

## NEXUS<sup>®</sup> - LEAFLET

A natural & effective solution to neck strain

For many years we have known how important a stretching of strained and overloaded muscles can be. Many proposals were made since our forefathers discovered that mild extension of an overly contracted muscle can help substantially to re-establish good functioning.

Once we reach our 50's, we can become a bit less flexible. We need bifocals because our eyes adapt less quickly – if at all – to different viewing distances. Other tissues show the same phenomenon, but these developments happen so slowly that we are not aware of them.



One important area where we do indeed feel this increasing rigidity is the neck. From our twenties on, the tissue forming the discs between our vertebrae gradually becomes less elastic. For decades we compensate without noticing this decreasing elasticity. Conversely, this development has its advantages: slipped discs – feared cause of acute lumbago in our 20's and 30's – are much less common once we reach the 50's. The other side of the coin is a loss of resilience and a tendency to increasing and lasting compression.

This long-term compression results in a fixed and rigid posture of the neck, restraining the freedom of movement of the head. Patients report a feeling of 'sand in the gearbox', i.e. a grinding sensation and a noticeably reduced ability to turn the head. 'A collar is fixed around my neck' they complain.

Several components add to this feeling. We have 'a load on our shoulders' and 'we keep a stiff upper lip' – even colloquial usage indicates how we react with increased tension of the neck muscles towards acute and even chronic stress. More often than not a causal therapy of these origins of stress is beyond our capability.

Other reasons for undue workload of the neck muscles can indeed be taken care of: the removal of blockages in the spinal joints is our core business. Dental problems, which often contribute to this elevated stress pattern of the neck muscles, can be solved, too – up to a point. Nowadays we have quite a few precise tests at our disposal to determine their relevance; these help to direct patients towards the necessary treatments and avoid needless and costly over-therapy.

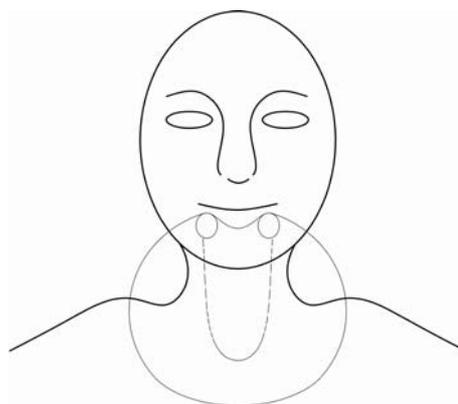
But even if we are able to take care of most of the causes two problems persist. Chronic pain is 'learned' and does not disappear as soon as its initial cause was removed. Pain takes time to be established – but, alas, even more time to get rid of. Dental treatment may last for months before a satisfactory situation is attained.

For many years we have experimented with different solutions to lessen the neck-strain and to empower our patients to reach this goal without having to constantly ask for external help with this long-term hassle. These considerations have led to the design of NEXUS.

Compared with other devices like neck rolls or mechanical neck extenders, NEXUS delivers its push at a rather small and carefully calculated area. The two facets of NEXUS push against the attachments of our neck muscles at the back part of the skull. The middle area is left free, as this – often prominent – point is especially sensitive.

NEXUS is **not** meant to be comfortable. A certain irritation is inevitable to attain the intended effect. Using it the first few times, quite a few patients need to get used to this feeling. After 2-5 attempts most users can easily handle this initial discomfort.

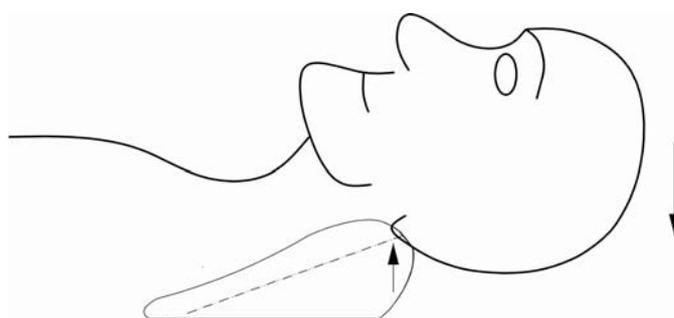
**Several versions facilitate this: these range from grey (the softest) yellow, pink & red (gradually harder) till dark (hardest).**



The cushion has a round base which positions it automatically and helps to prevent asymmetrical usage. Used correctly, NEXUS pushes on both sides with the same amount of force. The schematic drawing on the right shows how.

Those patients who have a fixed and somewhat bent dorsal spine may need to put NEXUS on a wedge-shaped support to reach the desired effect. Once positioned correctly the weight of the head exerts a soft stretch on the neck. The lower part of the cushion is positioned under the shoulders and has a sufficiently great contact area to avoid discomfort. As no external forces are present, the effect of NEXUS is self-limiting, a guarantee to avoid risk. If you use the cushion for too long a certain numbness may occur. A few minutes after it is removed this numbness disappears.

To use NEXUS first thing in the morning before leaving the bed might be an idea worth trying. Many patients report that just those few minutes get rid of the tension accumulated during the night. Other patients use it for their short 10-minute powernap at noon. Modern sleep research shows just how efficient these moments of relaxation can be. So to combine that with getting rid of your neck strain is enormously beneficial.



Good luck!

Use your creativity and enjoy Nexus - and if you observe something interesting we would be very happy to learn about it.

For further information visit the Website: [www.panabo.de](http://www.panabo.de)