



Flexworkshop

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## Posture Taping to Alleviate Neck and Shoulder Pain

Donna Gee BSc PT (Canada)

Saturday 19 September

12:30pm- 2pm

Alleviate and prevent neck and shoulder pain by improving your posture with taping.

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**PHYSIO TAPING** technique facilitates the body's natural healing process to allow support and stability to muscles and joints without compromising the body's range of motion. taping provides subtle, ongoing neuromuscular feedback to help the body gently re-program back to optimal alignment. One taping session can last up to a week, and participants will be provided with their own roll of tape for continued use. Taping the shoulders and neck is particularly valuable for teen posture, and those who work in a seated, office environment. You will also learn deep neck flexor exercises to improve head posture and in turn, reduce neck pain.

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