



## Avoiding Neck pain

Neck pain can be cumulative in nature i.e. related to lifestyle factors such as the positions we adopt whilst sitting standing and lying down, as well as related to specific incident such as sprains and strains sustained.

1. Maintaining a good posture is a key factor in avoiding neck pain or indeed reducing neck pain if you are experiencing pain. Maintaining a good overall posture from low back up to neck and shoulders is very important. Lifting your sternum (breast bone) up slightly as well as lifting your head and drawing your shoulder blades back slightly also helps in adopting your optimal posture.
2. Avoidance of prolonged static postures is key to reducing or preventing pains.
3. Staying fit and active helps prevent and reduce pain.

Specific treatment including exercises may well help you reduce pain or stay pain free