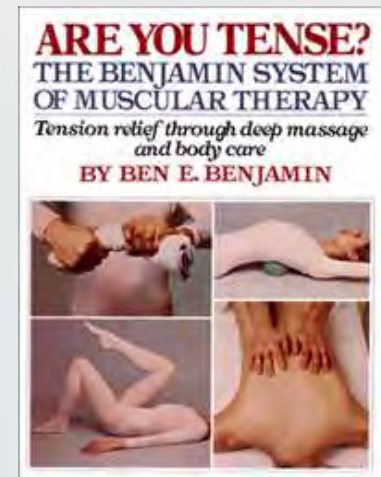
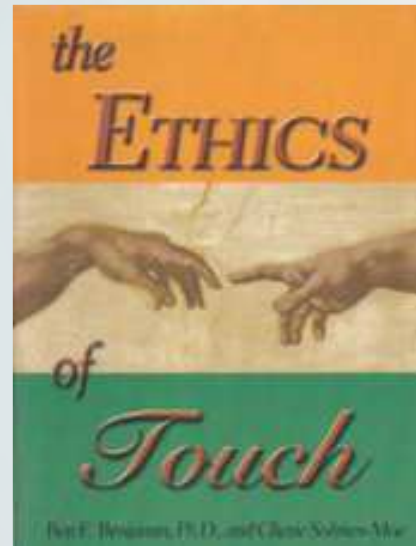
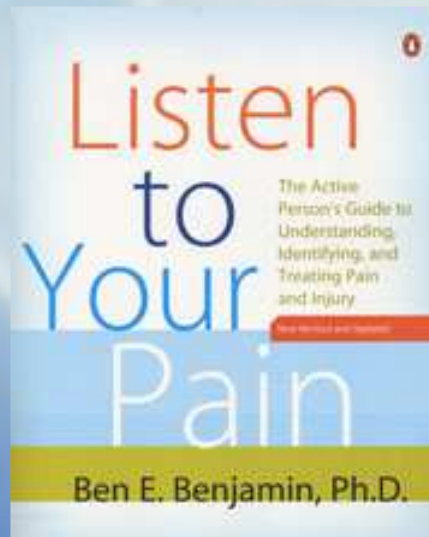
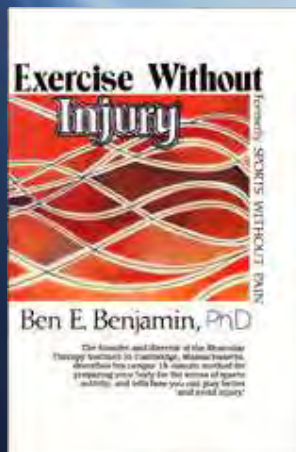
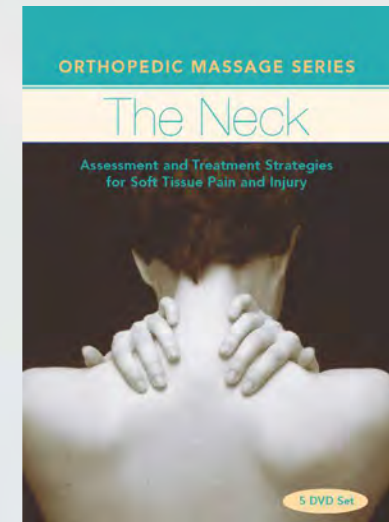
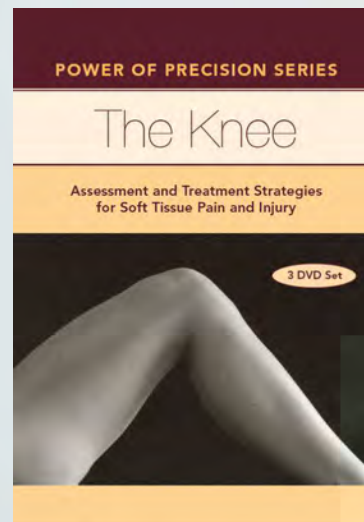
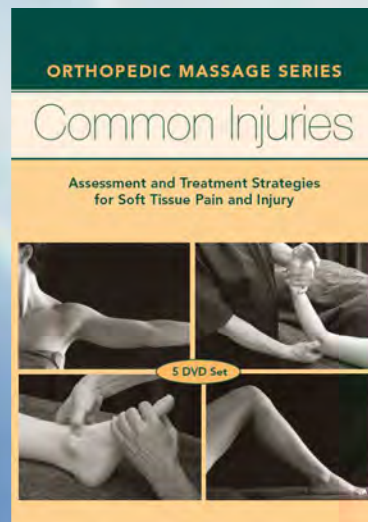
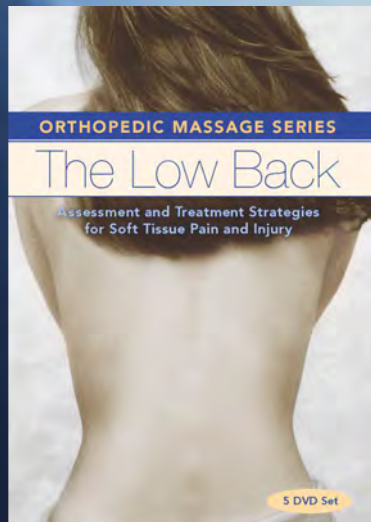


