

DR. DREW

Posture
Neck Pain
Cervicogenic dizziness



POSTURE

A state of balanced stillness

THE FRAMEWORK

Stretch what is tight.
Strengthen what is weak.
Mobilize what is stiff.

CERVICOGENIC DIZZINESS

A mismatch between your necks position and the brain's understanding of where your head is in space

DR. DREW HALEY

Dr. Drew is passionate about human movement and helping people return to the activities they love. He focuses on evaluating and treating each patients' unique movement patterns in ways that fit in with their time and budget.

THE FOLLOWING SHOULD NOT CAUSE PAIN OR OTHER SYMPTOMS. THIS IS A GENERAL EXERCISE. IT IS NOT MEANT TO BE MEDICAL ADVICE OR REPLACE ANY FORM OF MEDICAL TREATMENT. USE AT YOUR OWN RISK.





BALANCED STILLNESS

Posture is a static state, but we want it to be static in a way our bodies like. We like to be stacked (ears over shoulders over hips over knees over ankles).

Moving in and out of different static postures keeps 'good' posture.

WHAT HAPPENS WHEN WE ARE IN A CHRONIC 'BAD' POSTURE

If we are chronically slouched, whether it's standing or sitting, a few things happen:

- our tissues are going to adapt to this new slouched posture
 - chest muscles get tighter
 - back muscles get weak
 - deep neck muscles become weak & tight

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Stretch what is tight
Strengthen what is weak
Mobilize what is stiff



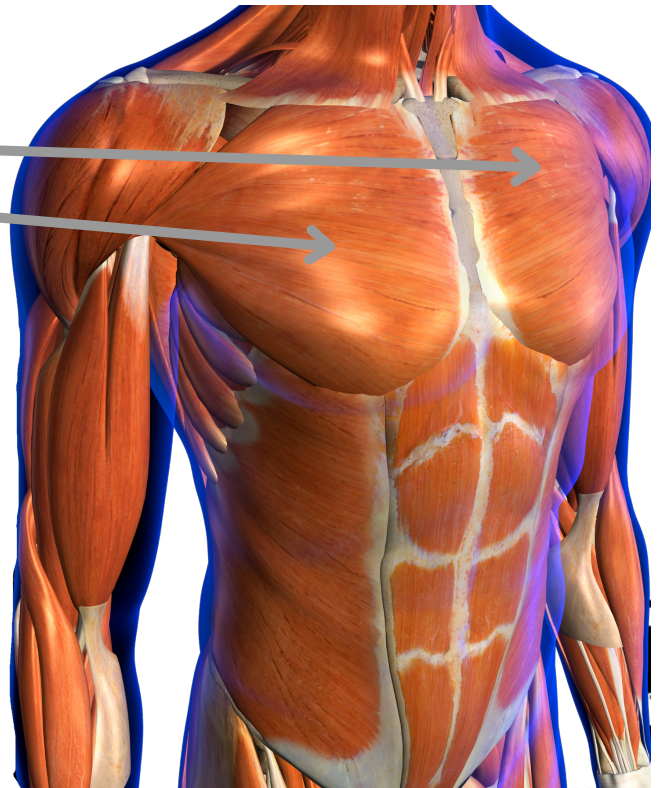
WHAT'S THE PROBLEM?

The problem is NOT slouching - the problem is staying in a static 'slouched' position

STRETCH WHAT IS TIGHT

PEC MUSCLES

Pectoralis (pec) muscles are a common culprit of being too tight. When they are too tight, they can cause neck pain and stiffness. This feels like you have neck tightness but in reality your pec muscles may be causing all the stiffness.



CORNER PEC STRETCH

- Step into a corner facing the wall.
- Stagger your stance with one foot in front other.
- Place your arms in a 90/90* position (field goal, as pictured).
- Lean in toward the wall, keeping your elbows flat against the wall

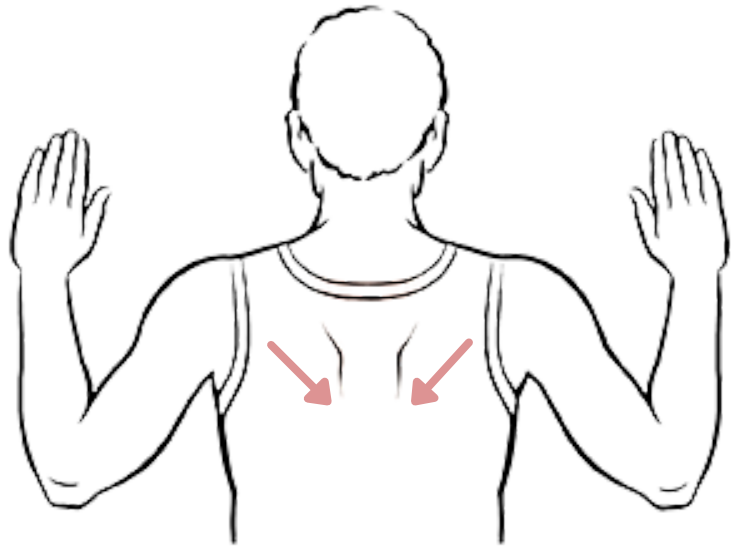
Hold for 30s. If 30s doesn't feel like enough, try 45.

