

Do's and Don'ts for neck pain :

Do's :

- Do turn to one side while getting up from supine position.



- Use hot pack for your neck.

- Use towel roll under the neck during supine lying.



- Use pillow of normal thickness in side lying position.



- Do isometrics for neck.
- Arms should be supported in one of the three positions :
 - ❖ Hands in pocket



- ❖ Hands on thighs/or on table.
- ❖ Hand behind back with elbow straight.



- **In order to avoid holding the head in the same position for long periods, take break while driving, watching TV or working on a computer.**
- **Use a seat belt when in a car.**
- **Use cervical collar in case of giddiness.**
- **Retraction of shoulders every hour: move shoulders backward.**

Don'ts :

- **Don't sleep straight.**
- **Don't bend your neck.**
- **Avoid hanging of arms.**
- **Avoid sitting for prolonged period of time in stressful postures.**
- **Do not lift heavy weights on head or back.**
- **Do not drive for long hours; take breaks.**
- **Avoid habit of holding the telephone on one shoulder and leaning at it for long time.**

- Do not take many pillows below the neck and shoulder while sleeping.
- In order to turn around, do not twist your neck or the body; instead turn around by moving your feet first.

