

# PREVENTING NECK PAIN

As the neck is so mobile and balances a heavy head on top of it, it can be easily strained. The most common causes of neck pain include:

**Injury, resulting from motor vehicle, sports or occupational accidents. Examples include 'whiplash' and muscle strains.**

**Postural problems, such as slouching your shoulders, sleeping with your head in an awkward position, or working with your head in an awkward position (most commonly down) for long periods.**

**Below is some useful advice to help you control and prevent neck pain:**

## POSTURE

- Think tall, chest lifted, shoulders relaxed, chin tucked in and head level.
- Posture should be stable, balanced and relaxed.

## SLEEPING

- If you are a side sleeper, a pillow with adequate support is important, and a contour to support under the neck is advised.
- If you are a back sleeper, a small pillow is recommended to focus the support under your neck area as feels comfortable.
- Avoid sleeping on your stomach.

## RELAXATION

- Recognise when you are tense. You may be hunching your shoulders or clenching your teeth without realising it.
- Only when we are aware of tension can we work to release it. Mindfulness meditation can help.

## WORK

- Avoid working with your head down or to one side for long periods. Frequently stretch and change position.



### HOW CAN PHYSIOTHERAPY HELP?

A physio will be able to determine the source of your neck pain and treat it.

***They may use:***

- Mobilisation.
- Manipulation.
- Functional and rehabilitative exercises.
- Encouraging normal activity.
- Postural assessment, correction and advice.
- Laser, ultrasound, electrotherapy and heat treatment.
- Advice regarding work role modifications, if required.
- Massage.

**FOR MORE INFORMATION GO TO  
WWW.TRADIESHEALTH.COM.AU  
AND SEE THE RESOURCES AVAILABLE.**

