

Lawrence Neal: 00:01 Ted, welcome back to the membership.

Ted Dreisinger: 00:04 Lawrence. Thank you. It's great to have the opportunity to show up on your podcast again. I'm delighted.

Lawrence Neal: 00:10 I appreciate it. And, I'm excited to talk about today's topic and we're going to be talking about strengthening the neck, and neck training in general, which I think is something that a lot of us in high intensity strength training, are aware of the importance of that.

Lawrence Neal: 00:28 Maybe in relation to preventing injury and just ensuring that you know, all of the muscles in the body of being addressed in an exercise protocol. However it's also something which I think some people perhaps forget to do or may not see it as being important. So I'm curious to understand more from you about what you think about neck training. So I guess just to get started, do you want to just talk about your views on why you think it might be important to strength train the neck?

Ted Dreisinger: 00:56 Sure. There are a lot of reasons to think about that, Lawrence, and, I should preface what I'm going to say by saying this.

Ted Dreisinger: 01:05 Almost all of my cervical work has been in the clinic. So I've seen lots of people with different intensities of neck pain for many different reasons. And like the back, which we've talked about on a number of occasions, an awful lot of people, respond extremely well to strengthening the back regardless of the intermittent back pain that they have.

Ted Dreisinger: 01:31 And maybe regardless of whatever diagnosis we try to give them, which of course, as you know from earlier podcasts, the diagnosis doesn't always tell us very much. Similarly with the neck, people come with neck pain and neck pain is pretty fearful, when people have it, because oftentimes you can get headaches associated with that, stiffness in muscle groups.

Ted Dreisinger: 01:52 And what makes the neck different than the low back is the multitude of small muscles that are involved in this movement. And without getting into the detail of that in this podcast, it requires some thought. But like everything else that all of your listeners know about strength training, high intensity, strength training or strength threading in general, safety comes from deliberate movement. Safety comes from fluid movement. Safety comes from loading the musculature without impact force, meaning a speed of movement that that doesn't permit in range impact when you

change from flexion to extension in any leverage system that we're talking about.

Ted Dreisinger: 02:38 So, in the neck, a lot of people get the cervical headaches, and a lot of that has to do with neck strengthening. One of the strange, interesting, strange and interesting things to me in the clinical setting, is most physiotherapists concentrate on strengthening the flexors of the neck.

Ted Dreisinger: 02:57 And I've often wondered why that is because we hardly ever use the flexors of our neck unless we're sitting up from bed, or for some reason we have come from a supine position to a standing position. What causes our neck to stay in an upright position or the lumbar or the cervical extensors, which physios almost never think about, which I find to be remarkably strange because, excuse me, in our experience, strengthening the extensors is really an important thing to do. Because for the most part, those muscles are slow twitch fibers that keep our neck or postural muscles, to keep our neck erect all day long.

Ted Dreisinger: 03:43 But we hardly ever think about them as far as how we can keep our health, musculoskeletal health. So strengthening the neck, the reason to do it, is to maintain good musculoskeletal

balancing and integrity through the entire chain of the muscular system, beginning with the neck. So I think it's extremely important to strengthen the neck. Now how you do, that's a different story. So maybe we can talk about that.

Lawrence Neal: 04:12

Yeah, we'll touch on that in a moment, but I'm also curious to know, is there evidence to show that it also reduces the risk of injury and things like that if you're strengthening the neck?

Ted Dreisinger: 04:25

Well, I think any professional sports team would tell you yes.

Ted Dreisinger: 04:31

I don't know of any data that's been published regarding prevention of injury with neck strengthening. But I do know this, that in American football, neck strengthening is extremely important. I think also in European football, strengthening the neck is important. And so straight traders that work with athletic teams will tell you that their experience is that by strengthening the neck, the injury rates are reduced. We know that's the case in other muscle groups. So to expect that it wouldn't be the case in the cervical spine would be a surprise.

Ted Dreisinger: 05:05

There aren't any data that I'm aware of looking at prevention, with a of cervical injury from strengthening, but every other muscle group in

the body suggests that a injury prevention can be reduced by strengthening. So I wouldn't be surprised, you know, it would be very surprising to me that that didn't happen with the neck. I just don't know of any studies that have done it.

Lawrence Neal: 05:26

Okay. So maybe this is the same answer and that there may not be research to support this, but is it your opinion that it would also be helpful for one to have a strong neck in the instance where they might have a, a car crash and suffer from whiplash or prone to that? Would that potentially help in that scenario, do you think?

