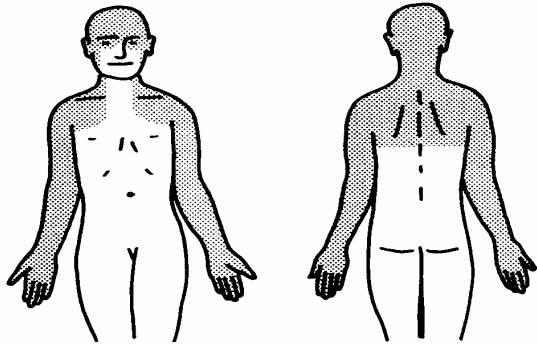


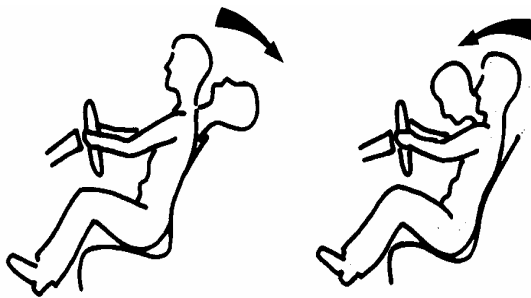
NECK PAIN

The pain be felt in the neck itself, or as aching across the shoulder blades, or down the arms. it can cause sensations of pin and needles or numbness in the hands and fingers, or give rise to headaches, which can become persistent and severe.



CAUSES

Direct Injury “Whiplash” type injuries can occur in circumstances such as motor vehicle accidents, or whilst playing sports.



Arthritic Changes

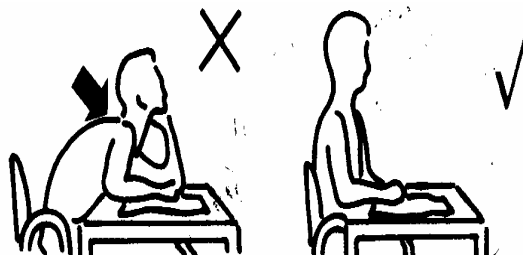
Arthritic/degenerative changes in the upper spine may cause pain in or around the neck region. This pain will be aggravated further by prolonged postural strain or injury.

Postural Strain

Persistent slouching of shoulders with the head poked forward.

*Child slouching at desk

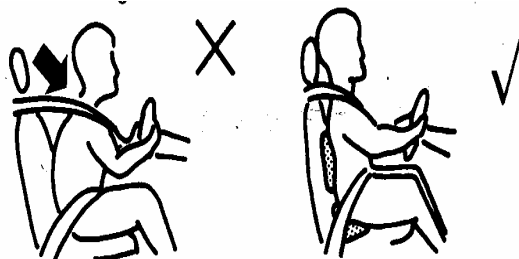
Avoid slouching in the chair. This will put undue strain on the back. Sit well back in the seat, support the low back where possible,



tuck the chin in and relax the shoulders.

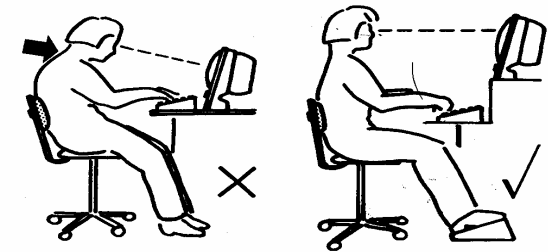
*Driver in a car

Avoid slouching in the seat. Back supported, chin tucked in, shoulders relaxed.

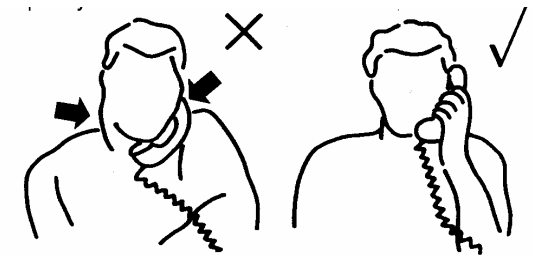


At the Office

Regularly interrupt prolonged static positions of the head and neck. Move about frequently, and correct posture. Use a sloping desk surface and document holder to avoid looking down constantly.



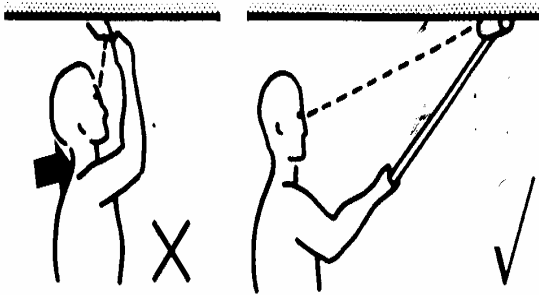
Avoid occupying the telephone receiver between ear and shoulder. Use the handsfree facility or hold the receiver in the correct



position. Change sides frequently.

Household jobs overhead

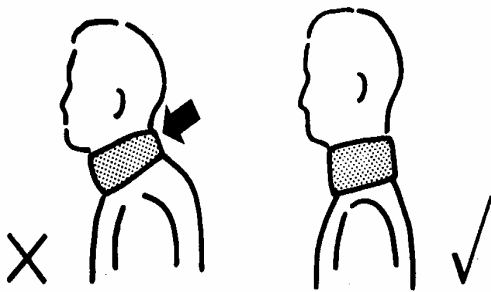
if cleaning windows, hanging curtains, painting etc, try and use a step ladder so that you are level with the job. prolonged reaching or looking up can cause pain in the shoulder and neck.



-Painting a ceiling

Neck collars

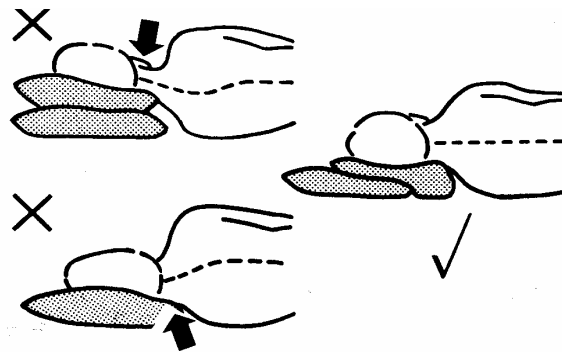
If you have been fitted with a temporary collar in order to rest the neck after injury or because of acute pain, avoid allowing the



head to drop, or the chin to sag over the collar, as this could aggravate the problem.

Sleeping

Ensure that the NAPE of your neck is fully supported by the pillows, and that the head does not sag lower than the neck, or is bent



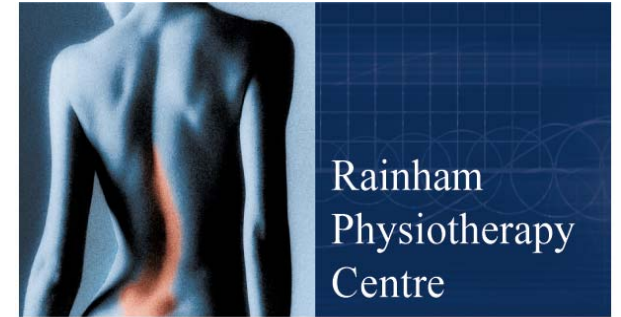
forward by too many pillows. Avoid sleeping on your tummy.

Exercises to relieve neck/shoulder pain

These should only be undertaken if advised by your Chartered Physiotherapist, who will then show you how to do them properly. Some exercises may be unsuitable for your condition and could cause further problems.

Correct posture

The chest lifted, shoulders relaxed, head inline with the body, chin tucked in. The neck should feel long,



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**NECK
PAIN**