A white oval with black text

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A red bow and green branches with ornaments

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Hi all, I want to begin by wishing all of you a very Merry Christmas and Happy Hanukkah. And thank you for the donations that have come in. Because of inflation and Christmas holiday gift giving coming up, there have been no long distance orders for a long time, so it’s been tight financially, and I deeply appreciate the help. Thanks again!

Thank you also for your prayers for my situation here. It’s all good news and I thank God for that ! I’ll give you an update here and include some tips that I hope will be helpful to all of you. I had the first of two reconstruction surgeries done on Thursday morning and sailed through it without a problem and went out for lunch with a friend two hours after surgery before going home to rest. I’ve had zero pain and I’m so grateful! The second and final reconstruction surgery will probably be in February and then, God willing, I am done with the OR forever! I have had five surgeries in 2024 and that’s about my limit for sure. I feel like an old jalopy with some replacement parts, but so grateful to be strong and healthy. The only restriction is that I will not be able to do any weight work, and only a few stretches for the next four or five months. I am concentrating on using my shiatsu massager once, or twice a day and decided to begin using it up in the back of my head, which is where ST actually begins, as you know. I cannot lean into the machine to much because it is a bit painful and tender up in the back of the head, but I am hoping that that will help keep my neck, nice and loose, since I can no longer use the Head Harness. I am using the foot strap however, once or twice a day. That is such a wonderful tool and I encourage all of you to do that daily if you can. It is the preparation exercise for the Head Harness. I can also do the Drop and Roll and that is something all of you should be doing several times a day. Here is a reminder on how to do that:

Stand with your back against a wall. Tuck your chin and move your neck (not the back of the head) toward the wall, (or free-standing or even sitting) chin WAY down doing the Eeee. Hold 3 or 4 seconds. Now drop your head forward, relaxed. Repeat this 3 or 4 times. You can do this off and on throughout the day. Feel this in the back of your head, neck, jaws and chest.

I'm also able to do the head raise and chin smile, but nothing that involves stretching arms or back. Doctor’s orders that I must absolutely sleep on my back and never roll from one side to the other. As you know that is actually best for ST but difficult for so many clients. I have a sleep number bed on an adjustable frame, and that has been a lifesaver. When you are elevated and your knees are elevated, it creates a zero gravity bed, which has so many health benefits. I also have a Beautyrest heated mattress pad and encourage you to get one if you can afford it. It’s available on amazon.com in various sizes. Especially in the winter if your bed is chilly, your body will curl up while you are sleeping, which is hard on your neck. When your mattress is warm it’s much easier to stay on your back when you’re asleep. I also use the *My* *Pillow*, premium, medium (code color, white) and love that pillow because you can mold it to be where you need it and it will stay put. Right now *My* *Pillow* is having a big sale if you have a promo code. Here are some promo codes that might work for you: AWK … ARK … his glory …X22 Even though I no longer pull or twist, or have any real ST symptoms, since all of these surgical procedures, and the trauma involved, I have felt a slight drift of my head when I lie down and have found that using the little homemade head brace has been a huge help. I place it vertically between my ear and the center of my head on what was my short side and it will usually completely stop that drift. I have a new client who has tried everything to stop her head turning when she lies down. Even the U-shaped pillow did not work for her, but she made the little head brace, according to my video and that is helping her, so this is just a reminder that you might want to try making one. Be sure not to make it too firm. Here is the link. If this link appears in in your email as an icon, at the bottom of the icon you will see the word, YouTube – click or double click on that to open up the link.

<https://www.youtube.com/watch?v=_1IKlhIiIU4&t=561s>

I found a link for the great Harbinger Head Harness. Here it is:

www.DunhamsSports.com

Harbinger Leather Head Harness

https://www.dunhamssports.com/on/demandware.store/Sites-dunhamssports-Site/en\_US/Search-Show?q=harbinger+head+harness&search-button=&lang=en\_US

There are always changes happening, so I am attaching here a doc. Of our current resource page.

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