

Pt Sticker or, complete the following

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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DOB: \_\_\_\_\_ Ph: (h): \_\_\_\_\_

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## Physiotherapy

# Acute Neck Pain

Neck pain is very common with around 80% of Australians experiencing at least one major episode during their adult lifetime. Most neck pain conditions resolve quickly, often within 10 - 14 days. Because the neck is a complex structure consisting of numerous nerves, muscles, ligaments and joints more than one structure is likely to be contributing to your pain. So, a specific diagnosis for the cause of neck pain is often difficult to make, but as long as serious causes of pain are excluded, the exact cause of the pain is *not required* to effectively treat your neck.

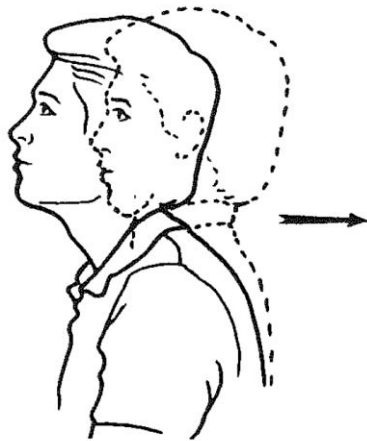
### The following advice will assist you in gaining as quick a recovery as possible:

- Stay active within your pain limits and continue your daily activities as much as possible. A common mistaken belief about neck pain is that you need to rest and avoid activity for a long time. In fact, long periods of bed rest are NOT recommended. Controlled movement will not cause harm and pain does not necessarily mean you are causing damage. Slow gentle movements will alleviate joint stiffness and muscle tightness/spasm, thereby reducing your pain.
- Take the medication as prescribed by your Doctor or authorised health professional. . Remember, reducing the pain will allow you to move more easily.
- Try to avoid staying in one position for long periods. Alternate between standing, sitting and lying. When moving from sitting to standing - move forward to the edge of the chair, push through your legs as you stand whilst looking forward. When moving from lying to sitting - roll onto your least painful side and pushdown through your arm as you sit up.
- Watch your posture. Try not to slouch. Always look forward and place a support (eg. rolled towel) in the small of your back when driving or sitting.
- Be careful when lifting and carrying - ensure the load is not too heavy or large, kept the load close to your trunk and avoid twisting.
- Sleep in side lying with one pillow between your legs and rest your top arm on another. If you prefer to sleep on your back, use only one pillow under your neck and another under your knees.
- Once your neck pain has settled, resume general low impact exercising such as walking, stationary cycling, or swimming. Performing these forms of aerobic exercising will promote healing of the injured tissues and over time will assist in weight loss, known to reduce the likelihood of recurring spinal pain.
- If you saw a physiotherapist in emergency, follow their additional advice and complete any exercises as they prescribed.

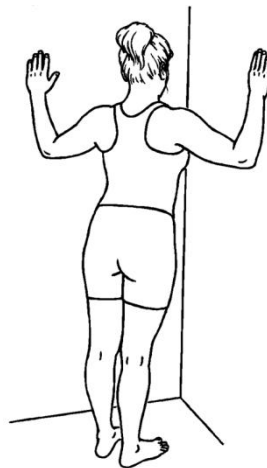
*If you experience symptoms of dizziness, blurring of vision, severe headaches, difficulty with speech or swallowing, widespread head, face or neck numbness or weakness in more than one limb immediately visit your doctor or nearest emergency department.*

Physiotherapist \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_/\_\_\_/\_\_\_  
(Name & Designation)

*If you require further physiotherapy either seek private options through the yellow pages or contact the Community Health Intake by phoning (02) 6207 9977.*



Pull head straight back, keeping jaw and eyes level  
Hold 7 seconds, repeat 5 times.  
Do 3-6 times a day.



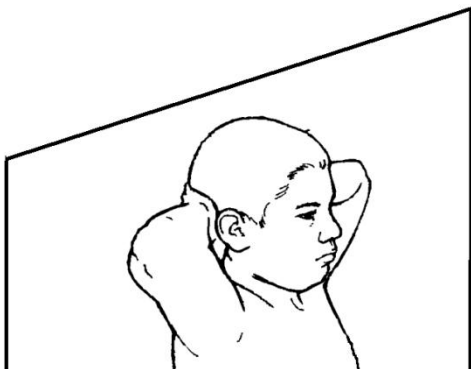
Stand in a corner with hands at shoulder level and feet ½m from the corner. Lean forward until a comfortable stretch is felt across the chest.  
Hold 7 seconds, repeat 5 times.  
Do 3-6 times a day.



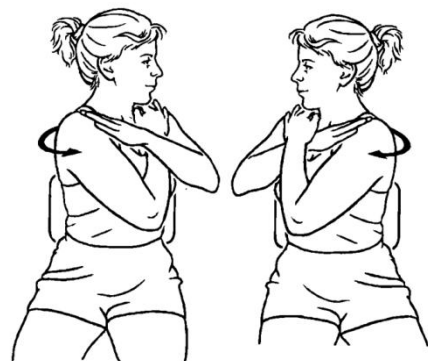
Tuck your chin and slowly turn to look over one shoulder than the other.  
Hold 7 seconds, repeat 5 times.  
Do 3-6 times a day.



Clasp hands together in front with arms straight and tuck your chin to your chest. Gently pull shoulder blades apart and bend the neck forward.  
Hold 7 seconds, repeat 5 times.  
Do 3-6 times a day.



Place hands and elbows against a wall. Pull chin away from the wall.  
Hold 7 seconds, repeat 5 times.  
Do 3-6 times a day.



Gently rotate trunk side ot side in a small, painfree range of motion.  
Hold 7 seconds, repeat 5 times.  
Do 3-6 times a day.