

HELPFUL HINTS FOR NECK CARE

Avoid Postural Positions of Extreme Bend or Hyperextension:

- ◆ When shaving, do not excessively tilt your head back.
- ◆ Wash hair in the shower not the sink.
- ◆ When drinking from a can or bottle, use a straw.
- ◆ Do not lie in the bath for an excessive length of time, as this excessively bends your head and neck forward.
- ◆ ALWAYS PERFORM TASKS AT EYE LEVEL. Examples might include using an upright stand for reading or typing or using a stepladder instead of reaching up or looking overhead for any length of time.

Neck Movement:

- ◆ Do not roll the head around and avoid quick movements, especially turning the head quickly.
- ◆ Avoid those positions and movements, which initially caused your problem. You must allow time for healing to take place.

Neck Position in Sitting and Standing:

- ◆ Sit deep in the chair with arms supported. Lumbar support in the natural sway of the back helps align the entire spine.
- ◆ When standing or sitting, keep neck drawn back and chin tucked in, not up.
- ◆ Avoid prolonged car riding or driving.
- ◆ Keep your head up at all times. When you allow the head to drop as in reading, knitting, sewing, and performing desk tasks, you place further stress on the already overstretched or injured tissues. MAINTENANCE OF GOOD POSTURE IS ESSENTIAL. If you must do these tasks take frequent breaks. These breaks should be at least every 10-30 minutes.

Sleeping / Resting Advice:

- ◆ Do not sleep with more pillows than necessary. If you are comfortable with one or no pillows, this is preferable. The contents of the pillow should be adjustable in order to provide proper support for the neck.
- ◆ Do not rest on your stomach as it forces the head up. It is better to rest on your back.
- ◆ When uncomfortable at night, you may benefit from a supportive cervical roll.
- ◆ When you have finished some vigorous activity – you should not relax by sitting or lying with the head in a protruded position.

Correct Sleeping Postures:

- ◆ Lie on your side and adjust your pillow to maintain your head in a neutral position. Keep your arms down. If you sleep on your back, put a pillow under your neck, not under your head.