

A guide for patients with postural neck pain

About the condition

The human head weighs about five kilogrammes. When the head is sitting centrally on the neck, the stress on the neck is minimal. However, when the head is poking forward or when the neck is flexed, the weight of the head multiplied by the distance from the body results in considerable stress on the neck.

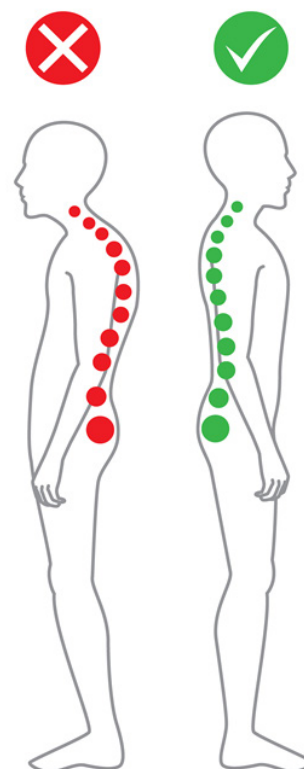
For every inch that the head moves forward over the body, it increases the weight of the head on the neck by almost five kilogrammes. The joints, discs, ligaments and particularly the muscles become chronically loaded.

Symptoms

- Pain.
- Restriction in movement, for example difficulty turning head to reverse car.
- Pain referred to head, shoulder or arm.

What you can do to help

- Always maintain good posture.
- Avoid staying in one position for too long. Keep moving.
- Take care when lifting or carrying as it can put a strain on your neck.
- Regularly carry out the exercises over the page as indicated by your physiotherapist.



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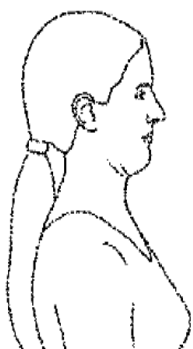
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Exercises

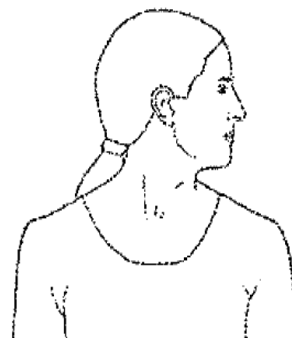


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Sitting straight-backed.

Pull your chin in, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck.

Repeat _____ times.



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Sitting.

Turn your head to one side until you feel a stretch. Hold approx.

_____ secs. Repeat to other side.

Repeat _____ times.



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Sitting.

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx.

_____ secs. Repeat to other side.

Repeat _____ times.



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Sitting.

Bend your head forward until you feel a stretch behind your neck. Hold approx. _____ secs.

Bend your head backwards until you feel a stretch in the front of your neck. Hold approx.

_____ secs.

Repeat _____ times.

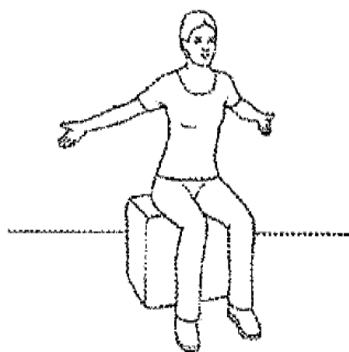


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Sit on a chair with your fingers clasped behind your neck.

Lean the affected part of the thoracic spine against the back of the chair so that the chair supports the lower of the vertebrae to be mobilised. While inhaling push your shoulders over the edge of the chair, at the same time lean back to straighten the spine.

Repeat _____ times.



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Sit with your back straight and feet firmly on the floor.

Pull your shoulder blades together while turning your thumbs and hands outwards.

Repeat _____ times.