



5 Easy Steps To Get Rid Of That Pain In Your Neck

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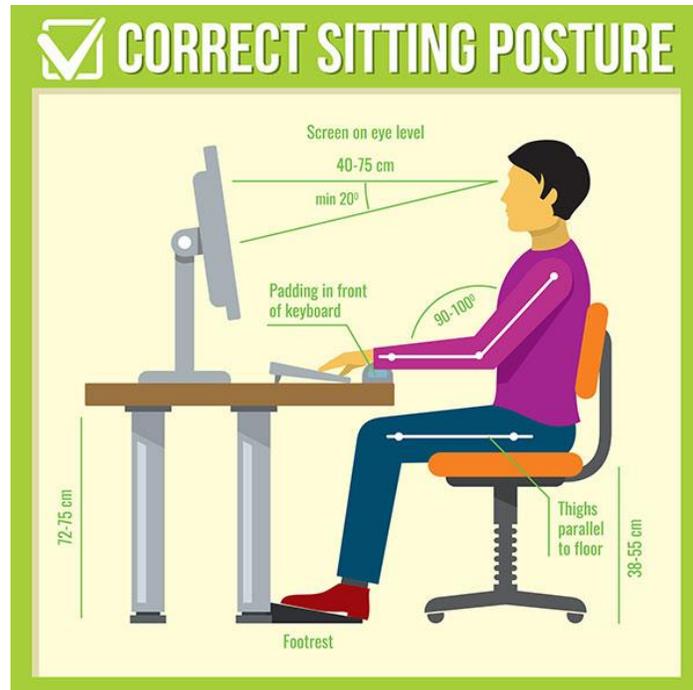
An increase in the number of smart phones, tablets and computers means neck pain is something that is becoming more prevalent in the modern world, with many people relying on these devices everyday. But neck pain can lead to serious health problems, from headaches to nerve pain, sometimes it can even be as serious as prolapsed discs.

It is estimated that 2 in 3 people experience neck pain at some point in their lives and here at Gosforth Physio we see first hand the debilitating effect it can have. We are concerned about the long term effects of neck pain and the secondary effects it regularly produces, so we have created a guide for you to follow, on how to best avoid neck pain.

5 Step Guide: Reduce & Prevent Neck Pain

Step One: Desk Setup

It all starts with your desk, if you work in front of a computer it is essential that you adjust your computer and chair to suit you, in order to avoid neck pain.



1. The top of your computer should be at eye level and the monitor roughly an arms length away from your face.
2. Your chair should be supporting your arched lower back.
3. Your back should be straight and your elbows close to your body.
4. Your legs should be at a 90 degree angle against your body. This is the same for the bend in your elbow.
5. Finally, there should be minimal bend in the wrists.

5 Step Guide: Reduce & Prevent Neck Pain

Step Two: Correct your Posture

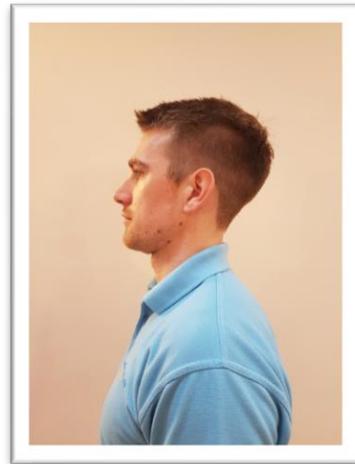
You can train your body to turn on the postural muscles, which support your spine and help achieve the correct alignment. Try to hold all three of the positions below when sitting and standing. If you find it difficult you may need to see one of our physiotherapists.

SHOULDERS



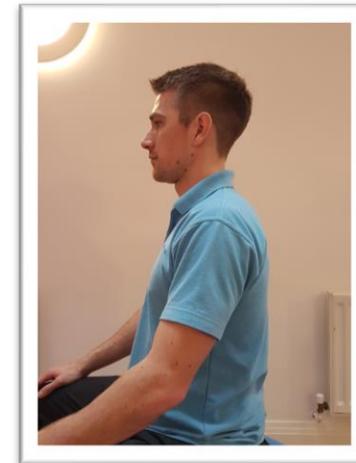
Relax your shoulders and keep them slightly squeezed together.

