

Effective shoulder pain treatment for office workers

These are effective shoulder pain remedies that office people should know and apply.

Due to the nature of the job requires a seat 7-8 hours a day so many office workers often suffer from shoulder pain. Today's article of TipsMake.com will help you understand what is the shoulder pain and suggest some effective **shoulder pain treatment** for office workers.

content

1. What is the shoulder pain?
 1. Causes of shoulder pain nape
 2. Symptoms of shoulder pain in the neck
2. Effective treatment for shoulder pain
 1. Exercise of shoulder pain on the neck 1: Sphinx posture
 2. Exercise neck and neck 2: Posture of the cat / cow
 3. Exercise on the shoulder of the neck 3: Posture of the cow's face
 4. Exercises for people with shoulder pain at the back of the neck 4: The posture of inserting the needle

What is the shoulder pain?

The shoulder pain is the pathological sign associated with musculoskeletal joints, the most common is spinal degeneration. The disease can happen to all ages, every occupation, not just office workers.

Shoulder pain in the shoulder is characterized by aches and pains, numbness of the neck and shoulders. Some statistics have shown that up to 85% of people sitting in a working posture such as sewing workers, office workers, driver drivers, . suffer from this disease.



85% of office workers suffer from shoulder pain

Causes of shoulder pain nape

There are many causes of shoulder pain in the neck. This may be due to joint problems of the neck, shoulder, or common mechanical causes.

1. Cervical spine diseases such as disc herniation of the neck, degeneration of the cervical spine, . are often the most common cause of neck pain.
2. Shoulder joint problems such as shoulder joint damage, shoulder dislocation, shoulder joint degeneration.
3. Osteoporosis: In osteoporosis, the patient's bones often become brittle and can lead to shoulder pain in the neck.
4. Gallstones: Gallstones make the gallbladder unable to function normally and show pain in the back of the neck or between the shoulder blades.
5. The posture of the wrong posture is like sitting in a position for too long, sleeping on the top of the pillow, leaning on the chair, lying on the side and curling up, .
6. Frequently carry heavy loads
7. Smoking: Smoke reduces oxygen to feed muscles and skin, causing the activity of skeletal muscles to be affected and eventually leading to degenerative diseases, aching shoulder and neck.
8. Stress: Prolonged stress causes the body to react to cause muscle spasms, pain in some areas of the body, including the shoulder area.
9. Lack of nutrients: Lack of nutrients, especially calcium, can cause peripheral nerves to weaken and lead to numbness and pain in the shoulder.



Osteoarthritis diseases - the main cause of shoulder pain in the neck

Symptoms of shoulder pain in the neck

1. The pain often occurs in the early morning, when the sick person just wakes up or hurts while sitting, pain right after carrying and transporting strongly.
2. The pain gets worse when it gets cold or when the patient changes his posture from sitting to standing, but decreases when he is rested.
3. Acute shoulder pain can occur for a few hours but can last up to several days.
4. At first, pain felt only in one area but gradually could spread to both arms, elbows, and even spread to the whole head.
5. When patients suffer from pain along with signs such as dizziness, dizziness, tinnitus, staggering, it means that the disease has changed badly, it should be examined and treated promptly by specialists.
6. Not only aches and pains, the person suffering from shoulder pain in the back of his neck also had a feeling of not eating well, sleeping uneasily, always tired, frowning, uncomfortable, easily touched, thinking slower.
7. The pain of the shoulder of the neck is constantly causing you to not eat well, sleep uneasily, psychology is always tired, frowning, uncomfortable, easily touched, thinking poorly.
8. Stiff neck, movement is limited.



Symptoms of shoulder pain and nape

Effective treatment for shoulder pain

Currently, it is difficult to completely cure the pain of shoulder and neck. In addition to taking medication, following the treatment regimen of a specialist, the patient can repel the disease with the following shoulder pain exercises:

Exercise of shoulder pain on the neck 1: Sphinx posture

Step 1: Lie on your stomach, legs straight. Two hands against the floor, elbows facing back.

Step 2: Keep your back, buttocks and thighs tight. Next, lift the upper body with both hands so that the stomach does not leave the floor, the chest is tight, the chin is facing forward.