Your Best Defense Against Neck Pain & Headaches

Instructor: Ben Benjamin, Ph.D.



Instructor: Ben Benjamin, Ph.D.



Webinar Goal

Learn techniques to keep
your head & neck healthy
and pain-free

Logistics*

- Time: 30 minutes
- Schedule:
 - Presentation 20 min
 - Questions 10 min
- Ongoing questions: Use Question box.
If I don't get to your question, ask me on my Dr Ben Benjamin Facebook page after the webinar.
- Get a pen and paper please

The Neck — A Vulnerable Area



- 50 million Americans have headaches
- 40 million have neck pain
- Pain may result from many different factors

Healing with a Full Range of Motion

Without a full range of motion:

- Adhesive scar tissue in inappropriate places
- Injury becomes chronic
- Movement and activities are restricted

With a full range of motion:

- Limited scar tissue in a well-defined area
- No internal or external adhesions
- Adjacent structures remain strong and flexible

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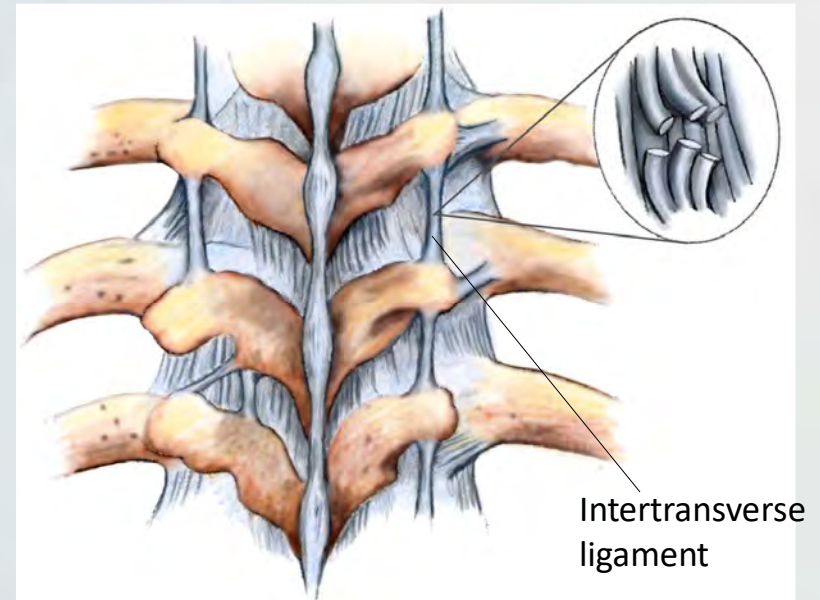
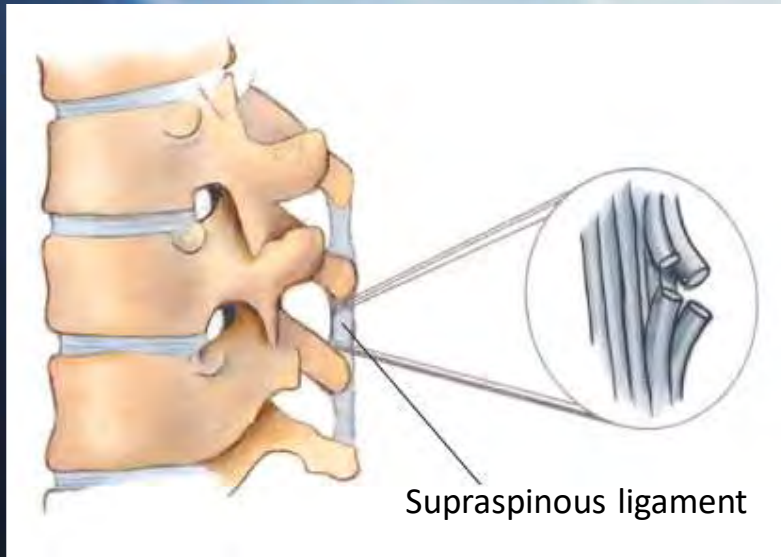
- Limited scar tissue in a well-defined area
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Common Causes of Head & Neck Pain

