



Webinar **iprs**health+

How to prevent neck pain



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WHO ARE WE?

- Over 27 years in the Health industry
- Musculoskeletal & Mental Health
- Our own physio clinics and an extensive UK network
- All sectors provided for in public & private



THE STRUCTURE OF THE SPINE

AND HOW IT WORKS BEST

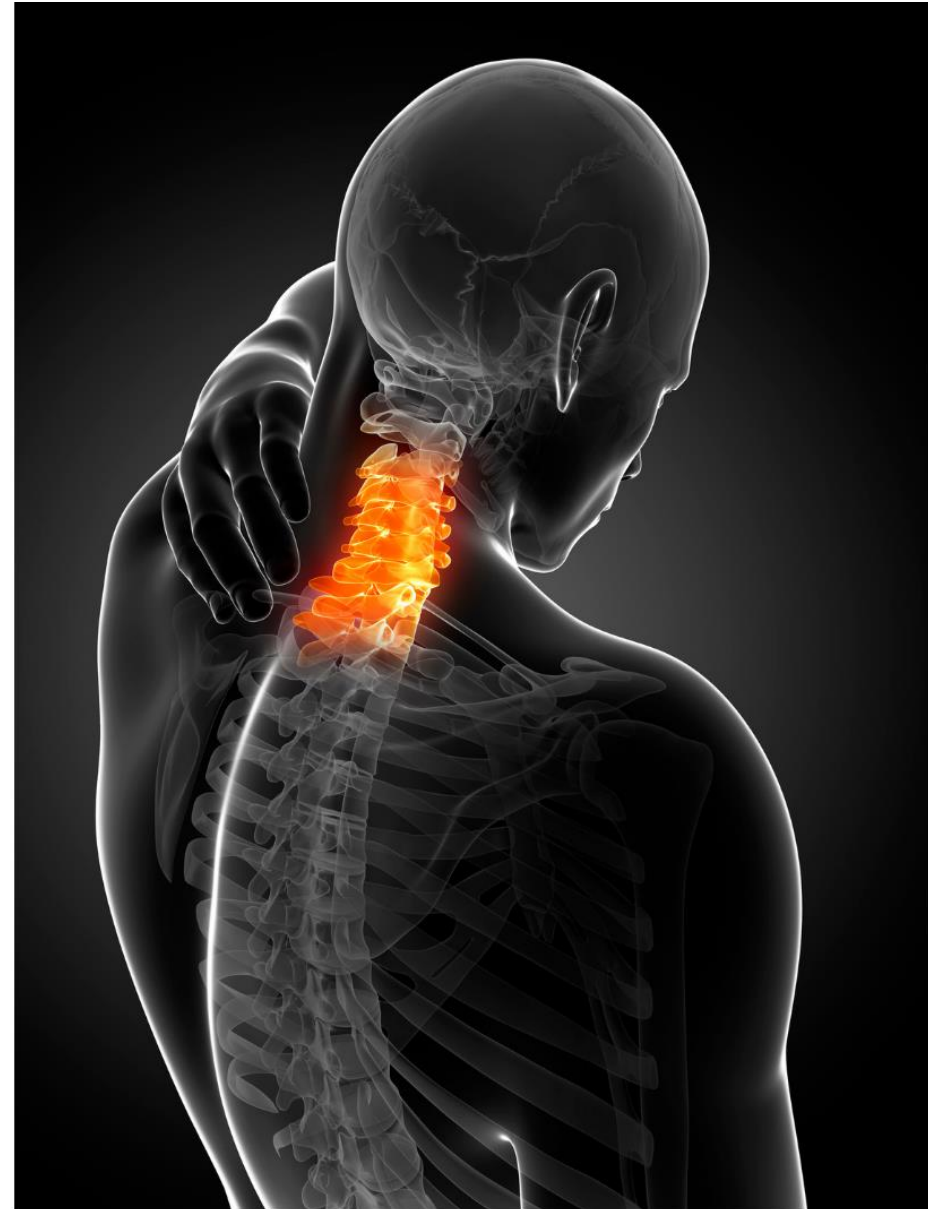


- 24 small bones that sit on top of one another
- Held together by strong ligaments and muscles
- Between each bone is a disc made from predominantly cartilage
- The spinal column is divided into 3 distinct sections (**Cervical**, thoracic and Lumbar)
- The uppermost section is the neck which consists of the top 7 vertebrae of the spine

