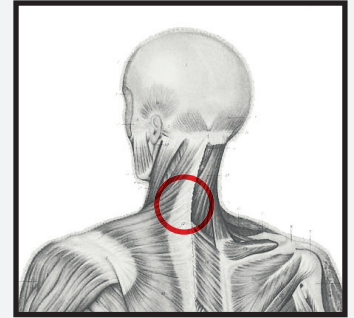
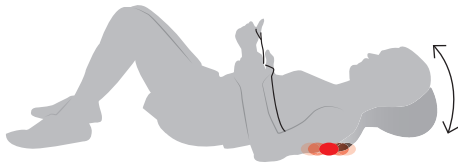


# PAIN IN THE NECK ? USE re+ TOOLS AS PART OF YOUR RECOVERY.

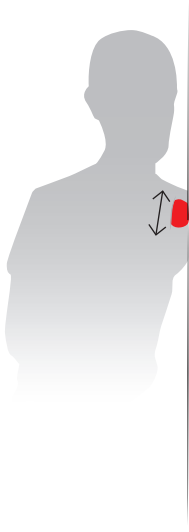


## RELEASE TECHNIQUES

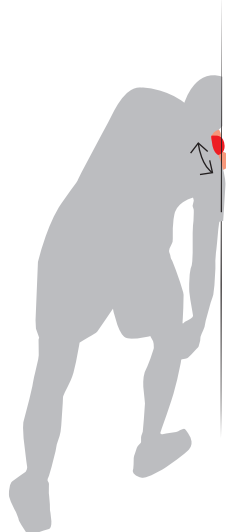
Spine roll



Pec roll



Upper shoulder roll

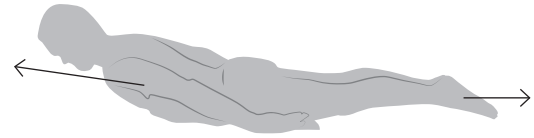


Neck release

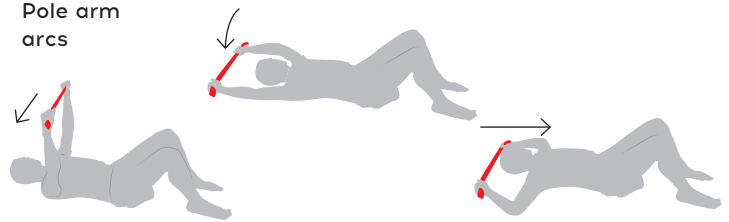


## STRENGTHEN TECHNIQUES

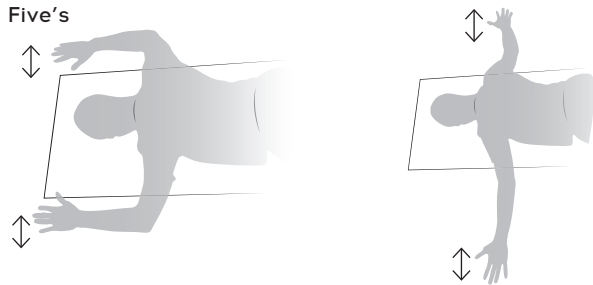
Darts



Pole arm arcs



Five's



Neck press



Check out our website for detailed instructions and videos.  
This program is aimed to supplement the specific advice given to you by your experienced clinician.  
If pain increases with any activity, stop and see your professional!

# USE rechargeclass AS PART OF YOUR RECOVERY.

We recommend these tools



DOUBLAR



SOLO



EAGLE



BIRDIE

Non-specific neck pain is one of the more common neck conditions. Cervical headaches and cervical postural syndrome are also regular occurrences. Getting an accurate diagnosis is the best pathway to a quick resolution and is important to rule out any more serious conditions. There are, however, some similarities in these three conditions that may be helped by the following exercises best used within the guidelines of your therapist. Other conditions, particularly those of an acute nature such as acute wry neck, whiplash and acute nerve root pain, require specific treatment from your health professional.