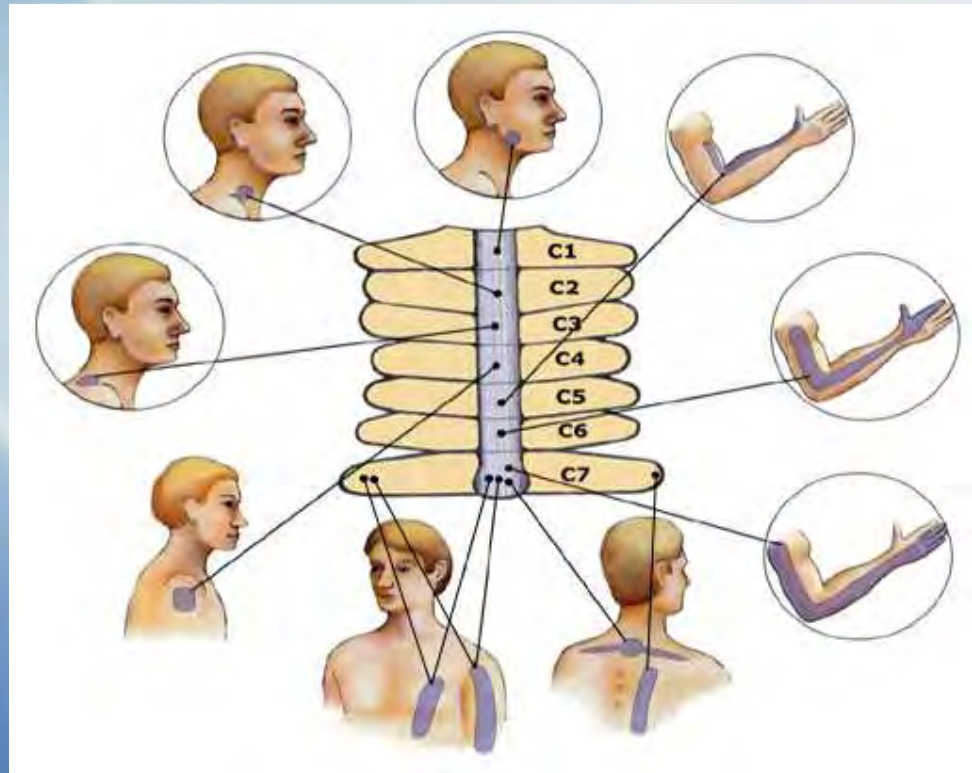
1. Injuries to neck ligaments
2. Loss of range of motion in the neck
3. Chronic accumulation of muscle tension in the muscles of the face, jaw, and neck

