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To avoid Neck - pain- Physiotherapy

In this age of rush, rustle - bustle, it is not always possible to keep our neck erect, while working. May the work be of computer or writing. May it be the study of school or making many chapattis in the house. And if there is no work there is the usual relaxation of watching T.V in sleeping position, our neck is always bent! We are not conscious of our neck till it gives pain. But when pain in neck starts we pay attention to it. If we take preventive measures for our neck such incidence would not occur.

The movement of other joints can be seen but the neck movement is not observed in each type of work, still the muscles of the neck are always at work to keep it erect. In sitting / standing position the work of neck continuously goes on. And for this reason the neck muscles are required to be strong, similarly it is necessary to get comfort for neck in sleeping position. For this comfort the mattress and pillow should be of cotton and it should give full support to the neck. The reason to use pillow is to fill up the gap between shoulders and head. But if a very thick pillow is used while sleeping on back, the neck remains in a bent position. If two thin pillows are used or a pillow is not used at all then the neck falls behind. In both these conditions there is stress on the neck, it becomes stiff and suffers pain. In this condition i.e. if you are sleeping on back, it is advantageous to use a roll of towel/bed sheet. If you are sleeping on the side for a long time a thin pillow can be used. The pillows we get today in the market, for neck pain may not be beneficial to all, hence the pillows should be bought with the consultation of your therapist.

Watching T. V. in sleeping position or reading in a sleeping position gives strain to the muscles behind the neck. Also, it gives neck pain due to being in one position for a long time, and the muscles do not get rest.

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If you are doing major of your work in a sitting position, as writing/reading or working on computer then in the middle of these tasks it is very much necessary to have movement of neck and shoulders. The persons doing such type of work it is advantageous to have everyday exercise/stretches of shoulders and neck. Due to these stretches the neck will have good posture and there will be less warning out of neck.

Some people travel a lot. Continuous vehicle driving gives blows/shocks to the neck. In these cases long distance drives should be avoided but if it is unavoidable then while driving a four wheeler it is beneficial to give support to the neck. In driving a two wheeler heavy helmet should not be used. In both cases of driving it is very essential to keep movement of the neck.

The persons having liking of exercise are prescribed to have 'Yogasanas' such as 'शीर्षासन, हलासन, सर्वांगासन' etc. Which give stretch to the neck.

The exercises for neck chalked out by the therapist should be done regularly. There are two types of exercises. One type will give strength to the muscles of neck/shoulders/upper back and that will lead to increase the capacity of neck muscles. Another type will give flexibility to the muscles at the sides of the neck which will improve the posture of the neck.

We hope that you will think seriously about all the above said things and improve the health of your neck.

Best wishes to all of you.

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