

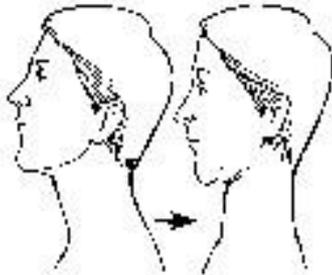
Rehab Advice

Neck & Shoulder Pain Advice

Keep active	Go about your normal daily activities, even if it is painful for you to do so
Stand tall 	<p>If your neck or shoulders are sore you may hunch your shoulders and poke your chin forwards. This poor posture will increase the tension in your shoulders and will make you feel worse, as your shoulder muscles will be supporting the weight of your head!</p> <p>Stand tall. Lift your breast bone up and pull your tummy in a bit. Your head should be balanced over your shoulders and your shoulder muscles should relax a bit.</p>
Don't sit for too long without a break 	<p>Sitting may feel comfortable but many people with neck and shoulder pain find their neck is sorer after sitting for too long.</p> <p>When you need to sit use a cushion to support your low back. This will help you to keep your neck in a neutral posture.</p> <p>Only sit for 10 minutes at a time before getting up to stretch and walk around.</p> <p>If you work in an office it is important to check that your computer workstation is set up correctly.</p>
Exercise 	<p>Exercise is good for your neck and shoulders! Many people get these problems because they are too sedentary. You can help prevent a recurrence by learning and following a regular exercise programme to keep your neck, shoulders and trunk supple and strong.</p> <p>The 6 exercises overleaf are basics to help you recover from an episode of neck pain. A course of physiotherapy treatment can also speed your recovery from neck pain.</p> <p>If you have a sedentary job, such as office work, regular aerobic exercise is important to keep you fit. It will also reduce tension in your neck and shoulders and help prevent recurrence. Choose exercise or activity that you enjoy, such as walking, swimming, cycling or going to the gym or an exercise class. Aerobic exercise that works the arms hard is particularly good for neck pain.</p> <p>If you have recurrent neck or shoulder problems it is advisable to see a physiotherapist to learn what you need to do for your particular problem.</p>

Basic Neck and Shoulder Exercises

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Do all the exercises slowly within your comfortable range of movement

1. Begin sitting or standing naturally
2. Tuck your chin in and pull your head straight back. Keep your eyes level
3. Hold 3 seconds
4. Repeat 3 times. Do this exercise every hour.



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1. Sit or stand with hands behind neck as shown
2. Bend neck and shoulders backward until a stretch is felt
3. Hold 3 seconds
4. 3 repetitions, regularly through the day



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1. Lie on back with thin towel roll at base of skull
2. Tuck chin so that you feel a stretch in the back of your neck and the base of your skull and you make a double chin
3. Hold 3 seconds
4. 3 repetitions



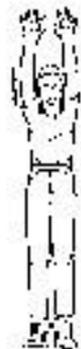
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1. Sit or stand with good posture
2. Keeping face forward, tip right ear toward right shoulder then your left ear towards your left shoulder
3. 3 repetitions to each side



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1. Sit or stand with good posture. Tuck your chin in as in exercise 1
2. Turn head to the right then to the left keeping your chin in
3. 3 repetitions to each side



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1. Stand on tip toes, arms overhead as shown
2. Reach upward as though trying to make yourself taller
3. Hold 5 seconds
4. 3 repetitions