

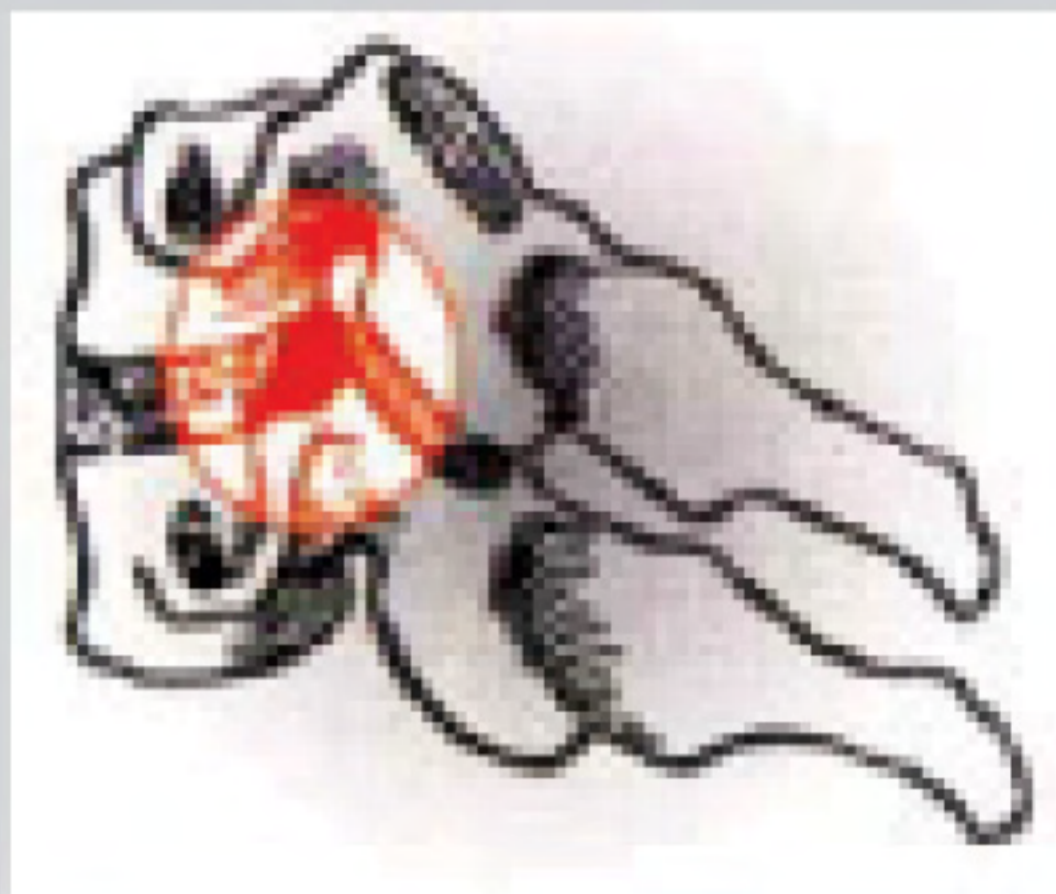


4 Easy Steps to Identify Your Pattern...

It's important to know that if you are among the vast majority of neck pain sufferers, you are probably experiencing a mechanical problem. This means that the source of your symptoms is likely to be coming from one of the neck's physical components: the bones, the discs or the joints. The good news is that mechanical back pain almost always falls into one of the four common patterns of pain. Once you recognise your typical pattern, you can take steps on our own to quickly reduce pain.

	Pattern 1 Commonly called Disc pain	Pattern 2 Commonly called Facet Joint Pain	Pattern 3 Commonly called Pinched Nerve
Step 1 Where is your pain located?	 <p>Pain is worst in the neck, over the shoulders, or between the shoulder blades and may involve a headache.</p>	 <p>Pain is worst in the neck, over the shoulders, or between the shoulder blades and may involve a headache.</p>	 <p>Pain is felt mainly in the arm, although neck pain may be present.</p>
Step 2 How often are you in pain?	Pain is usually intermittent but may be constant with varying intensity throughout the day.	Pain is always intermittent.	Pain is usually constant.
Step 3 What makes your pain worse?	Pain is made worse by sitting and looking down, such as when reading or doing work on the computer.	Pain is made worse by looking upwards and turning the neck.	Pain is often made worse by sitting and looking down, but can be made worse by backward movement in the acute stage.
Step 4 What makes your pain better?	Pain is eased by doing a "chin tuck" and then looking up.	Pain is eased by bending the neck forward and dropping the chin onto the chest.	Arm pain is eased by careful positioning of the neck.

Simple ways to reduce your pain...

Now that you've identified your particular pattern of pain, we'll show you some simple ways you can take control of your symptoms and get back to normal, pain-free living.

Pattern 1

For fast relief...

Improve your neck posture in sitting positions. Sit in a straight-back chair, and use a lumbar roll to support the curve in the lower back.

Daily ups...

Keep your earlobes directly over the slope of your shoulders

Exercises...

Learn how to do "chin tucks"



The chin tuck

Learn how to do the chin tuck

Pattern 2

Relieving Pattern 2 neck pain is usually quite easy and is achieved by bending the neck forward until your chin touches your chest.

If you are involved in prolonged work looking overhead, take regular stretch breaks, by touching your chin onto your chest 2 to 3 times each hour.

Learn to do "flexion stretches with over pressure"



Chin to chest

Learn how to do the chin-to-chest stretch

Pattern 3

Use pillows and a neck roll, either sitting or lying, to position your neck until the symptoms in your arm are relieved.

Maintain proper neck posture at all times.

In a fully supported position, try gentle retractions and sustain the retraction for several seconds. Repeat as long as it does not increase your arm pain.



Proper posture in lying position

Proper positioning to minimise your arm pain during the first few days.