Ted Dreisinger: 05:49

I think it would, I mean, whiplash is something that typically, you know, it's sort of like that, that a knee reflex where have this single arc reflex and you tap the patellar tendon in your knee kicks out in, in a whiplash, or you have that reflex action when your head whips forward and then you reflexively extend. And typically what happens in that case as you tear a muscle and, and some tendon and, and some ligament, just from the reaction of the neck, trying to get back into the neutral position and it's, it's a reflex.

Ted Dreisinger: 06:20

But just from the standpoint of normal day to day activity. Yes. Keeping the head and the neck in balance, as a preventative. I think I know from clinical data that the patients would have cervical

headaches and have a trapezius pain all get better.

Ted Dreisinger: 06:39 Well, not all get better but mostly get better. When you strengthen the neck, so that implies to me that as a prevention tool it is a very valuable in anything that would cause impact. I think the biggest thing for a car crash, particularly if you have whiplash, is something that would minimize the forward flexion of the neck when you make that kind of impact. And again, it would depend on, you know, sort of on the intensity of an impact. That's a little bit of a different animal.

Ted Dreisinger: 07:05 But yeah, anytime you strengthen a muscle group, you're going to be able to protect that joint muscle complex much better.

Lawrence Neal: 07:14 And what, what do you, yeah, let's talk about the kind of protocol that you would recommend for strengthening the neck.

Ted Dreisinger: 07:23 Well, one of the great things, Lawrence, from my perspective is that your listeners already know the correct protocol. They just haven't applied it to the neck.

Ted Dreisinger: 07:31 And the correct protocol, meaning that what you do first of all is find out what your client can or cannot do. And I want to say this is something I've said every time we've gotten together, it's

important to understand that there's a difference between clinical assessment and strengthening, and a fitness trainer strengthening.

Ted Dreisinger: 07:51 In other words, you want to stay inside your scope of practice. You don't want to get into a situation where you are giving people advice about chronic neck pain. Having said that, of the strengthening of the neck safely is just a slow speed loading the musculature to momentary failure. In my opinion, or close to momentary failure, trying to find, an intensity of lifting through full range of motion from full flexion to full extension.

Ted Dreisinger: 08:21 And I'm talking about extension strengthening here, not flexor strengthening, extension strengthening. So, however that's done with a some kind of a weight suspended as you're lying prone on a bench for example, or whether you're in a high tech piece of equipment like the Nautilus or the MedX equipment that I've spent a lot of time with clinically, it's just a matter of loading the musculature safely through the full range of motion to, you know, to failure.

Lawrence Neal: 08:48 You talked there about flexion and extension, so rocking the head forward and backward. Do you also advocate lateral movement as well?

Ted Dreisinger: 08:57 Yes, of course.

Ted Dreisinger: 08:57 But with the lateral movement it's, it seems to be a little bit less important because the guy wires that sort of keep your head in lateral movement, are, are much less loaded than the cervical spine is from causing of your head to go into flexion.

Ted Dreisinger: 09:14 So yeah, of course. And good isometric, multi positional isometric strengthening on either side can be great, or loading, you have to lie on the side and put a a weight on the side to cause lateral flexion in either direction can also be quite good. But the main focus from our perspective has always been extension. The great thing about the MedX neck machine, and the great thing about the Nautilus neck machines are of course, you can load a resistance load through a variable resistance device, which is wonderful.

Lawrence Neal: 09:47 Yeah. And what is your take on, I mean obviously there are some people that don't have access to those types of machines because they can be quite cost prohibitive.

Lawrence Neal: 09:55 For me personally, I currently use a time static contraction protocol and I use my hands so I, so I guess you could call that, I mean someone might just call that manual resistance.

Lawrence Neal: 10:06 And I, so for the lateral side I'll do that. So I'll push the side of my head. And I'm taking much of this from [Drew Baye's project Kratos](#), a high

intensity training guide. And the other thing I do, which I find to be, I guess fairly effective, it's roll up a yoga mat and lay on my back and push my head into the mat, into the floor. And again, to do a time static contraction protocol where it's usually 30 seconds at 50%, 30 seconds at 75 and then 30 seconds as hard as you dare, as hard as you can. And then the same with flexion. So pushing my forehead into the mat on the floor. And do you agree that those protocols are just as effective as using some of those other more advanced machines or?

