

Neck pain

Tired of a stiff neck with little Rotation & Movement

Neck Pain and What is Causing It

The good news is Massage Therapy is proven to successfully relieve Neck pain safely.

Thank you for requesting information on Neck Pain and What is Causing it.

The Trigeminal nerve is responsible for sensation in the face and motor functions. This nerve is responsible for the perception of head pain, if this nerve is irritated the patient can experience the symptoms of a headache.

The muscles of the Neck & Shoulders play a key role in supporting the weight of the head. We can look at the muscles of the Neck and Shoulders right now. The SternoCleidomastoid muscle is the muscle responsible for rotation of the head from side to side. The Scalene muscles are the lower muscles of the neck they attach to the first rib and the clavicle bone they consist of the posterior, middle and anterior scalene muscles. When these muscles are released this will reduce tension in the neck and create better rotation of the head.

Muscle consistency through all of these muscles is measured with the amount of tension, muscle strength and the elasticity of muscle fibres; if there are differences between the left and right sides of the Neck and Shoulders than issues will occur in the muscles and attachments of the Neck and Shoulders; causing the muscles to pull in different directions which will rotate the neck & cause poor gait positioning of the neck and upper traps. There are many other muscles that enter into the back of the occiput and attach to the mastoid process that have an impact on pain. All of these muscles need massage to free nerves and muscle tension.

...Understand the cause and you will understand the cure...

Stretching of the neck can be done in several ways. Active Stretching and ballistic stretching are the most beneficial ways of stretching the neck. With Active stretching some force also should be applied using your opposite hand to create resistance. Ballistic stretching is for those without severe neck issues who can move their neck at different angles in small light jolting movements. It is recommended to get some advice on these stretches.

Your pain levels can drop very quickly through stretching and Massage. If you really want great results without all the risk of drugs, doesn't it make sense to try a drug – free solution first? Massage treatment with Trigger points on the face combined with a Scalp massage and Shoulder & Neck Massage always makes a huge difference to Head, Neck & Shoulder pain.

Please watch our short video on stretches for the neck and like us on Facebook or Instagram.

[Click HERE to view all appointments](#)

Thank you for reading & best wishes for good health.

Ross Mollenhauer

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