

Neck Class

Kaiser Fremont Physical Therapy Department
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If you have neck pain your doctor or your physical therapist may schedule you for the neck class. This class will teach you how to manage or decrease neck pain by use of improved body awareness, proper body mechanics, exercises and self care. It is a one-time only class.

FREQUENTLY ASKED QUESTIONS

- **Shouldn't I be seen one-on-one with a Physical Therapist in order to get better?** Many patients with neck pain improve with education about the use of proper posture, proper body mechanics, specific neck exercises and education about self care.
- **What if my neck does not get better?** You should follow the exercises and instructions from the neck class for 2-3 weeks and if your pain does not get better you should call the Physical Therapy Department for further Physical Therapy options. If your neck gets worse you should call sooner.
- **Can I reschedule my class appointment?** If you are unable to make the scheduled class date call our department to schedule a more suitable date.
- **If I am late can I still attend the class?** You are welcome to sit in for the remainder of the class if you are late, although you will miss some components of the class like self care and posture. If you are more than 30 minutes late it is recommended that you reschedule so that you may participate in the full contents of the class.
- **How long should I continue the exercises?** Continue doing the exercises as long as they are helpful and feeling better.