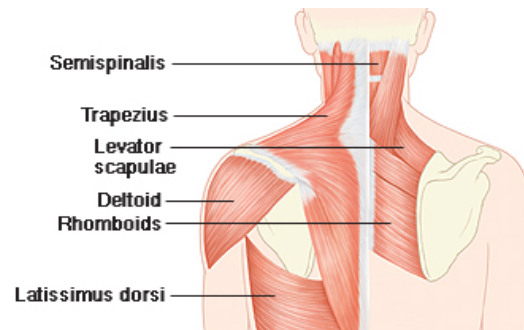


Neck Class

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How Body Reacts to Injury and Pain

- Postural Muscles (Core) become Weak.
 - Deep Neck Muscles
 - Shoulder Blade Muscles
- Movement Muscles become Tight.
 - Long Neck Muscles
 - Sub-occipital Muscles



What you need to do to be successful

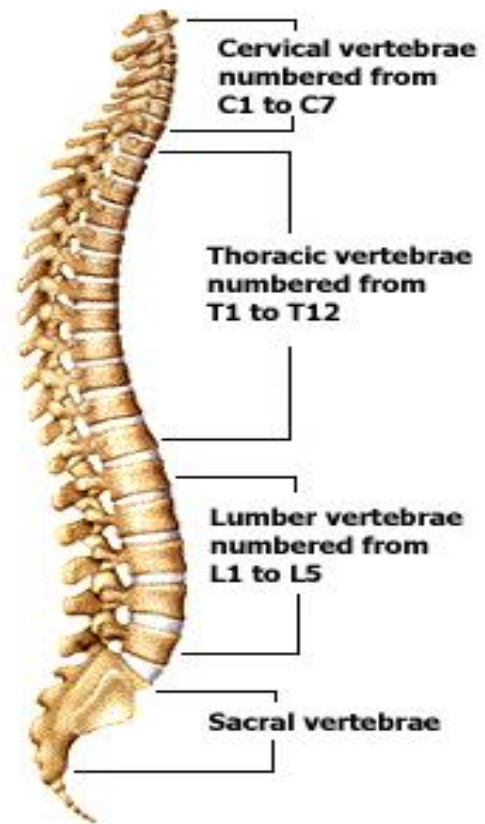
- Be consistent with your Exercises
- Avoid Bad Posture and Movements
- Take your Medications as prescribed
- Live a Healthy Life Style
 - Eat properly
 - Get adequate sleep
 - Control Stress
 - Control weight
 - Control other health issues (Diabetes)
 - Quit Smoking

Managing Flare-Ups

- Cold vs Heat
- Maintain neutral spine
- Change positions frequently
- Walk short distances
- Assume positions that reduce symptoms
- Movements to **decrease** pain: Chin Nodding
- Take medication as prescribed

Heat or Ice

- Ice –reduces swelling which can help with your pain (see handout for ice pack recipe).
- Heat – best for stiffness or chronic pain– never use on recent/new injury. Never sleep on a heating pad
- Use a towel between skin and ice pack
- Use heat or ice for 10-15 minutes, several times each day



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Sitting Posture

- Head: Over shoulders, eyes level
- Shoulder: Back, not rounded
- Pelvis: Hold in mid-position, maintain neutral spine
- Knees: At or below hip Level
- Feet: Shoulder width apart, with weight evenly distributed



Sleeping Positions

- Pillow under your head for support that is not too big or small
- Second pillow between knees if you are on your side or under your legs if on your back
- **Avoid sleeping on stomach**
- Sometimes it is good to lie down during the day to rest your neck



Work Station Ergonomics

- Head balanced above neck and shoulders
- Elbow angle at 90 degrees
- Hip angle at 90 degrees
- Knee angle at 90 degrees
- Eye height at top of monitor
- Document holder in line with and just below monitor



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Cervicogenic Headaches

Headaches caused by tight muscles in the back of your neck.

Friction massage



Stretching



Trigger Points

Many areas become tender and tight secondary to STRESS, prolonged tension, and pain.

Rubber ball



Pressure massager



Exercise Guidelines

- Success comes from being consistent.
- Avoid reacting too much to daily changes
- If you are having a “bad day” do gently exercises
- Do not increase exercise just because it is a “good day”

Cardiovascular Exercise

- Begin a walking program
- Walk daily
 - Start at a time distance that you can complete easily – 5 to 10 minutes.
 - Increase distance/time every 10 to 14 days
- Your goal is to reach 20 to 30 minutes of walking each day



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Neck Class

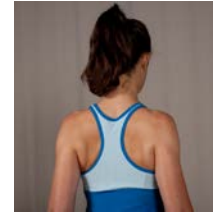
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Hourly Program

Perform 2-3 repetitions every hour

Shoulder Blade Squeeze

- Bring your elbow back and squeeze your shoulder blades together.
- Strengthens the muscles between the shoulder blades and stretches the muscles in the front of the chest.
- Hold for 5-15 seconds



Chin Nodding

- Gently bend your neck as if nodding “Yes” or “Uh-hu”
- Hold for 5-10 seconds



Rotation Motion

- Turn your head slowly to each side
- It is ok to feel a tightening in the muscles
- You can use a towel to decrease pain



Side Bending Motion

- Gently bend your head to the side, avoid pain.
- It is ok to feel a tightening in the muscles.
- You can use a towel to decrease pain



Forward and backward bending

- Gently bend your head forward and backward, avoid pain
- It is ok to feel a tightening in the muscles.
- You can use a towel to decrease pain



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Stretching Exercises

- Repeat stretching for 2 to 3 minutes total
 - Hold 20 seconds
 - Relax 10 seconds
- Stretch gently; feel gentle stretch in muscle
- No pain or lingering discomfort
- Repeat daily

Doorway stretch

- Stand in an open doorway
- Place forearms along frame with elbows at shoulder height
- Gently shift your weight onto your front leg
- You should feel a stretch across your chest



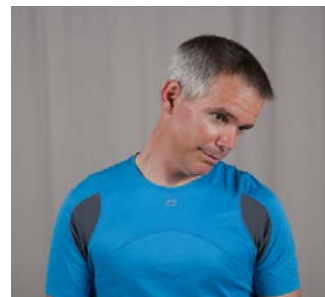
Upper Trapezius

- Tip your head to the side
- Bend your head forward
- Turn to the side you are stretching



Levator scapulae

- Tip your head to the side
- Bend your head forward
- Turn away from the side you are stretching



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Strengthening Exercises

- Perform 3-4 times per week
- You should not have any pain when doing these exercises

Head nodding

- Start position: lie on your back with a towel under your neck
- End position: gently tuck your chin down (as if you are giving yourself a double chin)
- Hold for 10 seconds
- Perform 10 repetitions

Start



End



Hands behind head

- Place your hands behind your head
- Gently squeeze your shoulder blades together and press your elbows back
- Hold for 5-10 seconds
- Perform 10 repetitions



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If you continue to have pain or at any time within the next 60 days would like to see a physical therapist for a one on one appointment for this problem please call (510) 248-3200 to set up that appointment.

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