

Managing Neck Pain

Common Causes:

- Extended periods of screen time
- Poor sitting or sleeping posture (including lack of supportive pillow)
- Increased stress or high pressure environments
- Awkward neck positions for long periods



Physiotherapy Advice:

- Exercise and movement will help, stretch the muscles around the neck
- Use heat regularly to control pain
- Take regular breaks from computer screens
- Seek physiotherapy advice if pain continues

Exercises:



Neck Rotations
Perform 20 times every 4 hours



Neck Stretch
Hold for 30s, 5 times daily



Chin Tucks
Hold for 5-10s, 10 times daily



Rows
Perform 10 times and repeat once.
*Don't need to use a band.

Contact ALHACARE for a personalised assessment and treatment.



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