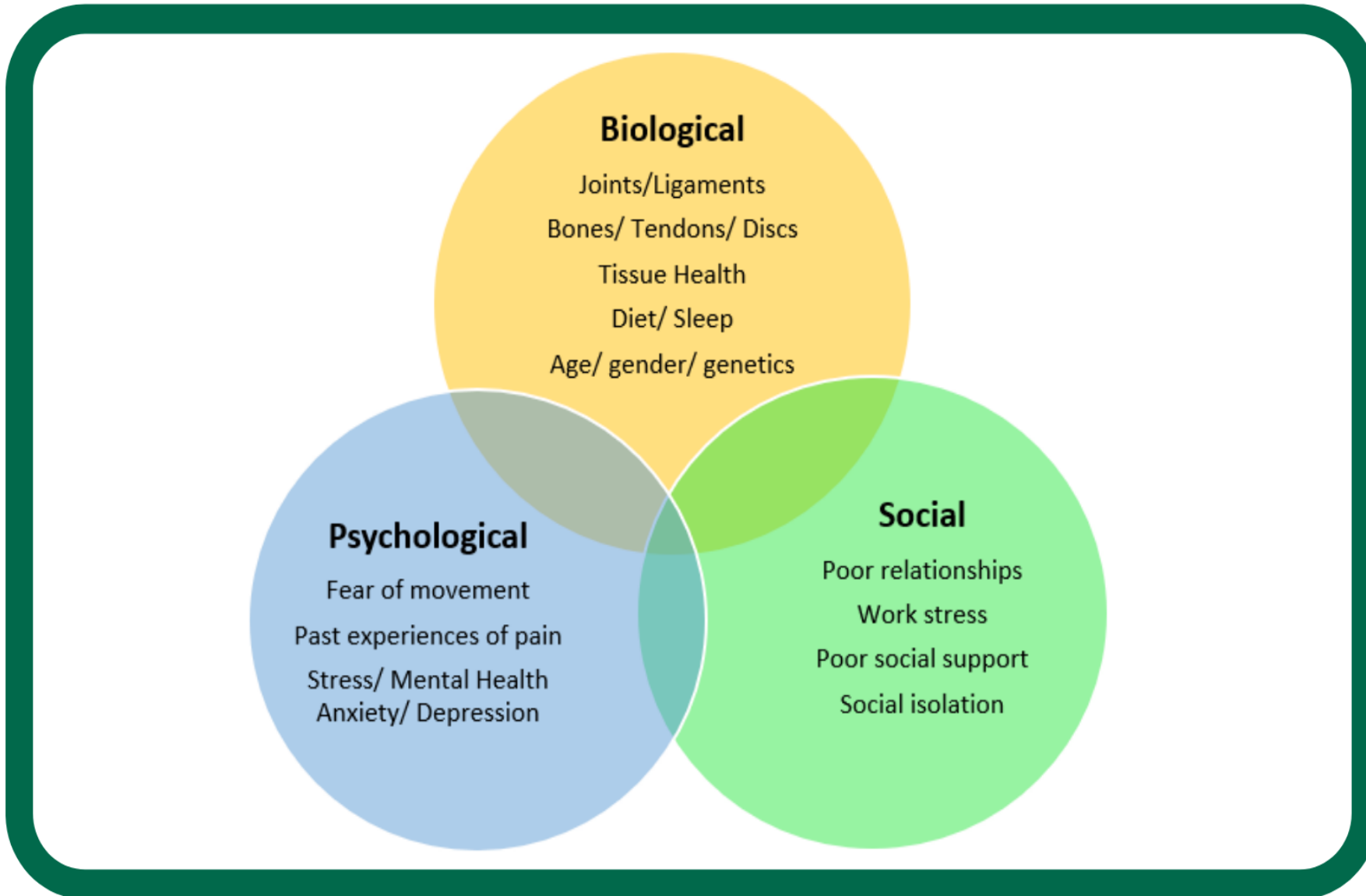
WHY NECK PAIN MAY DEVELOP

AND WHY THERE IS NO SUCH THING AS BAD POSTURE!!

