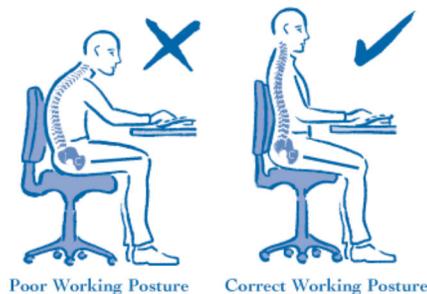




NECK PAIN DO'S & DON'TS

POSTURE

Posture is the body's position at rest while sitting, standing or lying. The most common form of neck pain is caused by overstressing the ligaments due to postural stresses. This occurs when sitting with poor posture, lying or sleeping with your head in an awkward position or working in a strained or static position. While temporary poor posture can produce neck pain, it's often alleviated with posture correction. However, chronic poor posture causes the tissue to become shortened and overstretched, leading to increased pain and can only be alleviated by intervention.



SITTING

Of all the postural stresses, poor sitting posture—spine slouched and head protruding forward—is the most common. While we all know we're supposed to sit up straight, we usually relax, unaware, as the muscles that support good posture begin to fatigue. The result: our head and neck slowly jut out. When the protruded head posture is maintained for too long, the ligaments are overstretched causing shoulder and neck pain. Eventually, poor posture may lead to premature degeneration of the disc or facet joints, arthritis and disc injury.

CORRECT YOUR SITTING POSTURE! FOLLOW THESE GUIDELINES...

- To correct neck posture, you **MUST** correct the posture of your low back by maintaining lumbar lordosis. Lumbar lordosis is the curve in the small of your lower back.
- Don't sit in recliners, deep seats or low soft couches. Choose a firm, straight-backed chair.
- When sitting too long, stop regularly and perform the cervical retraction exercise.
- Do not hold the phone with your shoulder.
- When driving, move your seat forward toward the steering wheel. Your seat must be positioned to maintain proper lordosis of your lumbar spine. If possible, lean your head on the head rest.

Good posture must be learned, practiced and maintained!

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