HEAD



Sit tall and tuck your chin into your chest.

BACK



A slight arch in the lower back can be created by sitting tall and keeping your chest elevated

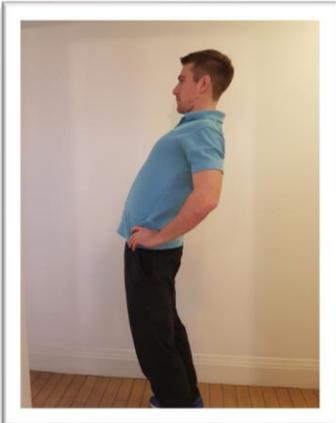
Step Three: Take Regular Breaks From Sitting

Taking regular breaks will prevent your body from slipping into bad postures. We recommend taking 45 seconds every twenty minutes to reset. The exercise drills below can be performed to help achieve that.



SHOULDER ROLLS

Roll your shoulders up, back and down a few times.



BACK STRETCHES

Place your palms on your lower back and push gently, elevating your chest

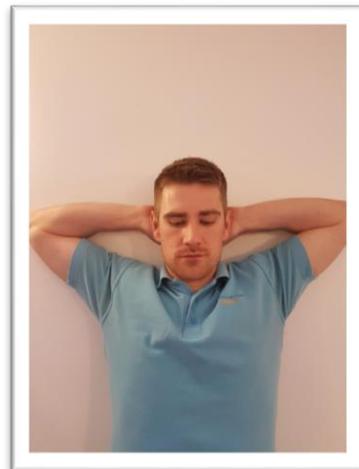
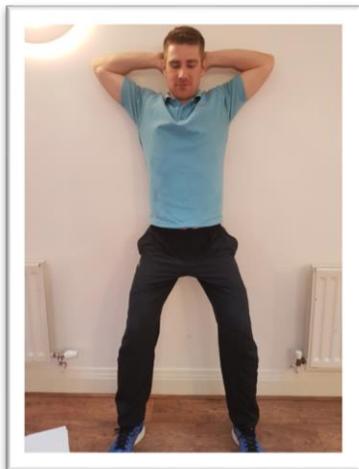
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Step Four: Self Massage

The muscles at the base of your neck and in your upper back can become tight, causing pain and headaches. They require the most attention to keep them loose and pain free.

Massage is a good way to release a build up of tension in this area. For best results complete each massage for up to 40 seconds, 3 or 4 times daily. If you want to optimise your massage use spiky balls or rollers when lay on the floor or positioned against a wall. This may feel painful at first.

NECK & HEAD MASSAGES



TRAPS MASSAGES



Step Five: Strength Building Exercises

You will find it difficult to hold good posture if you do not build the strength in the stabilising muscles in your back and neck.

These muscles are an important group that control spinal posture; therefore they work differently than muscles controlling movement in the body. These muscles are often weaker in people who experience neck pain.

As with self massage, we recommend completing strength building exercises 3 or four times per day for up to 40 seconds.

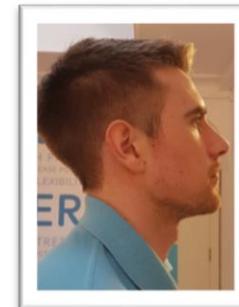
WALL PRESS

Like a press up on the floor, put your palms on a wall and keeping your back straight and elbows bent move your torso towards the wall and then push back to your starting position



CHIN TUCKS

Pull your chin right into your chest and then force it out keeping your body still.



5 Step Guide: Reduce & Prevent Neck Pain



5 Step Guide: Complete

We hope you have found our guide beneficial.

In addition to this information we're also pleased to offer you a **10% discount** on your own personalised;

Get Out Of Pain Fast: Expert Neck Pain Consultation

Including:

Diagnosis - discover exactly what the root cause of your neck pain is, and the type of relief you can expect.

Management - in appointment bespoke neck care that will help manage your pain.

Long-Term Relief - tailor made exercise plan for the long term self-management of your neck pain.

We're certain you will leave your session with the confidence to succeed in minimising or eliminating your neck pain effectively.

Get in touch with one of our friendly team today on **0191 284 9111
or email us at **wellness@gosforthphysio.co.uk** to book a **FREE** phone
consultation.**