Repeat 3 times in a day.

STRENGTHEN WHAT IS WEAK

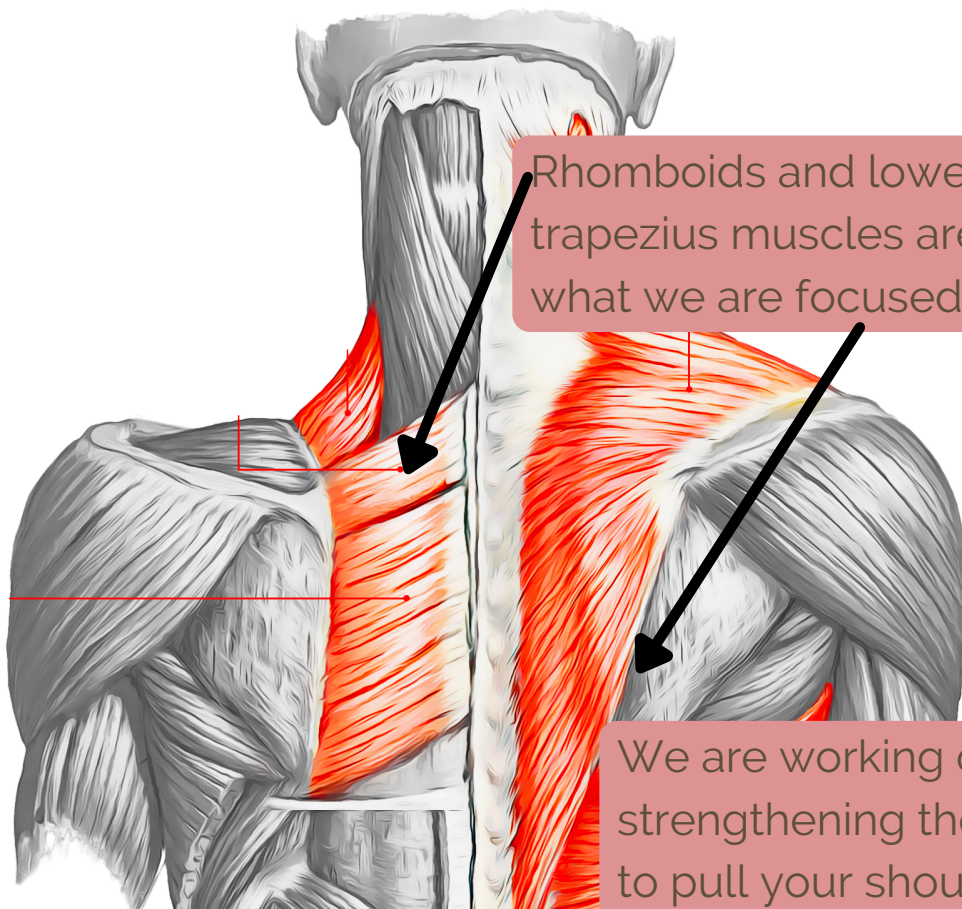
There are many muscles that pull your shoulder blades down and back. When we sit in a slouched position, those muscles become weak and overstretched.

This exercise will help you strengthen those back muscles.



EXERCISE:

Put your arms in a field goal position at 90/90. Next, slowly raise them directly overhead. Then, slowly lower while squeezing your shoulder blades down and back together. Hold 1-2 seconds, and repeat 10 times.