Ted Dreisinger: 10:55

Certainly. Well, nothing is better than having a dynamic load on some kind of device or having a head harness. And being able to lie supine and or prone and load with a weighted plate or something like that.

Ted Dreisinger: 11:11

Full range of motion through load is better than static. Having said that, isometric contraction will give you a benefit about 20 degrees on either side of the static contraction. So if you get stronger, let's say in a straight axial load, with your neck straight, and you're doing isometric contraction and holding your head with your hands behind your head at the occiput of your head, of your skull, you'll get a strengthening range, 20 degrees in front of that and 20 degrees behind it. Flexed and extended.

Ted Dreisinger: 11:46 So you do get a benefit. Static exercise and strengthening is a good way to do it, is safe. 50% to 100%, it's great. It's almost impossible if you load yourself carefully, I would say virtually impossible to injure yourself when you're doing an isometric contraction, as long as you don't impact into that contraction.

Ted Dreisinger: 12:07 In other words, if you don't jerk your head into it, but you hold yourself safely in that position, then it is virtually impossible to injure yourself. It can be done if you've got some pathology but it's very, very safe for clients.

Lawrence Neal: 12:20 Yeah, I agree. I don't know what you mean, because the way the time static contraction protocol was designed, is so that you're gradually increasing intensity. So to obviously avoid the possibility that you might injure yourself. Okay.

Lawrence Neal: 12:35 So you talked about some of the exercises there. You've mentioned MedX, Nautilus. You also mentioned what's that, lay supine? Is that laying on your back with a weight, over your head and then moving your neck and flexion? Is that what you mean by that?

Ted Dreisinger: 12:49 Yes, so I'm sure that, I don't know, I say I'm sure.

Ted Dreisinger: 12:55 Those listening to the podcast may have a table, stretching table or something that a person could lie on. So you just lie on something elevated from the floor, enough elevation to allow weight to dangle from your head. And so you lie with your shoulders on the mat, elevated mat, and then extend your neck back with a harness and a weight on it.

Ted Dreisinger: 13:17 And then you do flexion exercises or turn prone, which I'm more keen about, in a prone position, than doing cervical extensions on your load. And in fact, I don't know the listeners to this podcast, but some of them may be quite good at manual strengthening, that is to say strengthening without weights. I've got colleagues and friends who have done the professional athletic strengthening, not using any machines at all and just using your hands.

Ted Dreisinger: 13:44 And if, if anybody has ever had a partner that was knowledgeable and very good in manual strengthening, you will know that you get exhausted very quickly with people that are skilled in that area.

Ted Dreisinger: 13:56 So, so even somebody who's skilled in that, you can have them sit in and have the instructor hold the position of the neck while the client is moving, the neck back and forth. And sometimes

that can be valuable. I'm a real believer in touch and I think when you can touch somebody and calm them down they could feel your, basically, I'm just going to say it, feel your spirit.

Ted Dreisinger: 14:24 I don't know if there's a better way to stay it, your confidence, then you can manually strengthen somebody like that. And it can be really beneficial.

Lawrence Neal: 14:31 Yeah, I completely agree. And again a great workaround if one doesn't have access to some of the more high tech machines.

Lawrence Neal: 14:38 And just for those listening, there's a [pdf of a load of manual resistance exercises in the membership](#). I believe it's under personal trainer PDFs, and I'm not sure if there's a neck training protocol in there, but there's a load of manual resistance techniques, which are great work arounds. Especially when you're trying to, [crosstalk 00:14:58] yeah.

Lawrence Neal: 14:58 Especially when you know, you know, referring to I guess more of the new starters to this business who haven't quite acquired all the different pieces or equipment. And this is a great thing you can do in the meantime or even, you know, I know that actually, Discover Strength, even though they have loads of wonderful machines,

they actually still use a lot of manual resistance stuff. So they combine the two.

Ted Dreisinger: 15:21 Yeah. Every time we talk Lawrence, I learn a little bit more about the quality of work that you do and, when I was a younger guy, and got my PHD and began teaching university and working labs and things, I knew everything.

Ted Dreisinger: 15:35 And because I knew everything on that day and I was young and unafraid, like Fantine in Les Miserables, I, just, I dismissed things out of hand, because I knew everything and as I've gotten older and realized that I, in fact I didn't know anything.