- Sedentary, desk based work
- Poor habits at work or poor work setups
- Injured away from work
- We haven't sought assistance early on
- Lifestyle
- Other biopsychosocial factors



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TYPES OF NECK PAIN

Muscular

- Positional
- Knots
- Sleep position
- Whiplash



Joint

- Degeneration
- Injury
- Whiplash



TYPES OF NECK PAIN

Mechanical

- Localised to the neck
- Reduced movement due to pain
- Pain that started without trauma
- Sudden or gradual onset
- Possible referred pain
- Dull, aching pain that may be sharp with certain movements



Disc/nerve

- Radiating pain
- Altered sensation
- Weakness

PREVENTION IS BETTER THAN CURE



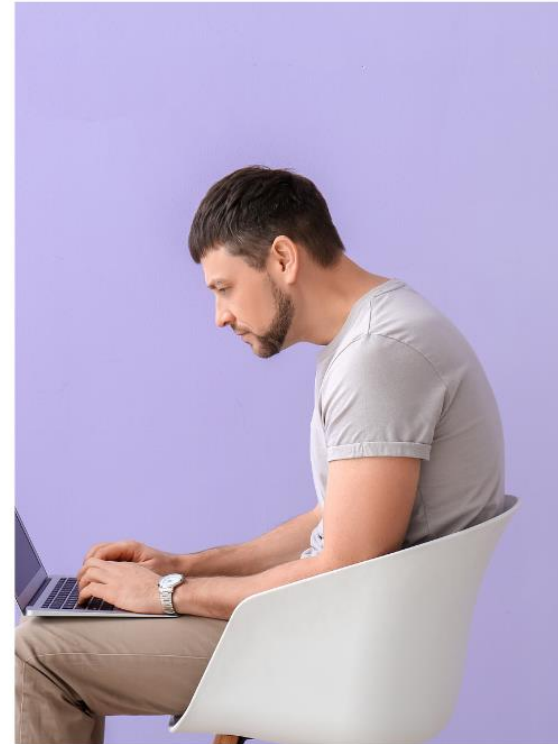
- Regular movement
- Set a repeat alarm on your smartphone
- Stay hydrated - have water at your desk
- Create a schedule with plans & goals
- Use conference calls on loudspeaker to get up and move
- Incorporate exercise / movement / stretches into your day



IS SITTING BAD FOR YOU?



- No, but we can help our self
- Often not a choice, but breaks are!
- Negative views of sitting
- Prolonged sitting is not good for you
- Move more!





- **Eye level at top third of the a central screen**
- **Relaxed shoulders with arms supported**
- **Forearms at desk height**
- **Small gap between the seat edge and back of knee**
- **Utilise the back rest for support**
- **Hips slightly higher than knees**
- **Feet flat on the floor or footrest**
- **Regularly used equipment is within easy reach**



LAPTOP SOLUTIONS



**Use a large
screen if
possible**



**Use a
seperate
keyboard and
mouse**



**Use a laptop
stand for a
raised &
central
position**



**Hybrid
working -
portable
equipment**

FAQ's

What if I don't have an ergonomic chair?

- Look for cushions to sit on/against
- Be creative with household items
- Seek expert help

What if my feet don't reach the floor?

- Use boxes, a pile of folded towels & other items as a footrest

My chair has no arm rests.....

- Tuck in & use the work surface for support

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NECK FIRST AID



- Pain medication
- Heat or cold
- Stay active
- Exercises
- Ask for help





WHEN TO SEEK HELP

- New symptoms of **dizziness** or **unsteadiness**
- Problems with your **speech** or finding words
- **Sudden collapse** without loss of consciousness
- Difficulty **swallowing** or unexplained hoarse voice
- Double vision or **visual** field loss
- Loss of feeling or **pins and needles in both** of your arms or legs
- **Difficulty walking** and/or loss of coordination
- Unexplained **nausea** or vomiting
- **Altered sensations** around your nose, tongue or mouth area
- New symptoms of **clumsiness** or dropping things
- **New severe headaches** that won't ease and that are different to your normal headaches

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Certain symptoms require a same day medical opinion.

If you have neck pain and/or any of these symptoms we would recommend you call 111 or contact your GP for a same day appointment.



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THE BASICS



www.myIPRSHealth.com



- Free, self help website
- No referral needed
- Lots of information
- E.g. Click on the neck to be shown common issues and how to help it
- ***Password = Posturite***





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