

## CARING FOR YOUR NECK

It is very important that you adapt your lifestyle when you have neck problems. In this chapter you will receive advice on proper positioning and what to avoid or change in and around the house to protect your neck. Thereafter you will find an exercise program that includes correcting the posture of your spine, stabilising the neck muscles, mobilising the neck muscles and joints, and strengthening the neck muscles.

### General Advice

Try to avoid any quick or sudden neck movements.

Do not keep your neck in one position for prolonged periods.

When you have neck pain, it helps to apply heat to your neck. Use a hot pack or a hot water bottle.

Try to sleep on your back or side and preferably on the side that is not painful.



Do avoid sleeping on your stomach. When sleeping on your side or your back, keep your neck straight by shaping the pillow to support your neck.



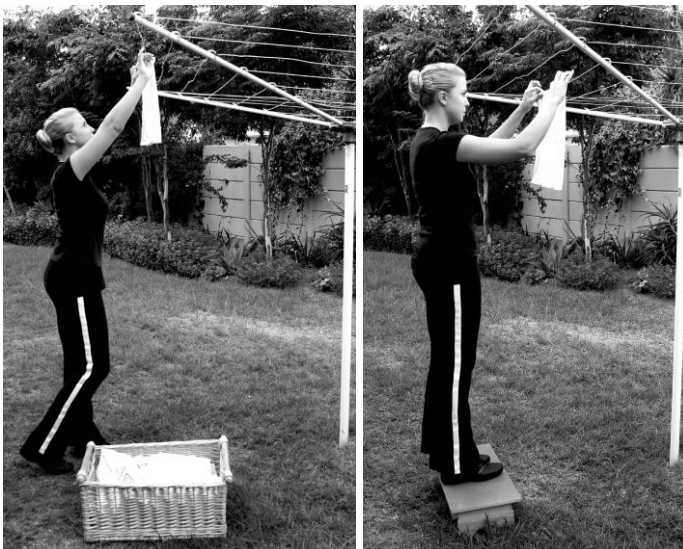


Avoid sitting in bed with your legs straightened and it is important to sit at a table or over the edge of the bed when reading or eating and do not read whilst lying in bed.





Try to avoid performing activities above the level of your head and rather use a footstool if it is necessary to work above the level of your head.



When hanging washing, use a little footstool instead of stretching above our head.



Sit on a chair with proper back support. Make sure you sit up straight and do not slouch as in the picture on the right. Avoid sitting in deep chairs as it places extra strain on your neck.