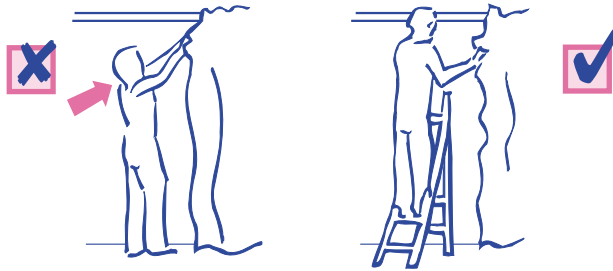


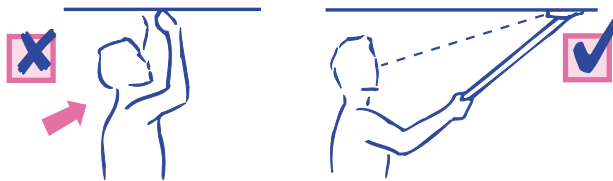
## household jobs overhead

If cleaning windows, hanging curtains etc. try and use a step ladder so that you are level with the job. Prolonged reaching or looking up can cause pain in the shoulders and neck.

### • Hanging curtains



### • Painting a ceiling



## exercises to relieve neck/shoulder pain

These should only be undertaken if advised by your chartered physiotherapist, who will show you how to do them properly. Some exercises may be unsuitable for your condition and could therefore cause further problems, e.g. breaststroke swimming is a common cause of prolonged neck pain.

## correct posture

The chest lifted, shoulders relaxed, head in line with the body, chin tucked in. The neck should feel long, straight and relaxed. Think tall.

# PHYSIOTHERAPY

## general information

Chartered physiotherapists are health professionals allied to the medical profession and carry a university qualification. They use physical means of treatment such as joint manipulation/mobilisation techniques, electrotherapy and exercises. If you wish to consult a physiotherapist you can go directly to your local chartered physiotherapist or ask your GP to refer you. Chartered physiotherapists work in hospitals and in the community where treatment is covered under the public health service. They also work in private practice and can be contacted through the professional body or through the yellow pages.

## medical insurance

Fees for physiotherapy in private practice qualify for refund under most health insurance schemes including VHI and BUPA.



This leaflet was produced by The Irish Society of Chartered Physiotherapists and Chartered Physiotherapists in Private Practice with funding from the Health Promotion Unit.



# PHYSIOTHERAPY

Pain arising from the neck is a common problem which can occur at any age

The pain may be caused by:

- Postural Stresses
- Direct or Indirect Injury
- Arthritic Changes



IRISH SOCIETY OF CHARTERED PHYSIOTHERAPISTS PROFESSIONAL BODY

Irish Society of Chartered Physiotherapists  
123 St. Stephens Green, Dublin 2  
Tel: (01) 402 2148 Fax: (01) 402 2160  
email: info@iscp.ie Web: www.iscp.ie

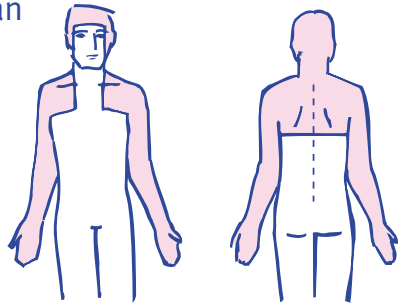
Produced and Designed by: Clarke Warner Design & Marketing



# neck pain

The pain may be felt in the neck itself, or as aching across the shoulders and shoulder blades, or down the arms. It can cause sensations of pins and needles or numbness in the hands and fingers, or give rise to headaches. These headaches can sometimes become persistent and severe.

needles or numbness in the hands and fingers, or give rise to headaches. These headaches can sometimes become persistent and severe.



## CAUSES:

### direct injuries

'Whiplash' type injuries can occur in circumstances such as motor vehicle accidents, or whilst playing sports.



### arthritic changes

Arthritic/degenerative changes in the upper spine may cause pain in or around the neck region. This pain will be aggravated further by prolonged postural strain or injury.

### postural strain

Persistent slouching of shoulders with the head poked forward.

#### • Child slouching at desk

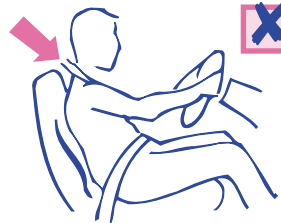


Avoid slouching in the chair. This will put undue strain on the back of the neck.



Sit well back in the seat, support the low back where possible, tuck the chin in and relax the shoulders.

#### • Driver in a car



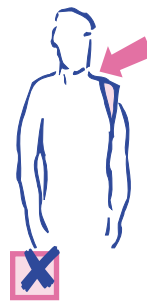
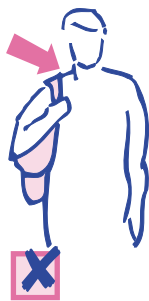
Avoid slouching in the seat.



Back supported, chin tucked in, shoulders relaxed.

#### • Wearing a rucksack or shoulder bag

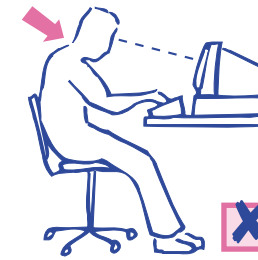
A heavy bag carried on one side will drag the shoulder downwards and pull on the neck.



Distribute the load evenly across the shoulders by using both straps of a rucksack.

Support the bag from underneath.

### at the office



Regularly interrupt prolonged static positions of head and neck. Move about frequently, and correct posture. Use a sloping desk surface and document holder to avoid looking down constantly.



Avoid cupping the telephone receiver between ear and shoulder. Use the loudspeaker facility, or hold the receiver in the correct position. Change sides frequently.

### sleeping



Ensure that the nape of your neck is fully supported by the pillows, and that the head does not sag lower than the neck, or is bent forward by too many pillows. Avoid sleeping on your tummy.

