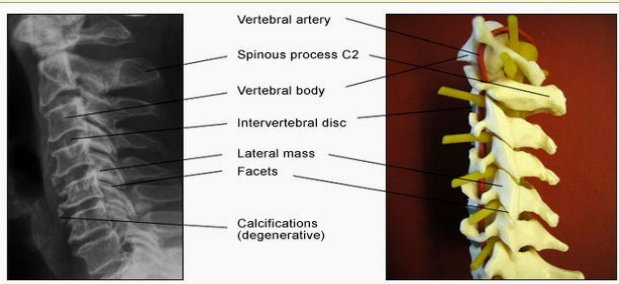




NECK PAIN- HEADACHES?

Your neck is made up of many joints held together by ligaments & moved by many muscles. A small, simple issue can lead to compensations from other structures, which can snowball into ongoing pain & stiffness.

It is important to keep in mind that your neck must constantly support the weight of your head which can weigh up to 5kgs! - very heavy!



Muscle pain is frequently due to spasm (strong sudden contraction), or **trigger points** (hard knots) which are tender to touch. You may feel an ache on one side only or up the middle of your neck. Pain from your neck is often referred into the shoulder or arm.

Stiffness: can be caused by **muscle or joint tightness**, or a combination of both. You may be restricted in one or more movements i.e.: unable to turn your head fully or to look up or down.

Nerve pain may include numbness, burning, weakness or pins and needles. Often these symptoms move into your arm. It may be caused by disc problems and needs to be assessed quickly and thoroughly.

Headaches: are commonly associated with neck problems. These may be due to sensitization of nerves, or lack of blood-flow to muscles due to tension/ tightness.

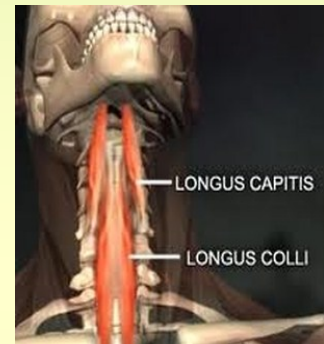
Other common symptoms: may include dizziness, vertigo, and drop attacks. These can be more serious and you should consult your doctor a.s.a.p.

Physiotherapy Treatment

Successful treatment of neck pain is dependent upon **accurate assessment/diagnosis**. Our **professional physiotherapists** have the training and proven techniques to assess the source of your symptoms & help to restore your normal function.

Techniques we use include joint mobilisation, stretching, soft tissue releases & targeted strengthening.

The deep neck stabiliser muscles are crucial for ensuring normal neck movement. They maintain correct neck/head posture, & help minimise shearing forces when you move your neck. Research has shown that these muscles frequently dysfunction with neck pain.



Why don't you have a try of activating these muscles now?

Step 1:

- ◆ Lie on your back with a towel under your head and a small hand towel under your neck.

Step 2

- ◆ Gently and slowly nod the head as if saying "yes" so that there is slight pressure of the back of your neck on the rolled towel.
- ◆ It is important not to lift your head off the towel, nor to use the large muscles in the front of your neck.
- ◆ Hold for 5 seconds; perform 6 reps x 3 per day



Mount Isa Physiotherapy has a proven track record of successful outcomes managing cervical spine injuries.



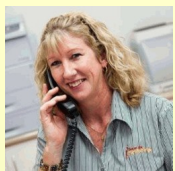
David Rose



Jordan Chapman



Jean Munday



Mary Cox



Lynda Jones



Callum Miller



Greg Stewart



Kathryn Bell