



Annabelle

SAYS

My neck hurts

Do you know of a good yoga class?

I try a lot of different things

I'd do a 20 minute practice

THINKS

Will anything help this go away?

3 more clients today

I've already done this sequence three times

I can't afford to keep downloading apps

What am I supposed to do?

DOES

Works on the couch

Takes a break

Moves to the table

Neck rolls and shoulder shrugs

Asks her friends for suggestions

FEELS

Nothing seems to help

Uncertainty

This is going to keep getting worse

This is too vague

Pain is exhausting

GOALS

Reduce pain level

Develop a toolbox of effective options

Relief for neck specifically

PAIN POINTS

Free content on apps is limited

Lots of time on relief techniques but pain returns

Some exercises made her feel dizzy