



General Guidance of Posture and Exercise for Neck and Upper Back Pain

頸肩背臂酸痛注意事項與運動治療(英文)

1. Adjust your desk, monitor, and chair to a comfortable height, so that your neck would not bend forward. Keep your neck in a "neutral" position whenever possible.
2. Try not to stay in one position for too long, and don't bend or hunch your neck forward for a long period of time. Remember that fatigue also contributes to poor posture and back pain.
3. Keep your head in a neutral position whenever possible. Pull your chin in toward your neck or tuck your chin; with chest thrust forward instead of perpetual slouching with shoulders rolled forward
4. There are some other ill habits causing neck stress; therefore, avoid carrying items on one shoulder over a long period of time. When you are driving, look via your rear-view mirror instead of twisting your neck, for it enables the spine to maintain its natural alignment.
5. When reaching for an item, try to get close to the item you are reaching. The closer you are to an object, the less strain you place on your back.
6. If your pillow tilts your neck to an angle when you sleep, invest a new pillow to prevent potential problem.
7. Avoid exposing your shoulder under cool air; keep your shoulder warm in the air-conditioned room.
8. Fomenting your neck and shoulder for 15 minutes helps to relieve neck stress.
9. If there is any discomfort, you may make a request with your doctor about prescribing a neck collar to provide support for the painful neck.

Exercise Guide

1. Cup both of your hands behind your head and use your neck muscles to press back into your hands. Hold for 10 seconds, and repeat 6 times. This is an isometric exercise to strengthen your neck. (Fig 1)



Fig. 1

2. Press your palm against your forehead, then use your neck muscles to push against your palm. Press your palm against your temple and use your neck muscles to push against your palm, hold for 10 seconds and repeat six times on each side.
3. Do stretching exercise if you feel that your neck muscle is tight. Sit on the chair with your hand grasping the edge of the seat, bend your head to the opposite side for 15 seconds, repeat it 3 times.
4. Roll your shoulders forward, and then backward in a circle. Do this for 5 seconds to start. Begin with little circles and progress to larger circles. Do this three times during the day and repeat it five times on each side.