

Needlepoint and crocheting require posture consciousness

Question: For Christmas I do a lot of needlepoint preparing gifts for my family. When I finish my neck and shoulders are very sore. What do you suggest for stopping my pain?

Answer: You can control a lot of your potential discomfort yourself. Review your work area prior to doing your tasks. If it is possible, bring your materials closer to your head so you don't have to bend your neck as far forward. Also keep your materials within arms length distance away from your body so you don't have to reach as far causing over stretching of your arms and shoulders. I am sure you get very absorbed in your creations and may find yourself working at it for hours. Remind yourself to take breaks approximately every half an hour. Walk around, stretch your neck and shoulders by doing gentle neck ranges-of-motion and shoulder rolls forward and backward. Many needlepoint and crochet type designers also get wrist, hand and finger irritations from the fine movements that are demanded for these activities. Gentle stretching of the fingers and wrists periodically can reduce strain and sprain.

Should you continue to get persistent irritation in your neck, shoulders, arms, wrists or hands I suggest you consult a Chiropractor to determine if there is a condition that warrants treatment. Chiropractors are trained in analyzing, diagnosing and gentle treating most initial irritations in these areas. Don't wait for your symptoms to get worse. By the time you get your symptom you are already in trouble. The symptom is the last sign to show up and first to go away. Masking

your pains with medications may hide the true cause of your problem and create a much worse condition in the future.

Quote of the week: “The winds of grace are blowing all the time. You have only to raise your sail.” – Ramakrisna