

Acute Neck Pain Guidelines

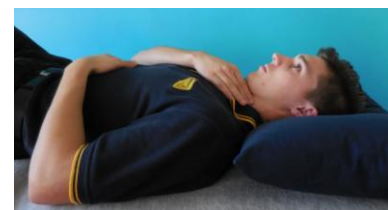
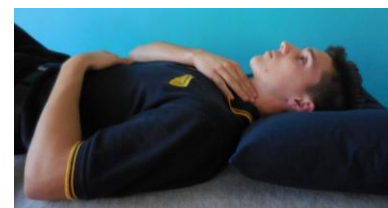
Neck pain is a common cause of discomfort that can result from overuse, poor sleeping or work postures and motor vehicle accidents. Hands on physiotherapy in conjunction with a rehabilitation program can lead to significant improvements in neck pain and function. Poor patterns of muscle activation, weakness and stiffness of the neck joints are often contributing factors that lead to neck pain.

The guidelines and exercises described below are some of the more basic and effective strategies utilised to restore normal neck function – your physiotherapist will discuss with you any specific adaptations, progressions and precautions that have been tailored to your individual presentation. Any acute injury should be assessed by your physiotherapist prior to starting a rehabilitation program.

Exercises in Lying

1) Chin Tuck

- Lie with a soft pillow under your neck and knees bent up
- Gently and slowly nod your head forward as if to say ‘yes’ while using your hands to feel the muscles at the front of your neck
- Stop the nodding action just before you feel these muscles hardening
- Hold the nod position for 3 seconds and then relax



2) Head Rotation

- Gently turn your head from one side to the other
- Progressively aim to turn your head far enough so your chin is in line with your shoulder



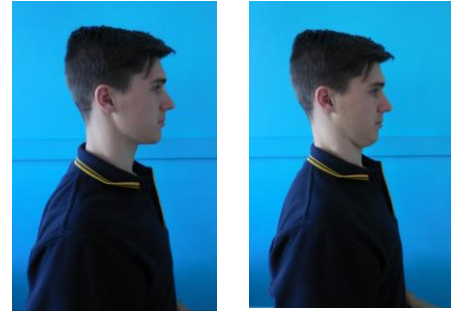
Client:

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Exercises in Sitting

1) Chin Tuck

- Sit in a position of good upright posture
- Gently draw your head back to make a 'double chin'
- You should feel the retraction movement at the base of your neck



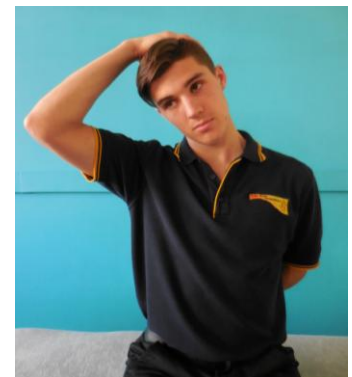
2) Isometric Rotation

- Sit in a position of good upright posture
- Make sure your chin is relaxed and slightly down
- Place your left hand on your left cheek and gently try to turn your head into your fingers to look over your left shoulder but allow no movement
- Hold the contraction for 5 seconds
- **Use only 10-20% of a maximal effort**
- Repeat on the right side



3) Upper Trap Stretch

- Rotate head towards opposite armpit and look down
- Keep chin tucked in
- Hold head gently in that position and drop your shoulder to feel a stretch through the upper trap area
- Hold stretch for 30 seconds



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