



## Neck Advice

CA1

### Keep active

- Generally it is best for you to try to keep as active as possible in the day.
- Try to maintain as much of your normal daily routine as you can whilst managing this problem.
- Try not to stay in one position for too long.

### Medication

 - can be a very useful part of managing your neck pain.

- It can help you to maintain gentle activity and daily routine.
- Taking your pain-killers regularly, as prescribed, is likely to help relieve symptoms and enable a quicker return to normal activities.
- You can seek further advice from your GP or local pharmacist.

### Use of heat or cold

- Heat or cold can help to decrease pain and muscle spasm
- You may need to test both of these to see which one gives you the best relief
- Mild heat – hot pack or hot water bottle wrapped in a towel, put around your neck and shoulders for about 15 - 20 minutes.
- Cold – ice pack or frozen peas wrapped in a towel, on for about 20 minutes.
- Remember that both heat and cold can burn your skin. Make sure you check that you can feel the temperature and check your skin.
- These can be used when in a resting position.
- Do the neck exercises during or after this

### When you are resting or to sleep at night it might be useful to try the following:

- Try rolling a towel or scarf up so the roll is about the size of the palm of your hand.
- Loosely tie the roll around your neck so that the curve of your neck is supported when you lie down.

**OR**

### Butterfly Pillow'

- Tie your pillow around the middle so that it is shaped like a butterfly.
- Rest your neck in the middle part so that the 'wings' support your head.



## Posture

- The spine has natural curves that support your body
- When we are in pain we tend to adopt positions that don't always support these curves.

This can cause you problems later.

- When sitting try and keep an upright posture. Try to keep your back supported to maintain these natural curves by keeping your ears, shoulders and hips in line. When sitting you may need a small cushion behind your back to give added support e.g. A rolled up towel can be placed in the small of the back to give support whilst sitting on the sofa or in the car. This will help to keep your neck in a good position.

## Other ways to keep good neck and back posture during daily activities:

- Try not to do too much bending or stooping for prolonged periods.
- Be aware of the different heights of workstations, ironing boards, sinks and basins that may encourage you to stoop.
- Try not to over-stretch; move closer to the object or organise shelves so that everyday items are easy to reach
- For low level activities bend your knees or kneel down.
- When travelling for a long time, take regular breaks and stretch.
- Showering puts less pressure on your neck than sitting in a bath.
- Try to wash your hair in the shower rather than washing it over the bath