1: Injuries to Neck Ligaments

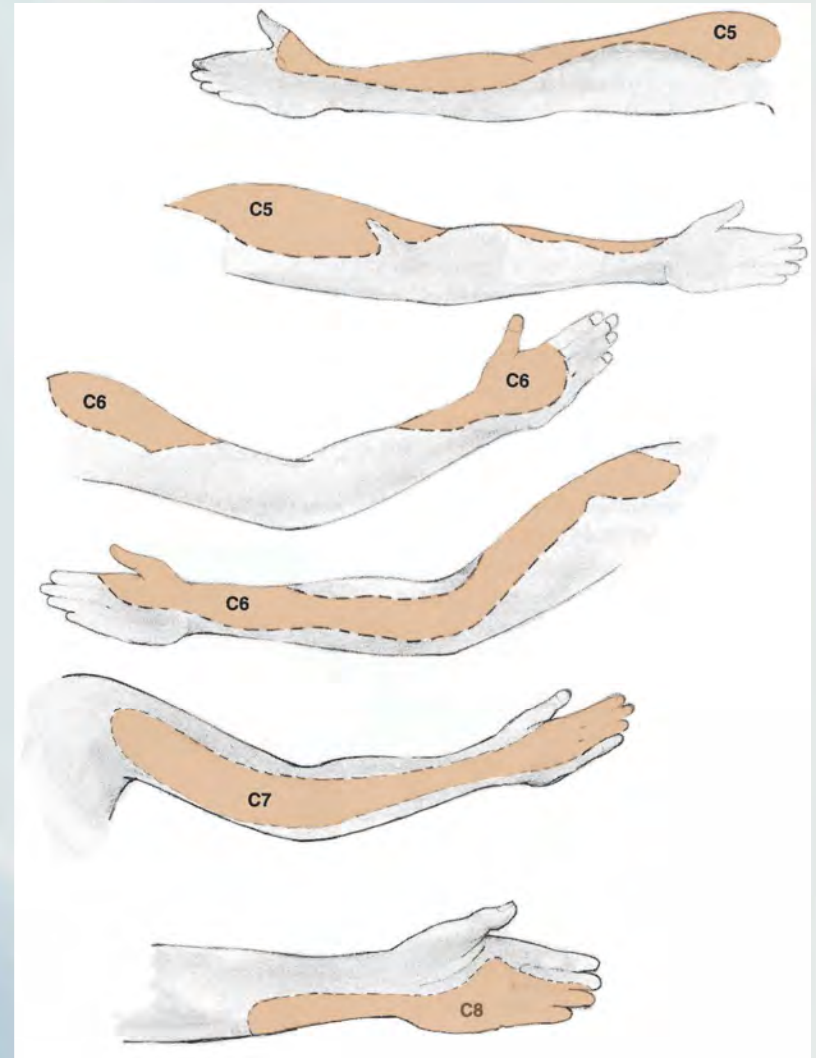
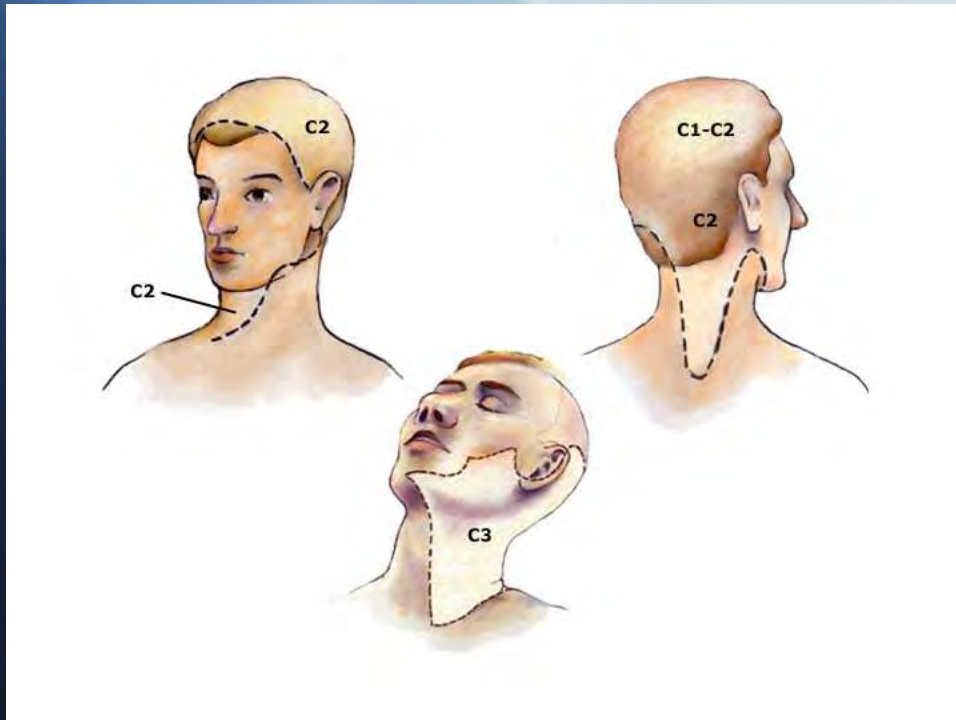
- 18 ligaments: supraspinous & intertransverse



