

Neck Care

Patient Information



Helpful Hints for a Healthy Neck

	Do's	Don'ts
Standing	While standing, keep your neck drawn back and chin tucked in.	Do not work with the neck bent backward or forward.
Sitting	Sit on an upright chair. It will support your arms and shoulders and help prevent neck strains that may be caused by forward thrusts.	
Reaching		Do not directly reach for a shelf higher than your head. Stand on a stool instead. Do not reach up or look up for any length of time.
Driving	Sit on a pillow or use seat support to avoid stretching and moving forward to see over the steering wheel.	Do not drive with the seat too far back or too low.
Reading/ Watching TV		Do not lie on the sofa or bed to read or watch TV; sitting properly will help. Do not prop up your head on high pillows while reading or watching TV.
Sleeping	Put a medium sized pillow under your neck if you sleep on your back.	Do not place a thick pillow under your head. Do not sleep on your stomach. Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down while sleeping.