

## Recommendations for Neck Pain

- Postural wall exercises [instructed in office]
  - Place back against the wall, with heels with 12 inches from wall
  - Arms down at the sides, palms facing out
  - Shoulder blades flat against the wall
  - Tuck pelvis
  - Tuck chin
- Changes in pillow
  - Sleeping on back
    - A fairly low pillow is best, extra support can be provided by adding a small rolled towel or small roll-shaped pillow positioned under the neck.
  - Sleeping on the side
    - A higher pillow is advised in this case, so the neck and head are aligned.
    - A rolled towel or roll-shaped pillow could be put under the neck and supplemented with a pillow for the head.
  - Sleeping on the stomach
    - This position is not recommended because it tends to make the back arch and the head turn, stressing the neck.
    - A flat pillow should be used for the head, or no pillow at all.
    - Another option is to try positioning the pillow under the forehead so the nose is lifted off the mattress and the head and neck can remain in a more neutral position
    - In addition, the hips and abdomen should be supported with a pillow to maintain the natural inward curve in the lower spine.
- Ergonomic changes at work
  - Computer screen height
    - When sitting erect at a desk and looking straight ahead:
      - Eyes should point directly at the top third of the screen.
      - Forearms should be approximately parallel with the floor when typing.
      - Elbows should be at the side (75 to 90-degree angle at the elbows).
      - Feet should be flat on the floor with the thighs parallel with the floor.
    - Be sure the back is aligned against the back of the office chair.
      - Avoid slouching or leaning
- \*\*do not sit in one place for too long, even in proper ergonomic office, get up and walk around often\*\****
  - A Standing desk may be the best option
    - Engaging the Core during standing to get to spine neutral with slight bend in the knees is most helpful
- Modalities
  - Ice, heat, electric stimulation is all available over the counter and are very useful in decreasing pain
  - Use the lowest effective dose of your medication
  - Physical therapy, acupuncture, and massage are also helpful
  - Neck Buddy (which can be ordered from Amazon or found at most retail pharmacies)