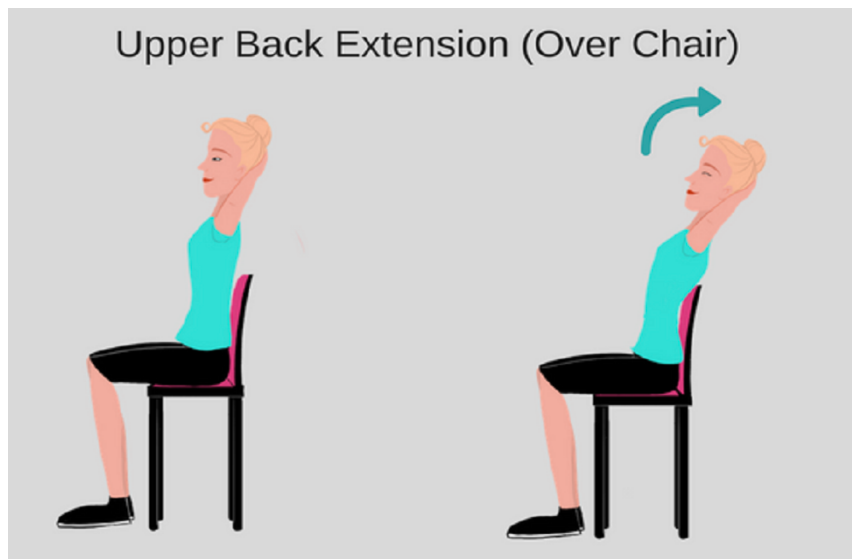
Rhomboids and lower trapezius muscles are what we are focused on.

We are working on strengthening these muscles to pull your shoulder blades down and back

MOBILIZE WHAT IS STIFF

Your spine has a lot of mobility, but it can become stiff at specific segments, making other segments extra loose.

We can mobilize your thoracic spine (attached to your ribs) using a chair.



Do this exercise close to a wall or with a partner standing behind you if leaning backward is scary or difficult.

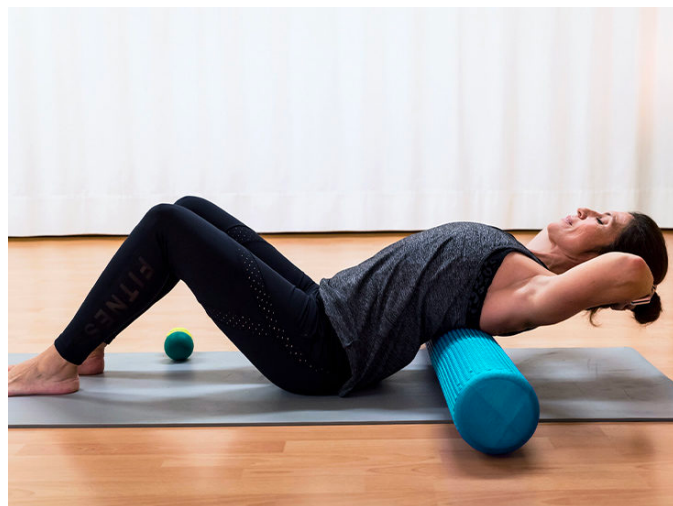
OPTION 1:

- Sit in a sturdy chair and think about where in your back you're slumping.
- Line up the 'slump' midback area with the top of the chair.
- Place your hands behind your head (optional, do not if it causes pain or other discomforts).
- Lean your back over a sturdy chair. If the back of the chair hurts, fold a towel over the top of the chair for comfort.
- Hold 20s.

OPTION 2:

- Use a foam roller or rolled-up towel and lay down where in your back you're slumping (use video for reference).
- Lay backward over the

This may make you dizzy from being flat or backward, so the chair may be a better idea for you.



CERVICOGENIC DIZZINESS

WHY DOES YOUR NECK MATTER?

Your neck is responsible for head movement and where your head is in space. This will help report to your brain where your head is in space and work with your visual and vestibular systems to determine balance and spatial awareness.



TWO THEORIES:

TENSION TYPE THEORY

This theory is based on holding an abnormal posture for a long time putting an abnormal amount of tension on your neck muscles.

The proprioceptors and joints are sending a 'help' signal to your brain for a long time. This overstimulates the brain and it can no longer integrate the information with other systems well.

This is a conflict between your new normal and old normal. This mismatch causes your dizziness.

INTERNAL MAPPING THEORY

This theory is when your brain is expecting one thing, but the result doesn't match up with its expectation, of the expectations of the visual and vestibular systems.

When you turn your head with a certain amount of force, your brain expects it to move the same amount it usually does, but when it doesn't move the expected amount (due to long-term poor posture) the brain gets confused and sends a dizziness signal.

CERVICOGENIC DIZZINESS TREATMENT

Step 1: Complete the framework above

- Stretch, strengthen mobilize.

Step 2: Integrate the signals from your neck with your vision and vestibular system.

- These are exercises such as chin tucks, joint position error, and slow head movement.
- These should be prescribed to you specifically. Reach out to Dr. Drew if you need more assistance!

WHERE TO FIND DR. DREW



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