

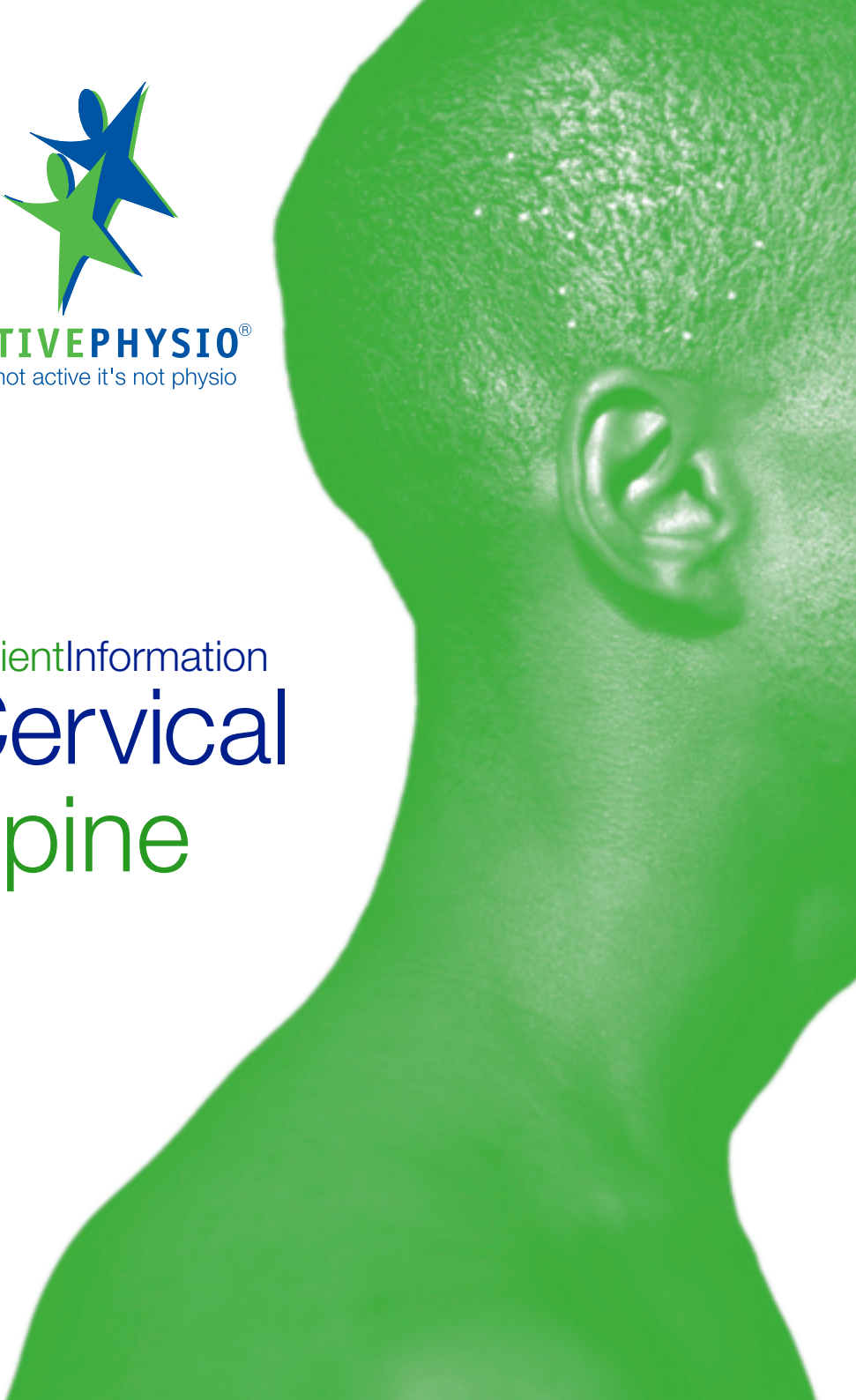


ACTIVEPHYSIO[®]

If it's not active it's not physio

Patient Information

Cervical Spine

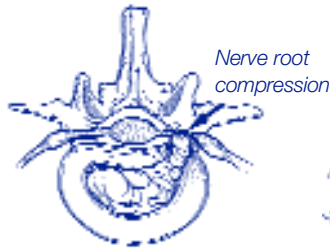


The condition

- Headaches
- Neck Pain
- Wry Neck
- Whiplash
- Arthritis in the Neck

About the condition

Because of the way our cervical discs age neck pain is a common complaint particularly if there has been any history of trauma such as a direct blow to the head or whiplash. These incidences could have occurred many years before but along with the wear and tear our daily life puts on our neck (particularly if our posture is not ideal) the accumulative strain results in stiffness and pain.



Because the top of the neck shares the same nerve supply as your head it is common to find the cause of headaches is the upper part of the neck.

Episodes of neck pain can either be very acute such as waking with a wry neck or a slow gradual loss of movement and increase in ache over a matter of weeks.



Cervical pain is associated with weakness of the deep holding muscles of the neck

Usual symptoms include

- Headaches with pain sited around the back of the head/eye
- Aches from the neck into the shoulders
- Restriction in movement e.g. difficulty reversing the car
- Pain on waking in the morning
- Pain, weakness and/or changes of sensation in the arm

What we can do to help

- We can use gentle massage and manipulation to free the restricted joints and muscles to relieve pain and restore movement
- We can teach you strengthening exercises for the deep holding muscles of your neck to help your posture and limit the jarring affects of daily wear and tear
- We advise you on the right sort of chair, work set up, pillow etc for you to avoid adding strain to your neck
- We can use acupuncture to facilitate your body's natural healing process
- We are planning to see you about __ times over the next __ week(s)

Your local Active Physio:



ACTIVEPHYSIO[®]

If it's not active it's not physio

www.physio.co.nz