Referred Pain Patterns in the Neck



Referred Pain Patterns in the Neck



2: Lost Range of Motion

- We forget we have lost that range and do things that cause injury
- This causes strain in muscles, tendons, fascia, ligaments, and joints

3: Accumulated Muscle Tension

- Chronic tension in the face, jaw, and occipital region
- Millions of people suffer from tension headaches
- Massage therapy is very effective in reducing frequency and intensity
- Normal number of headaches is 3 to 4 per year



Neck Injury Assessment Tests

Rotation



Side-flexion



Flexion



Extension



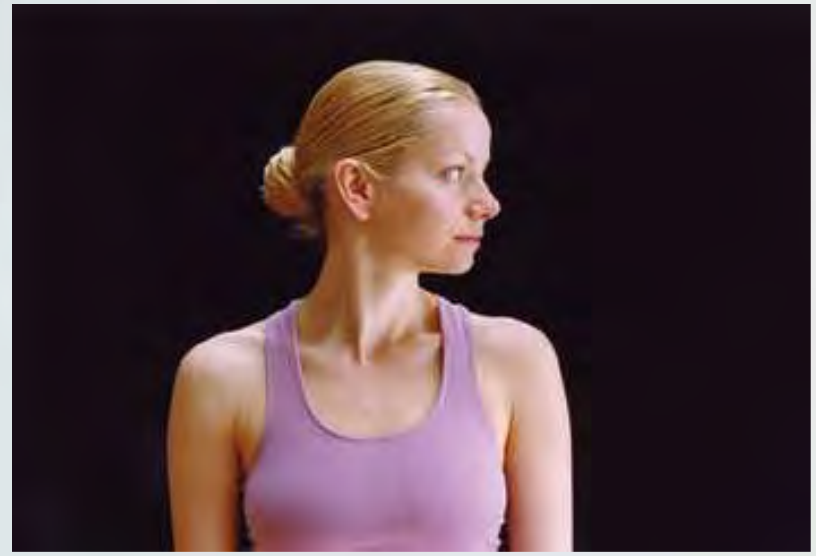
Remedial & Preventive Action

- Myofascial therapy
- Friction therapy



Neck Flexibility Assessment Tests

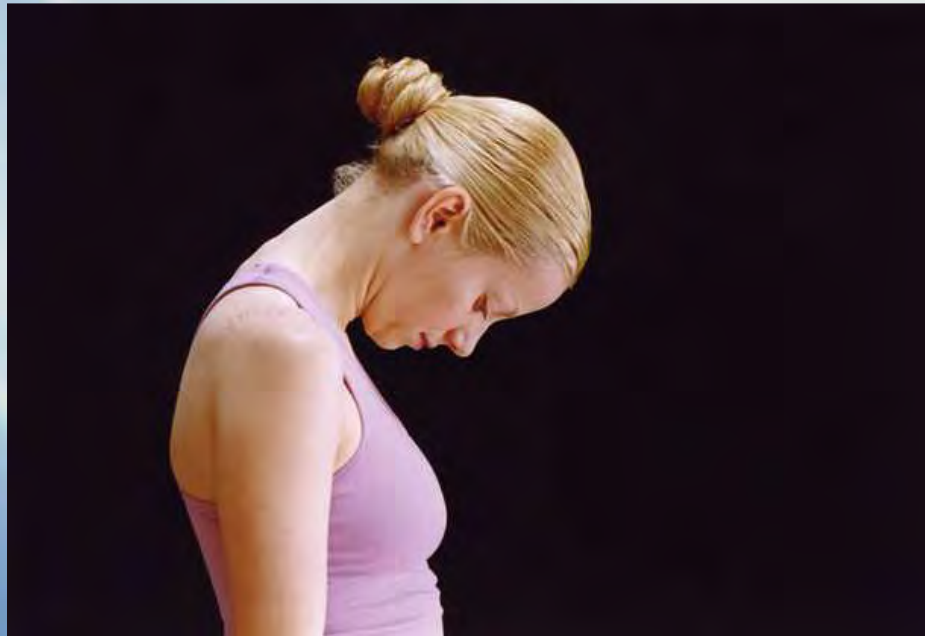
Active rotations



Active side-flexion



Active flexion



Active extension



Remedial & Preventive Action

- Active Isolated Stretching techniques

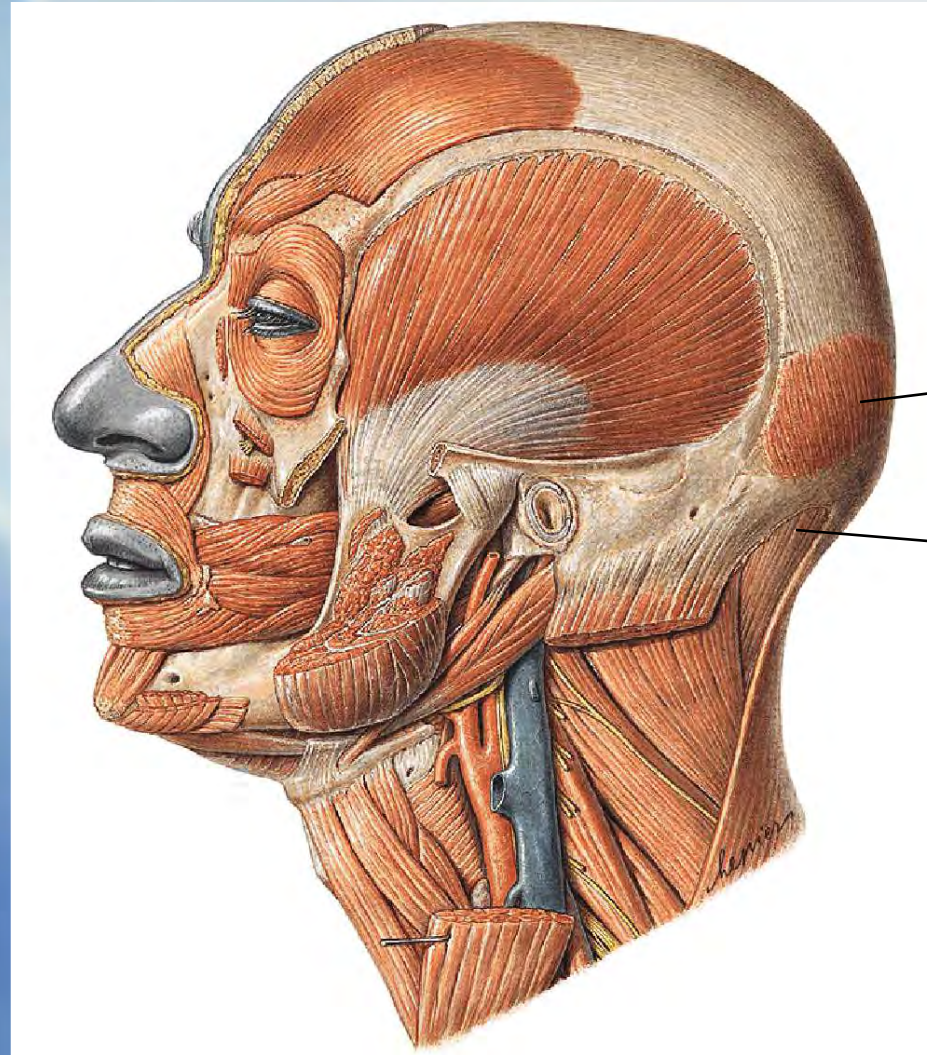
The background of the slide is an abstract composition of diagonal lines in various shades of blue and white, creating a sense of movement and depth. The lines are most prominent on the left side and fade towards the right.

Neck Tension Assessment

Knuckle testing of the occiput



Occipital Muscles



Occipitalis

Sub-occipital
muscles

Remedial & Preventive Action

- Massage
- Neck relaxer device



AIS Neck Stretches

- Flexion
- Side-flexion
- Flexion at 45 degrees
- Oblique flexion
- Rotation

Flexion



Flexion at 45 degrees



Oblique flexion



Side-flexion



Rotation



The background of the slide is an abstract composition of blue and white. On the left side, there are several diagonal bands of varying shades of blue, ranging from a deep, dark blue to a light, pale blue. These bands appear to be layered or overlapping, creating a sense of depth and movement. The right side of the slide is a solid, light blue color that transitions smoothly into the white background. The overall effect is clean, modern, and professional.

Questions

Review: Treatment & Prevention

- Neck relaxer device
- AIS
- Friction and myofascial therapy