

Breathing away pain

I know it sounds crazy but it's true. At MCA, 90% of non trauma-related neck and shoulder pain is resolved by a simple shift in the way people breathe.

Most people hold their breath or take very shallow breaths when they are under stress. Simply adjusting the depth of the breath diminishes stress and reduces anxiety.

So, let's get breathing!

One

Step 1: Take a moment and notice your breath. Breathe in normally and ask, "Where in my body did that breath go?" Did your shoulders lift up? Your chest rise? Your belly expand?

If you answered your shoulders or chest, let's see if we can shift your breath into your belly.

Two

Step 2: Blow all the air out of your lungs, as if you were blowing out stubborn birthday candles. Now, place your hands over your belly button. As you breathe in, your shoulders will rise and fall with each breath.

Slowly count your breathing - in for 3 counts and out for 4 counts. Exhaling to the count of 4 will help ensure you are moving enough air out, so that your lungs are triggered to inhale more air.

Three

Step 3: Continue breathing this way (3 in, 4 out) for 10-15 cycles (a couple of minutes). Now, check the feeling in your neck and shoulders. How do they feel? If it's the same, repeat the process again.

Think of your neck and shoulder pain as a teacher that reminds you to check in with your breathing. As you learn to belly breathe more often, your tension will begin to disperse.

Still having trouble connecting to your belly breathing? Try singing! Yes, singing is a quick and easy way to connect back to your belly breath. Plus, who doesn't feel better singing?!

**And, of course, we are always here to serve you here at MCA.
Make an appointment online today and you'll feel like singing!**