

Research Services

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Most of us spends a lot of time at the computer screen and even outside the workflow, we often do not take off from their gadgets. The main load at the same time comes not only on the fifth point, but also on the neck and shoulders. Those who have long and work a lot at the computer familiar to an unpleasant painful sensation at the top of the back, the back of the back and shoulders. However, we begin work on ourselves usually when we already feel quite tangible pain. Well, but besides the drawing pain and the cramped muscles, we still get in addition unsatisfactory mental state, because this muscle group is located directly next to the head.

In order for the body of the Spirit again, drowsiness disappeared, fast fatigue and other consequences of sedentary work, you need to regularly work this zone.

Let us turn to the most efficient set of exercises.

Best of all, of course, sign up for a massage course from a professional, but if you do not have time or means, and self-massage is suitable. Thick the most painful zones near the neck and the nape. Use capture and rubbing techniques. Gradually go to the top of the back. By the way, the upper part of the hands can also be ignored in this zone, no less voltage accumulates (work with a computer mouse makes itself felt). When you feel that the muscles warm up and became softer, go to the neck massage and light head massage. Do not regret money for a special massager for this zone (in the form of long arcuate wires with spherical nozzles at the ends). Well, as an alternative, you can use a conventional comb (you need to make at least 30 combing movements).

It will be very good if you ask you to help to stretch the problem zone.

Then stand straight, lower your head on your chest and pull it slightly (as if pressed to the chest). Then make the same thing, but throwing the head back. Similar manipulations spend and turning the head to the right and left.

After doing this exercises, tilt down and try to reach your hands to the fingertips on the legs. Full all sensations that occur!

To strengthen the effect necessarily visualize. With each slope or in the elaboration of a certain part of the body, imagine how the tension leaves the body, and it comes to a change of strength and complete relaxation. You can combine it with autotraining, mentally saying those or other

affirmations (my body is free from the voltage, now I feel how I am filled with fresh energy and pleasant sensations, I feel how my body gets rid of clamps and blocks, etc.)

After completing all the exercises, it is recommended to lie down and, relaxing, listening to the meditation to releasing the alarm, which will fix the effect.

Another wonderful and inexpensive thing roller for a fitness, who perfectly removes the muscle spasm and all the favorite Applicator Kuznetsova (by the way, now he is also produced in the shape of a roller!)