Ted Dreisinger: 15:52 To the benefit, to my benefit from people who were very knowledgeable. I think it's wonderful that you've got [PDFs of manual strengthening technique](#). In fact, I'd love to see them. So I'm just just saying that even an old guy like me can learn new tricks. So that would be wonderful.

Lawrence Neal: 16:08 I'll definitely send that one over to you. And I appreciate what you're saying. It's very humbling.

Lawrence Neal: 16:13 I guess one of the issues, which, you know, some of the personal trainers listening to this may experience, and have certainly experienced in regards to the lower back as we discussed before, is maybe some of the resistance they get

from clients. Who are, you know, similar to lower back, concerned about injuring their neck. Or I don't want to, you know, put a load on my neck because I might injure myself. Or something like that. So, curious to know how in your experience you find it effective to help overcome client concerns, in terms of the way you communicate with them, and train them on neck strengthening equipment?

Ted Dreisinger: 16:52

Yeah. So the first thing is, the client has to believe that you're competent, so before anything is done. There are no techniques that will, that will compensate for somebody who's incompetent or just looks like a waiter at a restaurant bringing a meal.

Ted Dreisinger: 17:06

So the first thing is, there has to be an expression of confidence by the person who's delivering the service. The second thing is, and this is a troubling aspect for me, and we've talked about this on the spine and in other podcasts, Lawrence. There's a narrative that's put out by healthcare providers. And it's a very insidious, and not so necessarily loud voice, but it's one that gets, you know, it is pervasive into the mindset of people, that the neck is somehow very delicate. And, and because of that we have to be very careful about it because we might hurt it.

Ted Dreisinger: 17:41 Well, everybody listening to this podcast knows that when you don't activate a muscle, it atrophies and it will find its water level, meaning that what you don't ask your body to do it won't do. And it will go back to whatever water level it finds itself in and wherever point it finds itself comfortable.

Ted Dreisinger: 17:59 So I'm a 71 year old guy and I exercise and strengthen regularly for a couple of reasons. One is, I want to have a little bit of a margin that's more than my normal daily activity in case something happens so that I can be able to manage that. And secondly I used to do lectures all the time for, for older people and occasionally still do now that I am a geriatric guy myself. And, I would see people come in, these elder citizens come in and some would be shuffling and, and some would have canes in, some would walk pretty well.

Ted Dreisinger: 18:32 And I would always ask the ones that came in that walked well, and most of them were in their eighties. And I would ask them what they did and they would say they strength trained. To the person. It was strength training. And I would ask why. And they said, because I don't want people taking care of me until it's absolutely necessary.

Ted Dreisinger: 18:46 And so, so that goes to the back, the neck, the peripheral joint systems. It goes to the interactive gluteals and low back and multifidus and the lumbar, erector spinae and all the connections that we have all the way up our back end into our neck. People are afraid because the narrative is somehow the neck is fragile.

Ted Dreisinger: 19:11 Well, you know what, you're carrying about a 10 or 12 pounds, in our method of measurement, you guys are maybe three or four kilos or maybe more, lump around around on your shoulders every day.

Ted Dreisinger: 19:26 And every time you bend your head down, every time he turned your head sideways, every time you lean your head back, that thing is moving. And that's all it gets in the course of a day.

Ted Dreisinger: 19:36 So having the [inaudible 00:19:38], the client know that this is just part of what we do here. You know, this isn't anything special. We strengthen your body. The neck is part of that. And, and we do it because, you know, we'll give you more confidence in your daily lives. It will help you when you're driving. Trust me, when you're in a car for long periods of time, your neck won't ache quite so much. When you're lying on the couch and put your head on a pillow and you get up and you can't move your neck because

it's stiff from having been in a position for a long period of time, anything that increases blood flow, anything that causes a hypertrophic or some morphologic adaptation and muscle, how can that be bad?

Ted Dreisinger: 20:13 And by the way, yes it is safe.

Lawrence Neal: 20:16 Yeah. Well said. I think most trainers will probably leave neck train to the end of the workout. Mainly probably because in some cases, the neck will be used as I guess a stabilizer in certain multi joint movements. I guess it really depends on the workout. But I guess, you know, just just to say that, would you agree that like the lower back, it's not like the first exercise you're going to subject the person to. You're going to build trust and show competence in other exercises. They may be more comfortable with before putting them through a neck exercise. Is that?

