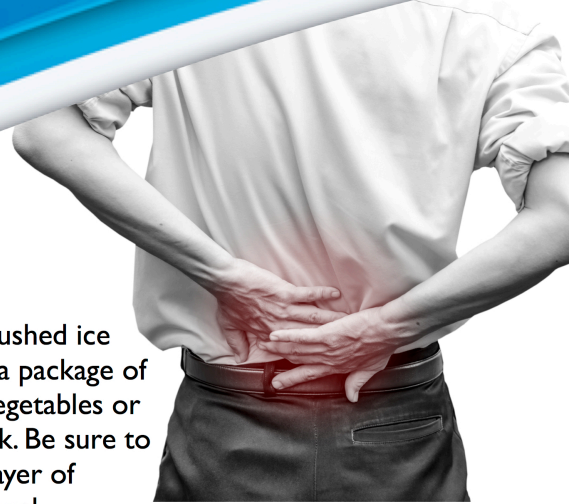


Neck & Back Wellness



GOOD HABITS FOR PREVENTION

- Maintain proper posture when doing all daily activities- avoid flexing forward, twisting or reaching out.
- Stabilize the back and neck deep core muscles and bend through the hips and knees to lift objects- keeping your back straight and your chin tucked in.
- Strengthen your abdominal deep core and deep neck flexors to increase your strength and tolerance to prevent re-occurrence.

ICE OR HEAT

- Ice is recommended for the initial stages (24-48 hrs) following an acute episode of pain. Ice reduces inflammation and pain.

- Apply crushed ice in a bag, a package of frozen vegetables or a gel pack. Be sure to place a layer of moist towel between you and the ice pack.
- Apply for only 15 minutes maximum and repeat every 2-3 hours.
- Heat may be used after 48 hours to reduce discomfort, reduce joint stiffness and temporarily increase blood circulation to the injured or sore area. Heat also helps stretch soft tissues which relaxes muscles, thus promoting flexibility, and decreasing stiffness.

AVOID

- Sitting in a soft chair with your low back unsupported
- Rounding shoulders and sticking chin out when talking or on the computer
- Positions or movements which initially caused your injury

TREATMENT

- Seek advice and expertise from your Registered Physiotherapist who will show you what to do to.

REMEMBER...POSTURE IS KEY

It takes 21 days to change your posture.

Call us today to begin your treatments to better health. May be covered by your extended health insurance plan.



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