

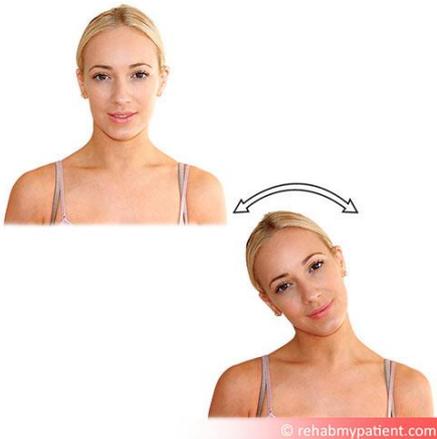
Neck Pain Information Hand-Out

PARKSIDE GROUP PRACTICE

The human neck can perform a wide range of movements. However, prolonged abnormal posture and repetition of certain movements can result in chronic fatigue and pain. The worst posture for your neck is holding it bent forwards for long periods of time. Neck pain may be acute (when it lasts for a short duration) or chronic (lasts for a long period). It has been estimated that about two-thirds of the population experience neck pain at some period of time during their life. Some of the factors that have been associated with increased incidence of neck pain include poor posture, anxiety, depression, neck strain and occupational- or sport-related activities.

Neck Mobility Exercises

Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck. Perform ten repetitions each side, three times per day.



Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmic. This exercise will help improve mobility to your neck. Perform ten repetitions each side, three times per day.

This neck extension stabilisation will do two things: improve your posture, and strengthen the muscles in your neck. Lie face down, tuck your chin towards your chest slightly, and maintaining your chin in this position, gently extend (arch) your neck. You will feel a stretch at the front and maybe the back of your neck. Breathe normally. Perform ten repetitions, twice per day.



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Some Useful Tips

Neck Care at Work

The simplest technique to relieve the neck pain is correction of body posture during work. Following steps can be practised to reduce neck pain.

- Use a forearm support while using the keyboard.
- Make sure your monitor is directly in front of you, so your neck is not rotated.
- Holding the neck in a forward bent posture for prolonged time results in neck pain and hence should be avoided.
- Furthermore, sitting in the same position for a prolonged time also results in neck pain. Shift your position slightly at regular intervals.
- Keep your computer screen high! (if you are not sure, raise it up 3 inches and see if your neck pain improves).
- Avoid regular use of an iPad or iPhone unless you hold it at head height.
- Avoid using a laptop while you have neck pain.
- Do not talk on your mobile phone or desk phone for long, unless you are using a hands-free kit as this will reduce the strain on the neck.

Cold Application

This can be achieved with the use of an ice pack or pack of frozen peas. Use them over the back of your neck wrapped in a tea towel, for 5 minutes three times per day. This is effective in reducing the pain and inflammation of the neck muscles and joints.

Heat Application

Applying a hot water bottle wrapped in a towel, or a wheat bag over your neck has been found to be effective in reducing pain, decreasing muscle stiffness, improving flexibility, and decreasing disability. Use it for 20 minutes up to three times per day.