Ted Dreisinger: 20:56 Yeah.

Ted Dreisinger: 20:56 So just to respond from a clinical perspective, you know, we would get people who have chronic neck pain or chronic back pain, have had it for long periods of time. And what we introduced then, we had a little bit more of a probably luxury, we would introduce it two or three machines at a time in our clinic. We wouldn't, we wouldn't bring them in and do a

total workout at all. And we would start them on machines that we knew that they would get confidence in very quickly.

Ted Dreisinger: 21:24

So, you know, we do lower extremities first, we start with the larger muscles and, and people would feel confident with that weight bearing, you know, quads, hamstrings, gastrocs. People walk around everyday. They climb stairs. Not just because large muscles or the smaller muscles might be a better model, but just because that's what people were used to.

Ted Dreisinger: 21:43

And then by the third session, we would have worked up through the cervical machine. And by that time, we would have people feeling confident and comfortable. And we could transition right in and just as if it was the, that most natural thing in the world. We very seldom had a patient say, I can't do that, unless, and this is really damaging. An orthopedic surgeon or a physio has said, be very careful of your neck. I know you've got neck pain. Be careful if you had a car accident you might be paralyzed for life, which is, which is the worst possible thing you could put on somebody, into somebody's mind because now they're afraid of everything.

Lawrence Neal: 22:19

Yeah. Quite quite sad to hear that is something that is quite, quite common. That kind of

mindset. You know, it's just something that came to mind is, you know, I remember when I would train my neck, at Keiser in London, years ago and they had a MedX neck machine. And I actually found it, whilst I can appreciate the amazing amount of engineering that went into that machine. I actually find it quite challenging to use cause it's, it certainly seemed, from my perspective, one of the most complex machines they've produced because it's so, there's so many settings.

Lawrence Neal: 22:57

So you really have to make sure you tailor it to the individual. Um, correct me. Cause if you don't, then that, well, I don't know. I mean it could feel very uncomfortable. You have to get that, the height of that head pad right. And you have to get all those settings correct. So have you got any pointers on how personal trainers should work with new clients on that particular piece of equipment?

Ted Dreisinger: 23:23

Well, yeah, as a matter of fact I do.

Ted Dreisinger: 23:27

If people listening to this have that sort of equipment. For example, I've got a swan neck meaning I've got quite a long neck, and when I go into flexion and extension, just a straight flexion to straight extension, and I've been on

that machine, we maybe many, many, many, many times over the years.

Ted Dreisinger: 23:44 It would be uncomfortable when I would initially do the load. But if I retracted my chin first, and when I say retracted my chin first, I mean it's sorta like this fellow standing at attention in the military, and raises his chin back. So if you can make that, imagine that imagination where you know, your top sergeant and you're standing in line and he says stand at attention and he says, soldier, bring your chin in , that's neck retraction.

Ted Dreisinger: 24:08 And I would begin the lift and then the next two or three or five or 10 degrees, I would be retracting my neck rather than extending my neck.

Ted Dreisinger: 24:17 Two things happen when you do that. You have a much better mechanical load, shifting load on that device, but also it increases your range of motion. So people listening to this can try this a bit later if they like go back and listen to it. If you'd go into full flexion, and then just keep your trunk stable, and then go on to full extension and find a spot on the ceiling. And I mean go in to full extension, as far back as you can and then, get that point on the ceiling and make a, you make sure you note that, and then retract your neck and do the same thing. And you will find, you get

an extra five, five or six degrees. You can see further on the ceiling back. So that's one thing we would do safely. But the other thing is quite good, is using TheraBand.

Ted Dreisinger: 25:01

And you know, you can put TheraBand in a door jamb. So if you put a knot on a piece of theraband and put it in the door when you're seated, and it's a very low tech way to strengthen the neck. Make sure that the TheraBand is at the level of the door, that sort of level with your chin or the band here to your occiput, the back of your neck and shut the door on that knot. Make sure you're putting a knot in and shut the door on, otherwise it might snap back and hit you in the face. You don't want that. And then put your hands against the door holding yourself. And if for me I would do retraction and extension, but, but just do extension against the TheraBand.

Ted Dreisinger: 25:41

And some of the clinical data that I'm happy to share with you have shown great results with the office workers, who've said long times behind computers, driving, and strengthening the neck has caused not only reduction in pain and disability but also longterm benefit over three years. So, it's a very inexpensive way and it's something you can send a client home with to do at home.