## Non-specific neck pain

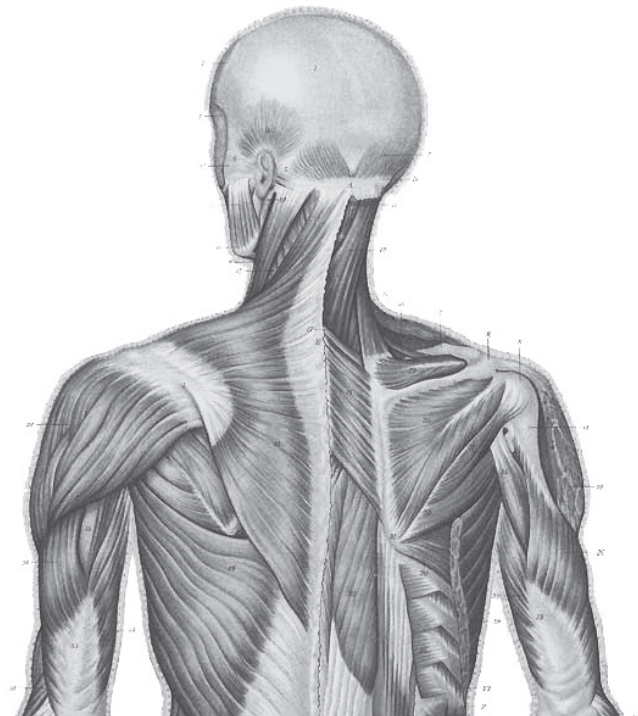
As with low back pain, the vast majority of neck pain cases cannot be attributed to any specific cause. Take heart if this is your situation, as it also suggests that your spine is still healthy. Consider your posture when exercising, working and sleeping, and start gentle stretches and exercises such as those outlined in this leaflet. Chronic daily stresses can also make neck pain worse. Find a stress management technique that works for you.

## Cervical postural syndrome

Today's screen-focused lifestyle involves extended periods of time in a forward head and shoulder position. When this isn't reversed with exercises and upright stances, gravity does what it does best and we're often left with poor posture and pain. When treating this situation, it is important to consider our whole-body posture. That is, how our pelvis, lumbar spine, thoracic spine and shoulder are positioned will affect our head and neck position. Simply lifting our head up may only work to create a kink in our neck rather than resolve our postural issues.

## What relieves it?

A multifaceted approach including soft tissue release and specific strengthening has been found to reduce neck pain in many situations. For cervical headaches, the position of your pain may direct your therapist to which muscles are causing the pain. If trigger points in these muscles are involved, then a variety of techniques such as direct and sustained pressure may be helpful. Aim to reduce your daily stressors and include a stress release technique you enjoy. Yoga, meditation, Pilates, running, boxing and focused breathing can all be stress-relieving. Find one that works for you. Postural retraining can be an important component to reduce this kind of pain. Work with a health professional such as a Pilates instructor to find your ideal posture. In all instances, work with your therapist to monitor your improvements and alter your program as you require.



## Cervical headaches

Migraines and headaches can be caused by several factors, one of which is tension in the muscles attaching to the cervical portion of our spine. Neck muscle tension can also aggravate migraines and headaches caused by other factors. Stretching and strengthening these muscles have the best effect when done prior to the onset of pain – a clear "stitch in time" scenario.

### Release and Mobilise

These are passive changes applied to your tissue. That is, you apply a force to relaxed tissue and the tissue changes on its own. That change may be in relation to the length of the muscle, such as treating trigger points (**release**) or the movement of the joint (**mobilise**).

### Activate and Strengthen

These are active changes applied to your tissue. That is, the muscle we want to change does all the work. We sometimes need to use a small and subtle contraction to 'wake up' the neural pathway to that muscle (**activate**) before we can adequately add more power (**strengthen**).