

*emBodyment-integrity through movement*

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**Newsletter**

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**Encouraging Longevity  
of Your  
Health and Well-Being Through  
Movement and Touch**

[www.emBodyment-itm.com](http://www.emBodyment-itm.com)

## NEW GLASSES

*MY PROGRESSIVE LENSES LEAD  
TO AWARENESS OF NECK  
TENSION*



Photos 1 and 2: The natural incline of my neck when wearing reading glasses. I am holding the book in my lap in #1 and in front in #2.



Photo 3: Reading with progressive lenses. Lifting my neck up and back, out of its natural cervical curve and compressing C1 and C2 while "tucking" my chin.



Photo 4: Another harmful position as I struggle to find comfort and read. I have pulled my head back and am rolling my occiput forward, stressing the muscular attachments along the base of my occiput.



Photo 5: Looking straight ahead through progressive lenses focusing at mid-range. I have tilted my chin up further than if I were looking straight ahead without my glasses, again compressing the muscles and vertebra of my neck.



Photo 6: Looking into the distance. Compression! It hurts my neck just looking at this photo.

One of the changes that occurs in aging gracefully is in the eyes. I just received a pair of glasses with progressive lenses. The poor optician trying to instruct me! The first thing I said in trying to focus on reading material was "This puts pressure on my first and second cervicals." No comment - I'm sure she didn't know what to say. As my instruction continued I was flabbergasted by the contortions I was putting my neck through in order to be able to see. I am sure I will get used to them (the glasses and the contortions), but right now they are a source of learning. I am asking my clients with neck and low back issues what kind of glasses they are using and watching very closely. And I am now wondering if the problems my mother had with her neck were also complicated by her glasses? Live and learn! I truly would never had thought of bifocals or progressive lenses as being contributors to strain and compression in the neck if I hadn't felt them myself. And if you are wondering, I am not wearing my new glasses very much.

April is almost over. Each month I say I'll get this newsletter out more toward the middle of the month and then I get to it later than ever. It was a full month. My North Carolina practice continues to grow and I am preparing to return to New York to teach "The Bartenieff Approach to Fascia" with John Chanik for the Laban/Bartenieff Institute of Movement Studies. <http://www.limsonline.org/programs-workshops>. I will also

be assisting in a CranioSacral Therapy I training for Upledger Institute, Inc. and, of course, visiting with friends and seeing clients. I am very much looking forward to this trip.

*Educating You in awareness  
of Your own body,  
its movement patterns and potential.*



Nationally Certified in Therapeutic Massage and Bodywork #003189-00  
Virginia Massage Therapy Certificate #0019007240  
New Jersey Massage, Bodywork & Somatic Therapy Certificate #26BT00007700  
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