Ted Dreisinger: 26:09 Just like you would do in the gym. And you don't have to have an expensive piece of equipment and you get variable resistance. Cause when you're in flexion there's less and greater, greater resistance as you go into extension, it's not quite variable resistance but it's close.

Lawrence Neal: 26:22 Yeah. I'd love to hear, you hinted at some of the data around that that shows, perhaps illuminates the benefits from strength training the neck. Can you talk a little bit more about that?

Ted Dreisinger: 26:33 Yeah, sure. There's wonderful studies done in the nineties. In the first instance, we did some work in the, in the early nineties, with neck, chronic neck pain patients. And we have different diagnoses, which your listeners now know if they've listened to me in the past. The diagnosis really in this country are designed for reimbursement, not so much with good clinical judgment.

Ted Dreisinger: 26:53 We really don't know how to, we don't know what causes neck pain, just like we don't really know what causes back pain. But across three different diagnoses, we published a paper in Spine looking at increases in strength and pain reduction across, these patients using in that day a Nautilus machine because the MedX neck machine had not been made yet.

- Ted Dreisinger: 27:14 So it was a paper called changes, isometric strength and range of motion, and isolated a spine after eight weeks of clinical rehabilitation.
- Ted Dreisinger: 27:22 So that was a paper that we did. There are, is a paper by Bradford, a [randomized controlled trial looking at exercise, strengthening and a spinal manipulation](#). So, in those groups that did both exercise and spinal manipulation, the patients that had the strengthening, did much better than the patients that had sham microcurrent and manipulation alone. So strengthening was extremely valuable in reducing symptoms and increasing the functional capacity of the neck.
- Ted Dreisinger: 27:57 Another group that's done quite a bit of work, out of Scandinavia is a guy named Ylenin. Y L E N I N. I guess that's okay. He did quite a bit of strength training. First of all, [he isometrically tested people in a single position](#). So the value of course of MedX neck machines, and very few people have the testing machines, is that you can measure strength in multiple positions.
- Ted Dreisinger: 28:23 But this study just used a single upright axial load isometric contraction and then prescribed exercise based on that. Did a couple of a weeks of exercise in the clinic, and then sent the workers home with TheraBand, basically TheraBand for six months. And, in doing that,

they increased a isometric strength by 80%. They increased endurance radically. Whereas the control group, and this was a control group, showed a no increase in strength and no reduction in pain. The same group of guys then looked at, using the same kind of results, looked at longterm neck muscle training on pressure, pain threshold. And so there are some devices that they can use for pressure, on the traps and on the neck. And they use the trapezius and levator scapulae too, using a device called an algometer which to people here, certainly in our country is a relatively unknown device, but it's known in Europe.

Ted Dreisinger: 29:24

And it's used to look at pressure and discomfort by depressing the skin. Any rate, they did a 180 female office workers. They trained them for six months and then looked at them in three years. And it turned out three years later, there was no change in pain or disability. They reduced all of that. And part of that was because the women that got results in the beginning, they just kept doing the exercises at home and, and it was just using basically a TheraBand activity, to just strengthen the neck. Data also on headaches, the same group looked at headaches or, rather than upper thoracic musculature. There's a group of people, Thomas Chu, did a randomized

controlled trial looking at exercise in patients with chronic neck pain. They used a device, that was not a medical device, but it was a machine, that, that the neck was attached to that they could look at rotation, extension flexion, lateral flexion, where they could load somebody in those positions.

Ted Dreisinger: 30:33 And in doing that, they were able to show dramatic reductions in discomfort and, increases in pain. So, decreases in pain. I'm sorry, I should've said that.

Ted Dreisinger: 30:46 We did them post surgically in our practice. We looked at patients after they've had neck surgery and we were, we did quite well with that. My best patients. So this is just like a small case study. We didn't publish it, but she had broken her neck twice. She was an anesthesiologist and had broken her neck twice and was so terrified to move that, that you know, when you talked to her, she would wince, and getting her to believe that we get put her in a medics straightening device was something that took some time, but it was trust again, it was trust. And by the time we were done with her, I own the clinic, so after we did our clinical treatment, I just treated or free for a year, and at the end of the year she'd been a swimmer and had been afraid to get in the water.

