

HappyMuscles.com

Brunswick NeuroMuscular Therapy, Issue 1



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Tips for Happy, Healthy Muscles:

This newsletter emerged from questions frequently asked by my clients. I hope you can learn from these tips before you need them!

DEB

Pain Free Shoulders & Good Posture

Many of my clients complain of pain in their upper back and between their shoulder blades. Most of us lean forward during our daily work and activities, then curl up in a loose fetal position when sleeping at night. The results are achy upper back muscles. These symptoms are usually due to weak, overstretched muscle fibers in our backs, added to overly tight chest muscles.

Action Plan:

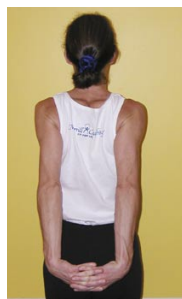
Sleep at night on your side, loosely hugging a large pillow.



This keeps your chest open, and relaxes your back muscles to receive their full healing blood supply. Lift your chin upward to relax the muscles of your neck.

Stretch open your chest through a doorway. With one foot on either side of the threshold, ease into several stretches with your arms held:

- (1) overhead
- (2) shoulder height
- (3) waist height (I call this routine "Angel Wings").



Shoulderblade squeeze pumps blood into the back muscles.

Strengthen your upper and mid back. This strength will naturally return you to a upright, balanced posture, after you lean forward.



"Row" with stretch cord: keep elbows down then squeeze shoulder blades



"Row" with hand weights: bring elbow to hip, then lift higher, squeezing shoulder blade



Push ups can also be done standing at the bottom of stairs, with hands on stair 4 or 5.

Sore Bare Feet

During the summer, we often go barefoot, or wear shoes and sandals without adequate arch support (run your hand inside your shoes and see if you can feel any arch). Then trouble begins - we launch out of bed in the morning and feel a sharp pain on the bottom of our foot. This is called plantar fasciitis, a form of tendonitis. Take this symptom seriously, because it can be persistent if you ignore it.

Action Plan:

Vigorously knuckle-friction the bottom of your foot before getting out of bed in the morning, and then put your feet directly into slippers or shoes with arch supports. No bare feet until the pain is gone!

Tape up your arches with sports tape when you know you will

be standing or exercising a lot. (Call me to get my Foot Taping instructions faxed, mailed or emailed to you)



Purchase a set of SuperFeet Synergizer™ footbeds (Green HIKE version) or Spenco Light Hike footbeds, available from L.L.Bean for \$30. These are worth \$250! Use them in all your shoes for a while.