

Neck Pain

Physiotherapy management

Depending on your medical condition and the causes of your neck pain, physiotherapy, a non-operative method for managing this common condition could be a possible pain management treatment for you. Your condition can improve over time through pain management strategies such as adopting good posture and performing suitable neck and shoulder exercises as advised by your physiotherapist.

Tips for managing neck pain

1. Posture and movement:

- **Pace yourself** while performing daily activities such as household chores or working at a desk. Gradually increase the duration or intensity of such activities, each day. Moderation is key and you should avoid over-exerting yourself or adopting a sedentary position such as complete bed rest.

2. Pain management:

- Apply either a hot or cold pack for 10-15 minutes over the area of pain. Do not place the hot or cold pack directly onto your skin. Ensure that you wrap the hot or cold pack with towels to prevent skin burns. Do not apply a cold pack immediately after a hot pack, and vice versa.

- You may take the painkillers prescribed by your doctor when necessary.

3. Posture and movement:

- Sitting with your head supported may help provide some relief and alleviate the worsening of neck pains.
- If you are working at a desk for prolonged periods of time, it is recommended for you to get up and stretch every hour.
- Perform simple neck mobility exercises at your desk and avoid retaining the same posture for prolonged periods of time.

Exercises

Perform the following exercises to strengthen the neck and relieve muscle tightness around it. You may scan the QR Code to see a video demonstration of all the exercises listed below.





Neck Rotation

- Turn your head towards the right shoulder and hold for 3-5 seconds. Return to midline. Repeat with opposite side.
- Complete 10 repetitions, 3 times a day.



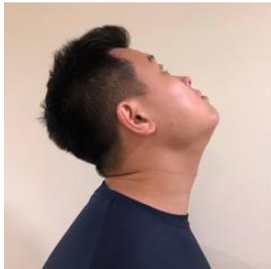
Neck Side Flexion

- Without moving your shoulder, bring your right ear towards your right shoulder. Hold for 3-5 seconds.
- Return to starting point and repeat on the other side.
- Complete 10 repetitions, 3 times a day.



Shoulder Rotations

- Lift your shoulders up towards your ears and roll them back.
- Complete 10 repetitions, 3 times a day.



Neck Flexion and Extension

- Tilt your head upwards to look at the ceiling.
- Tilt your head downwards to look at the floor.
- Complete 10 repetitions, 3 times a day.

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A Spine Care in the Community (SpineCom) initiative supported by:



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