Ted Dreisinger: 31:28 The neck was fused twice, so she couldn't rotate her neck, but she did have flexion and extension. And she was pain free at the end of the year and got her life back. She was no longer afraid to function in day to day life. So, you know, there's just a lot of, when you're careful, Lawrence, with the neck, there are good data showing that people respond well to strengthening that people would have symptoms from office worker, or people that drive trucks and cars for long periods of time. People get better when you strengthen the muscle groups that are under load and that's just, you know, everybody in this audience knows that. And the neck really is no different. It's just being careful and having the willingness and ability to provide trust to the client.

Lawrence Neal: 32:12 That was awesome. Thank you for that, and I'll try and find as many of those studies as possible and link them up in the show notes. Ted, if you're able to email any of those, that would be really helpful. I appreciate.

Ted Dreisinger: 32:27 Sure. I can send you a presentation that I put together, it'll have them all in.

Lawrence Neal: 32:36 That's great. Do you have any, because you covered quite a lot, I feel like we've covered most of the points, but is there any, any kind of parting thoughts, any words of wisdom that you want to

leave the listeners with on the topic of a strength training that the neck, I guess from a personal trainer's perspective?

Ted Dreisinger: 32:49 Yeah. I guess just to revisit the idea that you are in the business of selling yourself.

Ted Dreisinger: 32:55 That's what people in their own businesses do. They're selling, the product that they're selling is themselves. I would argue that everybody listening to this is the president and CEO of whatever company they are, meaning as an individual. So, Lawrence, you are the president and CEO of the Lawrence Neal corporation. And when you go out, whatever you do in your life, whatever I do in my life, you're not really representing any company that you work for. You're representing the main corporation, which is the Lawrence Neal Corporation. And you want that corporation to present the best product they possibly can. And so everybody is selling themselves and by the way, are competent in an area that will allow other people to invest their faith in the product that they're selling.

Ted Dreisinger: 33:42 A product that by the way will make their clients better. So I think the first thing is you just recognize that you are special. Recognize that you have a talent and, and get that perspective with the, with the client first and then use your

skillset. The neck is no different than any other muscle group. Gentle, careful, safe work.

Ted Dreisinger: 34:02 Don't extend beyond your scope of practice. That's really important. The worst thing you can do is tell somebody that's got neck pain and they say, my neck is bothering me, what should I do? And you say, well, try this. And then they tell some physio somewhere. And if that happens, you know, then then you're in trouble. So those would be the main things that I would, I guess I would say, and not as a provider of high intensity training. Not to be afraid of the neck. If you're afraid, people will know you're afraid. If you're not afraid, they will believe you and you'll have great results with them.

Lawrence Neal: 34:40 Awesome. And what's the best way for the members to contact you and find out more about you, Ted?

Ted Dreisinger: 34:46 We've talked about this before.

Ted Dreisinger: 34:49 I'm happy to have anybody contact me on my email. You've, you've got that available. I used to have a website. I do have a website for, for books that I've written, but they, they're not strength training books, they're more life, you know, guidance books and, so I, those are on Amazon and I've got a small website for that, but, you know, I'm an old guy. I see the runway and I'm

just delighted to be able to share my years of experience with people who are leaning in, in a great profession, a great, great profession.

Lawrence Neal: 35:24

No, I appreciate that. And I'll link to all that, and I certainly hope the runway's not too close because we can do a lot more, a lot more stuff like this together for sure.

Lawrence Neal: 35:33

Because I just learned so much talking to you. So no, thanks again, this has been great. Really appreciate you coming on again Ted.

Ted Dreisinger: 35:41

Well, my pleasure, Lawrence. And just, because you know, it could sound patronizing if I had my feet under under your table, but I don't, and I just want to say to the people that are listening to this, that I think what you're doing is a great service to people that are in high intensity exercise training and musculoskeletal strength and in general, and your willingness to, to do the right thing, to make sure you've got good data behind it. Is something that I hope that people that are listening to this recognize as a benefit to them beyond maybe at their understanding at this point, but later on they'll, they'll appreciate it even more than they do now.

Lawrence Neal: 36:18

Oh, they, they show their appreciation willingly. You know, obviously it's not free. So I feel like I am getting a lot of appreciation, but no that's

lovely of you to say Ted. And it lets me know that I'm on the right track, which is great. But look, thanks again and I will talk to you again soon.

Ted Dreisinger: 36:41

Cheers. Great to hear your voice, Lawrence, and hope to see you again sometime.