

Intro to Treatment of Neck Pain and/or a Pinched Nerve (Absolutely Free Series of Videos)

How to use this program

This is a free program made up of a series of videos designed to help you manage or heal your neck pain. It is a work in progress. We may add, delete, or alter information, or videos based upon your feedback.

Try not to be intimidated by the number of videos that make up this free program. You may not need to watch all of them. Watch only those videos whose titles appear relevant to you. As an example, if you are experiencing neck pain at night, watch our video entitled *How to Sleep PAIN-FREE with Neck Pain and/or Pinched Nerve.*

There is a lot of videos, but you can watch them over a several week period and absorb the information as you go. Videos that are relevant to you may need to be watched several times. Those who understand and follow the details of our videos have much greater chance at success.

We believe that self-treatment of neck pain is usually more effective than other forms of treatment. It is important for you to take ownership of your treatment and be responsible for the outcome.

If helpful, print out the GUIDE sheet that accompanies each video. The guide sheet will provide you with a portable copy of the information presented in each video.

Questions?

We cannot answer questions about your specific case of neck pain or a pinched nerve. But we absolutely value your feedback. Please let us know if a video is unclear, or if further information is needed. If you do have a question about a certain video, please include the title of the video with the question.

DISCLAIMER

We insist that you see a physician before starting this video series. Furthermore, this video series is not designed to replace the treatment of a professional: physician, osteopath, physical therapist, orthopedic surgeon, or chiropractor. It may however serve as an adjunct. Do not go against the advice of your health care professional. When under the care of a professional make certain that they approve of all that you try. This information is not intended as a substitute for medical treatment. Any information given about back-related conditions, treatments, and products is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this publication. Before starting an exercise program, consult a physician.