

Myofascial Pain Syndrome

Neck strain

What is it?

Pain in the muscles of the neck caused by overworking, repetitive movements or poor posture.

What does it feel like?

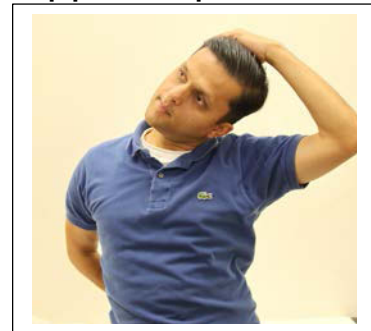
Pulling, aching, or tightness on one or both sides of the neck. The pain can come while sitting still or with neck and shoulder activities.

What to do:

Stretch tight muscles, use positions that give muscles rest, do exercises for posture, and change your work set-up.

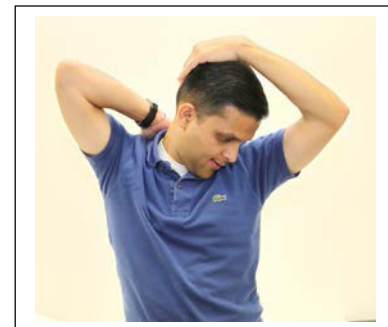
Exercises:

1) Upper trap stretch



- Lean head / neck to side and hold for 30 seconds.

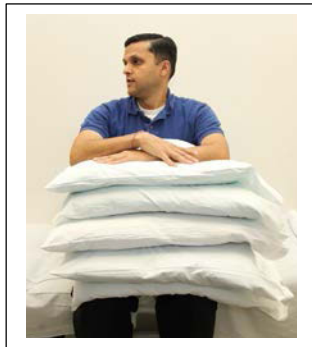
2.) Levator stretch



- Turn head to side and look down. Bring other arm behind back. Add gentle pressure and hold for 30 seconds.

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- Sitting with pillows in lap, sit upright and turn head right to left. Repeat 10-15 times 2 x day.



- Whenever sitting, remember to align your shoulders over your ears and keep your neck slightly tucked in.