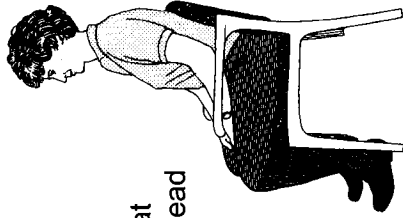


Sitting

Adopt the correct sitting posture at home and at work. Try not to sit for long periods with your head and neck bent forwards or turned to one side. Modify your chair and/or desk height to suit you.



Exercise

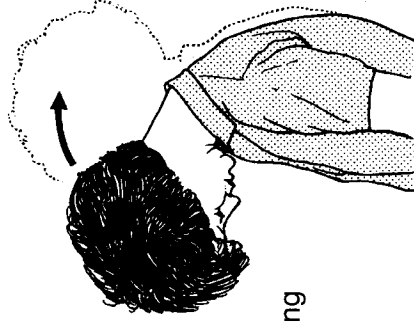
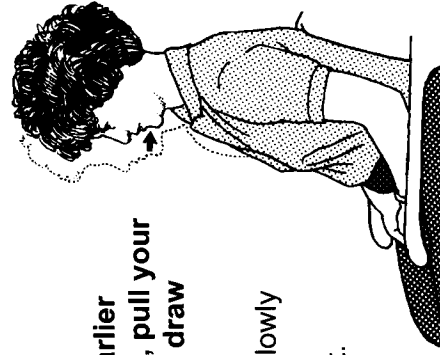
In order to keep the joints in your neck healthy it is important to maintain their mobility and to keep the muscles which support and protect your neck strong.

You may feel pain while you are exercising but this should ease off within 10 - 20 minutes of finishing and not be severe. If the pain does not settle within this time, moderate the exercises accordingly next time you do them.

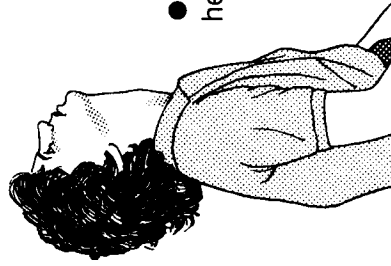
Exercises to do sitting down

Adopt the good posture in the earlier diagram - tuck your chin in gently, pull your shoulders gently back and down, draw yourself up straight and tall:

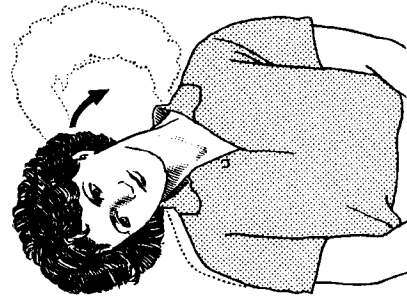
- Keeping your chin tucked in, slowly move your head backwards, looking straight ahead during the movement.



- Lower your head forward and bring your chin close to your chest.



- Lift your chin up and tilt your head backwards.



- Bend your head sideways moving your ear towards your shoulder.

Neck pain

The vertebral column is made up of a number of irregular bones called vertebrae. The vertebrae are firmly connected by ligaments, muscles and intervertebral discs, and are able to move a small amount on one another. Pain can arise from all of these structures but it is rare for pain to indicate serious injury.

Whatever the cause of neck pain, the correction of faulty posture is very important. Conscious effort must be made to avoid unnecessary strain whether you are standing, sitting or lying.

Things to try

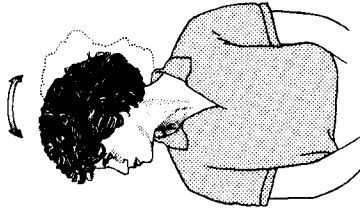
Standing

- Tuck your chin in, pull your abdomen in, stand with a hollow in the small of your back, do not slouch and avoid bending forward for long periods eg. over a sink.

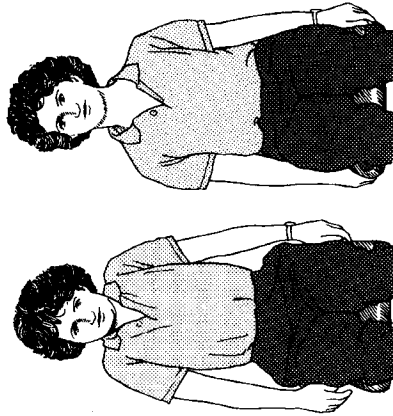


Lying

- Do not sleep on your stomach. Sleep with your head in a position so that your neck is in a straight line with your body. You can try a butterfly pillow by tying a piece of string around the middle of a soft pillow. Lie with your head in the hollow that this creates.



- Keeping your body still, turn your head to look over your shoulder.



- Lift your shoulders up to your ears and then relax them down.

Repeat all these movements 3-10 times.

Useful tips

Stay active
Keep moving
Keep fit

If your symptoms persist or worsen you should return to your G.P.

Injury to different structures will present in different ways and you may require a referral to physiotherapy to identify the correct management for your condition.

**The bones and joints
in your back and neck**

