Neck Downward

How to alleviate the pain now!

First take a hot shower or apply a heat pack to relax the muscles and ligaments of your neck. Now that the muscles are warm try these three stretches. Be careful not to stretch to far while your still in pain this could make things worse.

1. Rotate your head left as far as you can and hold for 5 seconds, then repeat to the right side.
2. Tuck your chin to your chest and hold for 5 seconds, then extend your head back and hold.
3. Take your right ear to your right shoulder holding for 5 seconds and then repeat for the left side.



Do these stretches, 3 times each then take a break. Also check out these [upper back stretches](#). If the pain does not subside give us a call because there may be an underlying issue that your health professional should evaluate.

What can I do to prevent this from happening?

1. Get the proper pillow.
2. Make sure your mattress is firm and supportive.
3. Have your partner gentle massage your neck and shoulders.
4. Apply heat before bed, make sure not to fall asleep with the heat on to avoid skin injuries.
5. Try the above stretches before bed.
6. Get your spine checked by your Chiropractor to evaluate for any underlying conditions.

Waking up with a sore neck is a real pain. Follow our simple steps to alleviate and prevent this neck pain so you continue to wake up rested and ready for the day. If at any time this pain gets in the way of your daily activities that is a sign there is something else going on. This is the best point to call your provider to see what else can be done.

See what our patients have to say about us.

Carrie, 29 : I've been seeing chiropractors for over 15 years and I am convinced that Dr. Barth is the best one I have seen. ! I can say I have stopped searching for the right chiropractor.

James, 72 : "Within 3 weeks of treatments from Dr. Barth, my headaches disappeared. I went from bad headaches 4-5 days a week, to less than 5 headaches in the last 9 months. This is amazing!"