



## Posture

- Keep your head back, over your spine to reduce neck strain and do not let your chin poke forward.
- Adjust your desk, chair and computer so the monitor is at eye level.
- Take frequent breaks if you are driving long distances or working long hours at your computer.
- Use an upright chair where possible, sit well back in the chair and use a lumbar support/rolled-up towel in the small of your back. You will improve your neck posture by maintaining a good low back posture.

## Need to contact the service?

Please see the Contact details section of this leaflet.

## Your experiences

CSH Surrey is committed to putting people first and continually improving services through listening and responding to feedback. To share your experiences, please:

Call: 020 8394 3846/43

Email: [CSH.Feedback@nhs.net](mailto:CSH.Feedback@nhs.net)

Or write to the Head Office address below.

## Large print, audio format or another language

Call 020 8394 3846/43

or email [CSH.Communications@nhs.net](mailto:CSH.Communications@nhs.net)

to receive this information in large print, audio format or another language.

## General enquiries

Visit [www.cshsurrey.co.uk](http://www.cshsurrey.co.uk) for information and contact details for all other CSH Surrey services.

### A heart in the community

CSH Surrey, proud to be part of the CSH Group. As a social enterprise, CSH makes profit to benefit local communities and to enhance its health and care services.



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## Neck Pain

Advice, Exercise, Prevention

## Better healthcare together

CSH Surrey, providing NHS community nursing and therapy services in the homes, schools, clinics and hospitals in the heart of Surrey since 2006.

## Neck pain is very common and can occur at any age

Symptoms can be felt in the head, arms and further down the spine to the shoulder blades. Most neck pain is associated with poor posture. Recent research suggests that keeping active and returning to normal activities as soon as possible will aid your recovery and help prevent long term problems.

### Pain control

Sometimes painkillers and anti-inflammatory tablets (as prescribed by your GP or pharmacist) can help.

### Cold or heat

Some people find that using a pack of frozen peas wrapped in a damp towel for 20 minutes can reduce pain, while others prefer using a hot water bottle wrapped in a towel on the affected area for 15-20 minutes.

### Scans

Up to date information tells us that X-rays or other scans are rarely required.

## Exercises

### Do in a sitting position.

Repeat 3 to 5 times twice a day. If any exercise is making your symptoms worse, stop the exercise.

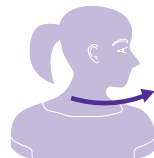


Bend your head forwards until you feel a stretch, then return your head to the upright position.



Tilt your head toward one shoulder until you feel a stretch on the opposite side. Relax.

Repeat to the other side.



Turn your head to one side until you feel a stretch. Repeat on the other side.



Pull in your chin, keeping your neck and back straight (not tipping your head forwards). Hold at the end position and feel the stretch in your neck. Then relax for a few seconds.

## Helpful hints

Avoid tucking the phone between your ear and shoulder when you talk. If you use the phone a lot, try a head set.

Avoid sleeping on your stomach. This position puts stress on your neck. Choose a pillow that supports the natural curve of your neck.

Learn techniques to reduce stress as being tense can both contribute and worsen your neck symptoms.

Be cautious of overhead activities, eg window cleaning or painting ceilings.

## Remember

- Neck pain is common but is not usually due to serious disease.
- Keeping moving and staying active will help you get better faster and prevent further problems.
- Your neck is designed for movement.
- The sooner you get moving and return to your normal activities the sooner you will get better.
- Regular exercise and staying fit helps your general health, not just your neck.

If symptoms persist, worsen or new ones develop, please consult your GP or Physiotherapist for specific assessment and advice.