

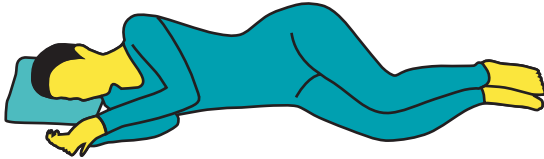
Standing and Sitting

Don't lie on the sofa to watch TV; sit up properly. Don't prop your head up or forward on high pillows while reading or watching TV. If you read in bed sit up straight.

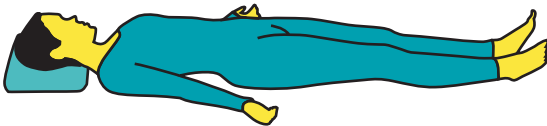
Don't sleep on your stomach



Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.

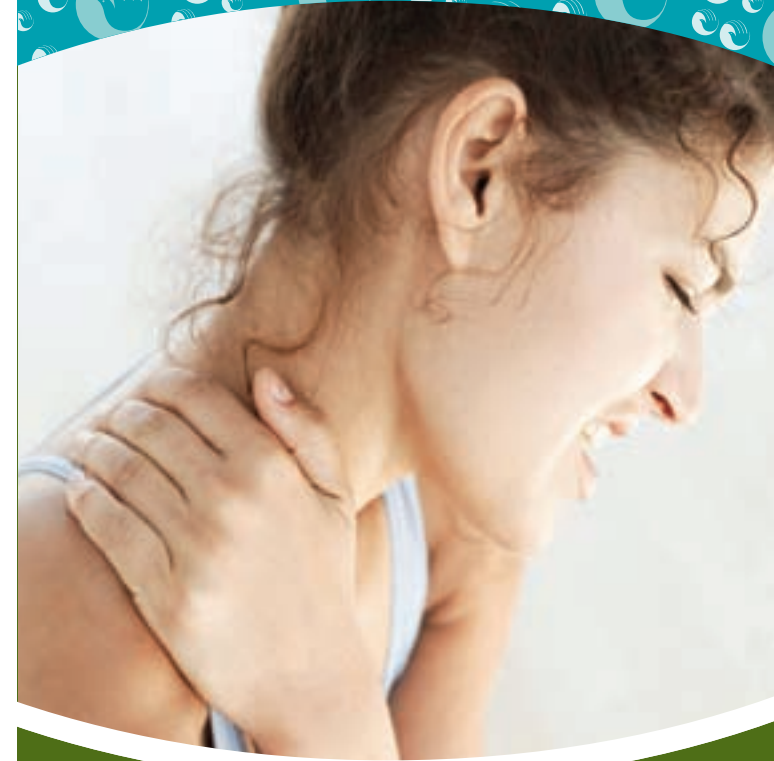


If you sleep on your back put a pillow under your neck (not your head) to fill the hollow in your neck.



A proper pillow is one that is comfortable for you. Try several till you find one that feels right to you. Usually, such pillows are small and fairly firm.

When sleeping on your back, don't put your hands behind your head; this may cause excessive neck flexion.



Everything you need to know about

Neck Pain

Rheumatology
&
Physical Medicine Department

For more information and appointment scheduling,
please call ext. 1712 / 1748



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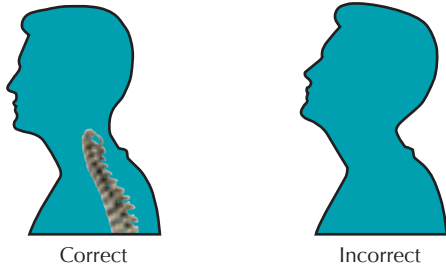
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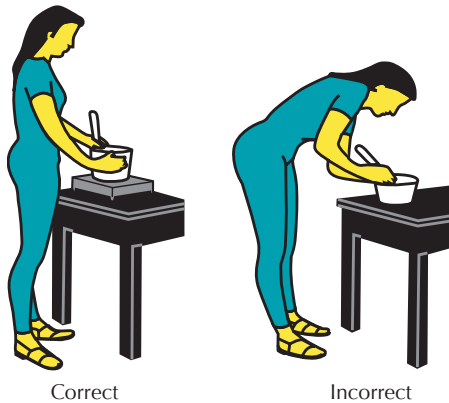
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Standing and Sitting

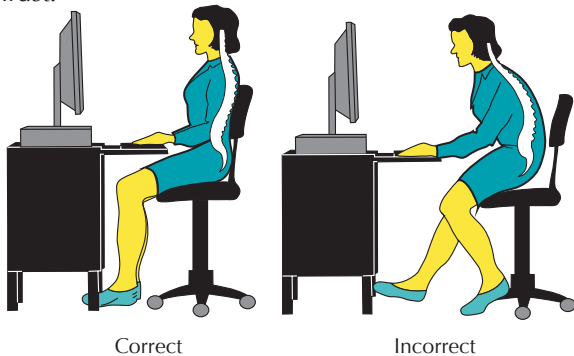
While standing or sitting, keep neck drawn back and chin tucked in, not up.



