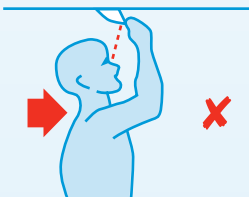


Household jobs

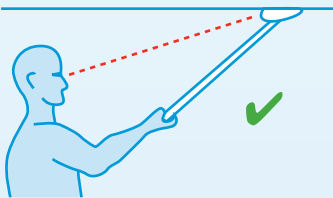
If cleaning windows, hanging curtains etc., try and use a step ladder so that you are level with the job. Prolonged reaching or looking up can cause pain in the shoulder and neck. It's not about the jobs you do, it's about the position of your neck.

If you have to do a particular job and you think it may cause you problems, take regular breaks and do some stretches.

Hanging curtains



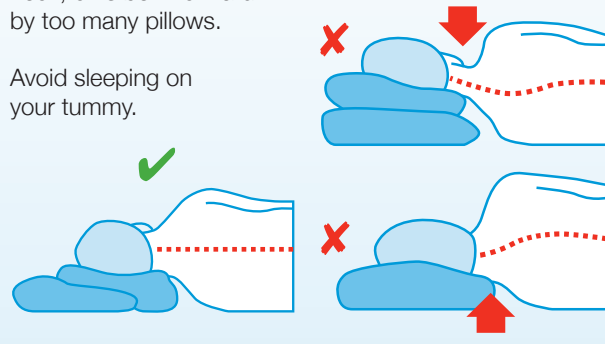
Painting a ceiling



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

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 therefore cause further problems.

Correct posture

The chest lifted, shoulders relaxed, head in line with the body, chin tucked in. The neck should feel long, straight and relaxed. Think tall.



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Care for your Neck

Tips to remember



Seeing us will make the difference!

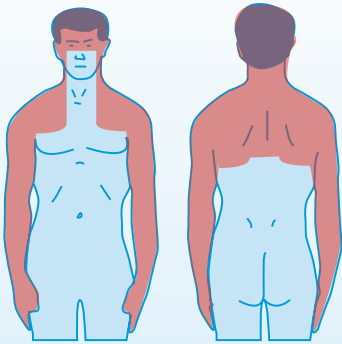
Seeing us will make the difference!

Neckache is often caused by everyday activities, habitual behaviour or repetitive postures. It doesn't always have to be a single traumatic event that causes pain but can also be an accumulation of poor management.

- Poor posture
- Repetitive movements
- Gardening
- Car maintenance
- DIY
- Housework
- Driving
- Lifting

Neck pain

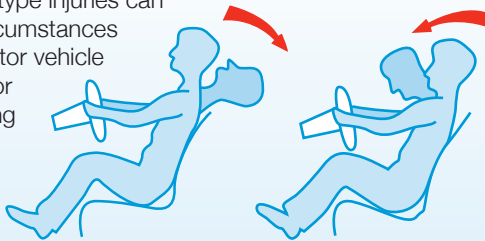
The pain may be felt in the neck itself, or as aching across the shoulders and shoulder blades, or down the arms. It can cause sensations of "pins and needles" or numbness in the hands and fingers, or give rise to headaches. These headaches can sometimes become persistent and severe.



Causes

Direct injury

"Whiplash" type injuries can occur in circumstances such as motor vehicle accidents, or whilst playing sports.



Arthritic changes

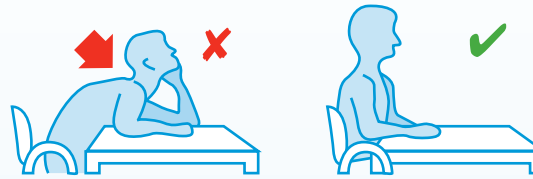
Arthritic/degenerative changes in the upper spine may cause pain in or around the neck region. This pain will be aggravated further by prolonged postural strain or injury.

Postural strain

Persistent slouching of shoulders with the head poked forward.

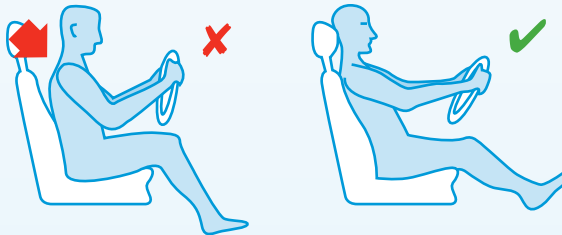
Child slouching at desk

Avoid slouching in the chair. This will put undue strain on the back of the neck. Sit well back in the seat, support the low back where possible, tuck the chin in and relax the shoulders.



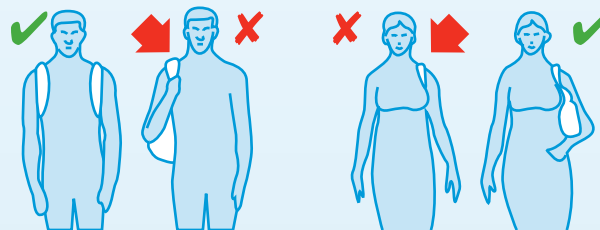
Driver in a car

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



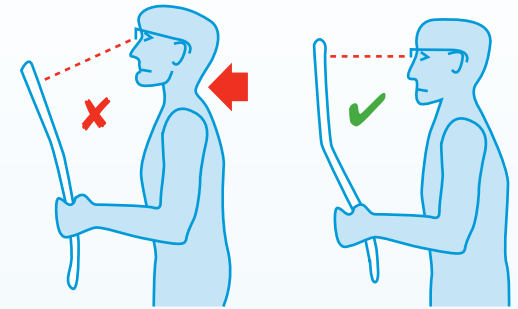
Wearing a rucksack or shoulder bag

A heavy bag carried on one side will drag the shoulder downwards and pull on the neck. Distribute the load evenly across the shoulders by using both straps of the rucksack. Support a bag from underneath.



Bifocals/half glasses

Avoid peering over the top of half glasses or bifocals.



At the office

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



Avoid cupping the telephone receiver between ear and shoulder. Use the loudspeaker facility, or hold the receiver in the correct position. Change sides frequently.