Step 3: Between the posture for 10 - 15 seconds while breathing deeply. Repeat the movements about 5 times.



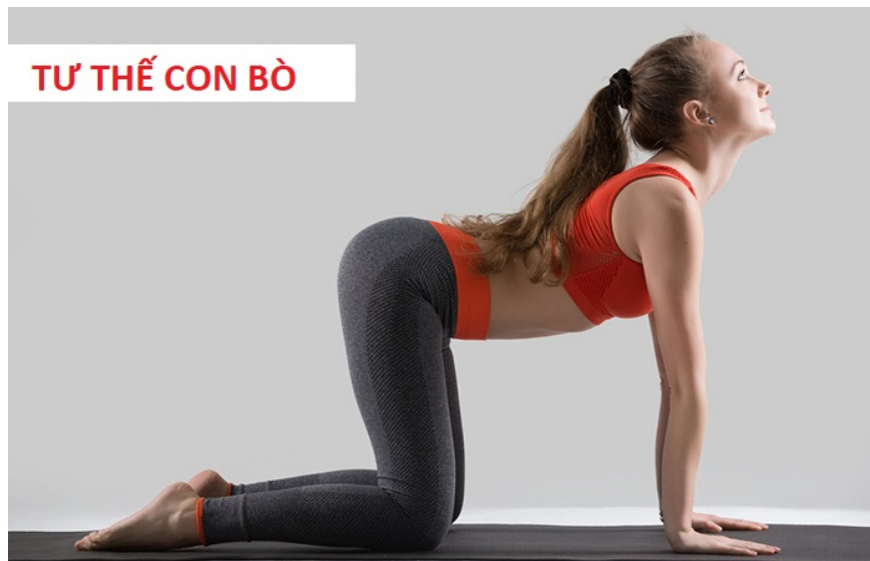
Sphinx posture

Exercise neck and neck 2: Posture of the cat / cow

Step 1: Fight both hands and knees on the floor, the shoulders straight to the neck, the hips straight to the knees.

Step 2: Take a deep breath, relax the abdomen towards the floor, puff up your chest and raise your head.

Step 3: Breathe out slowly, tuck your stomach, push your back against the ceiling, your chin is bent close to your chest, your hips tighten. Do this exercise 5 - 10 times.



TƯ THẾ CON MÈO



Posture of cat / cow

Exercise on the shoulder of the neck 3: Posture of the cow's face

Step 1: Sit straight back, hands placed next to people, left leg and right leg.

Step 2: Bend the left leg so that the left heel touches the right hip. Right leg overlap on left leg.

Step 3: Inhale, the right hand moves forward parallel to the floor. Right hand behind your back, fold your right hand. The left hand slowly raised, folded his left hand, grabbed his right hand and stretched it. Hold this position for about 20 seconds and then switch sides. Repeat the above actions about 5 times. Yoga exercises to treat this shoulder pain will bring positive effects if you work hard regularly.



Posture of cow's face

Exercises for people with shoulder pain at the back of the neck 4: The posture of inserting the needle

Step 1: Fight both hands and knees on the floor. The left hand lifted off the ground, slipped through the space between the right hand and left leg. The shoulders pushed down as hard as they could, the left palm facing up.

Step 2: Between the straight hips, the upper body hwnongs naturally to the right. Hold the priest for 30 - 60 seconds.

Step 3: Press your right hand to the floor, lift your body and return to the original position. Repeat the above steps on the other side.



Needle-posture

Thus, we have learned about shoulder and neck pain as well as some simple but effective **shoulder pain treatment** . Visit META.vn for more useful knowledge and order types of support for quality shoulder pain treatment.

>>> **More references:**

1. [The scoliosis of the spine, the back always feels sore, turns out to be the cause](#)
2. [Learn about lumbar and spinal belt: savior of disc herniated disease](#)
3. [3 simple ways to treat numbness of the feet and toes](#)
4. [What is Ginkgo Biloba? What is the effect of Ginkgo Biloba?](#)
5. [6 simple ways to minimize the harmful effects of sitting for a long time](#)

You finished reading the article "**Effective shoulder pain treatment for office workers**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.