Eliminate work done at slight flexion. To avoid this posture, the height of the work area may be raised.

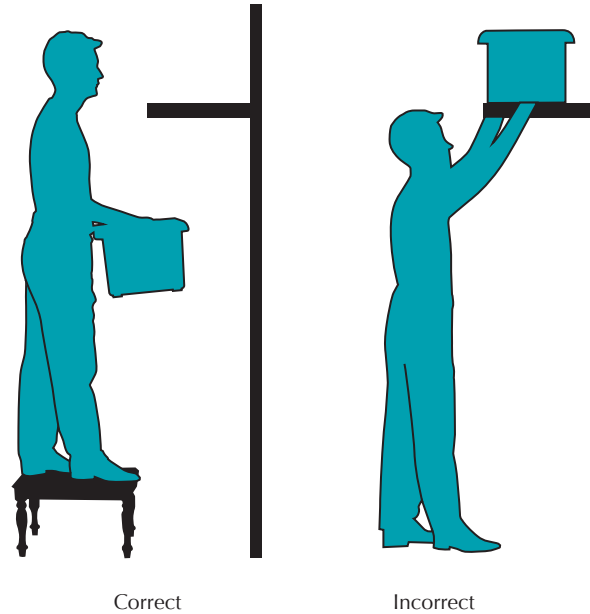


A proper chair will support your arms and shoulders and help prevent strain of the neck due to forward thrust.

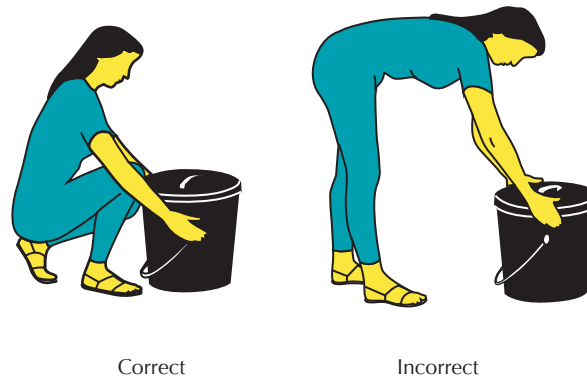


Reaching and lifting

Don't reach for a shelf higher than your head. Stand on a stool. Don't reach or look up for any length of time.



Avoid back flexion. Flex knee, keep spine straight. Hold the objects close to the body.



Driving

Don't drive with seat too far back or too low. If necessary, sit on a pillow or use a seat support to avoid stretching up and forward to see over the steering wheel.

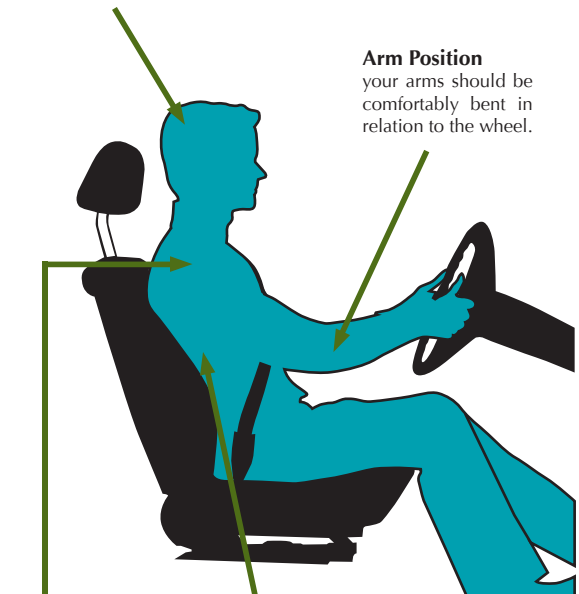
The headrest should be high enough to prevent (further) injury in the event of a rear-end collision.

Head Position

Make sure that your head is upright.

Arm Position

your arms should be comfortably bent in relation to the wheel.



Shoulder Position

Do not hunch your shoulders.

Back Position

Make sure your back is straight.

Foot Position

Make sure you can reach the pedals.