



NECK & BACK PAIN

ADVICE SHEET



WHAT CAUSES NECK AND BACK PAIN?

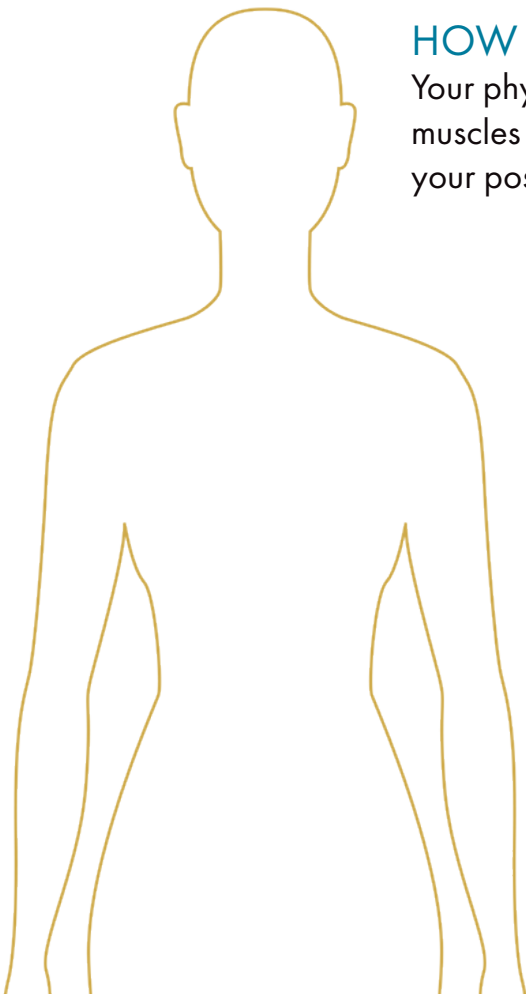
Postural overload is one of the most common causes of neck and upper back pain. Contributing factors often include poor posture, sitting for too long, looking down on electronic devices and poor lifting techniques at work or at the gym. The muscles of the neck become overworked, which leads to stiff joints, muscle spasms and pain.

SIGNS AND SYMPTOMS

- Pain where the neck meets the shoulders
- Stiffness through the neck and upper back especially when turning.

HOW PHYSIO CAN HELP YOU?

Your physio is able to help by mobilising joints that are stiff, releasing muscles in spasm and prescribing you with exercises that strengthen your postural muscles.



- ✓ Heat for 20mins as required.
- ✓ Voltaren/ deep heat gel rub.
- ✓ Gentle neck and upper back movements throughout the day.

- ✗ Aggressively stretch neck muscles.
- ✗ Sit for >30mins in one position..

Do's

Don'ts

Consult your physio for a personalised program to fit you

