



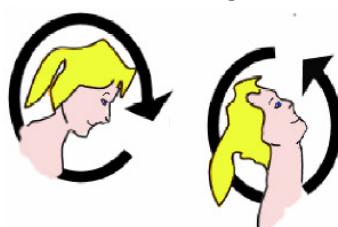
VCF PHYSIOTHERAPY
& SPORTS INJURY CLINIC

ADVICE FOR PATIENTS WITH NECK PAIN

- **It is important to maintain a good posture.**
 - Your head should not be sticking forwards from your shoulders, as this puts excess pressure on your neck joints.
 - Tuck your chin in and straighten your back, so your ear sits directly in line with your shoulders and your shoulders are in line with your hip.
 - Do not allow your head to drop forwards while sitting, working on a computer, watching television or driving.
 - Gently practice moving your neck forwards and backwards and turning it to the left and right. Movement is better than stiffness building up. If it is uncomfortable to move your neck, start with smaller movements and build from there repeating 2-3 times in each direction. DO NOT roll your head around and avoid quick movements. Seek advice if you have continued pain.
- **Avoid sleeping on your stomach, this places excessive pressure on your neck.**
 - Sleep with 1-2 pillows trying to keep your head in line with your body.
- **Avoid heavy lifting, pushing or pulling while you have pain and if it causes your pain.**
- **If you are in a lot of pain review with your pharmacist or GP for some painkillers or take the medication that you would normally take for a headache (regularly as prescribed).**
- **Use an ice pack wrapped in a tea towel for 25 minutes up to a maximum of hourly.**
 - Use the ice pack to reduce muscle spasm and help ease discomfort.
 - Do not expect it to clear your pain- just ease your symptoms.
- **Healing takes time- LOOK AFTER YOUR BODY.**

Physiotherapy Treatment can include:

- Joint mobilisation and manipulation
- Soft tissue massage
- Traction
- Ultrasound and electrotherapy
- Acupuncture
- Strengthening and mobility exercises
- Postural and self management advice



Please contact VCF Physiotherapy for further advice or information.