

MDC Pain Centres Namibia

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Neck : Neural rehabilitation - or "neurophysio"

The best way to prevent injury is by having strong, flexible muscles and joints that resist strain and injury. The back and neck like movement. Putting the back in a static position for long periods of time, such as sitting at a computer screen for hours, increases the risk of back or neck strain. The best preventive medicine for neck and back strain is movement. Take frequent breaks away from the computer screen to stretch.

Here are some easy stretching exercises to rehabilitate your neck after neck procedures. They are designed to stretch the muscles and nerves that come from the neck and innervate the neck, shoulder and arms.

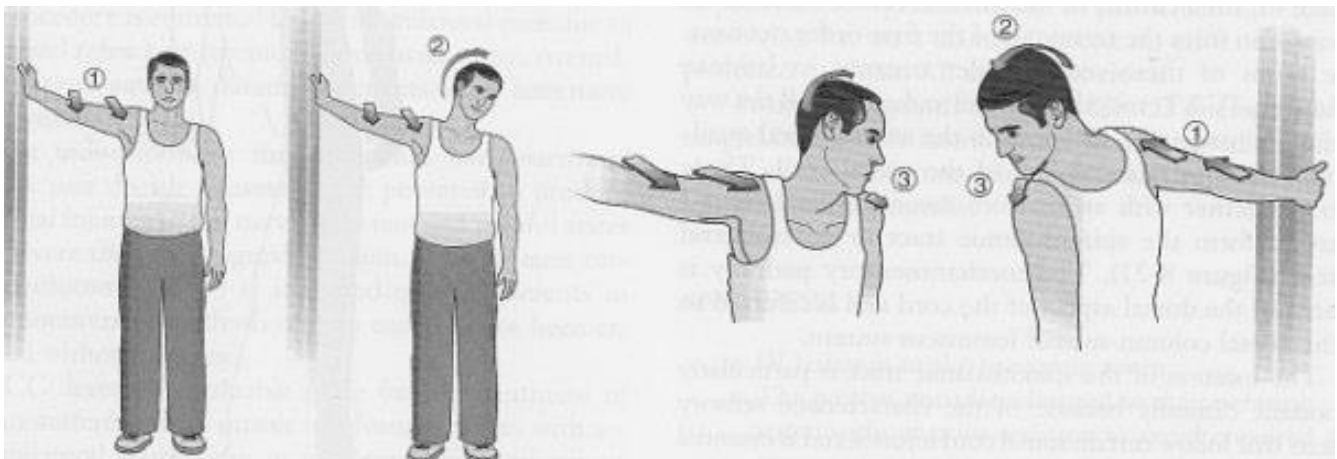
After pain treatment

Note - the more careful effort you invest in these exercises, the longer you will stay pain free.

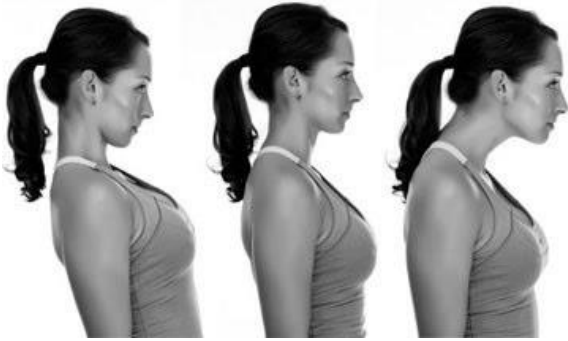
Day of Tx	Neural flossing : Repeat 2 sets x 10 reps in the afternoon / evening.
Day 1 - 10	Neural flossing : Repeat 3 sets x 10 reps morning & 3 sets x 10 reps afternoon / evening Neck Glide : Repeat 3 sets x 10 reps morning & 3 sets x 10 reps afternoon / evening Combination Pull / Shoulder shrug : Repeat 3 sets x 10 reps morning & 3 sets x 10 reps afternoon / evening
Day 11 - 30	Neural flossing : Repeat 3 set x 15 reps morning & 3 sets x 15 reps afternoon / evening Neck Glide : Repeat 3 sets x 10 reps morning & 3 sets x 10 reps afternoon / evening Combination Pull / Shoulder shrug : Repeat 3 sets x 10 reps morning & 3 sets x 10 reps afternoon / evening
2 - 6 months	Neural flossing + Neck Glide + Combination pull / Shoulder shrug : 10 reps in 2 sets, 2x daily
Thereafter	Neural flossing + Neck Glide + Combination pull Shoulder shrug : Try to do 15 - 20 Reps x 2 sets alternate days.

Neural flossing / Trapezius stretch with rotation

- Step 1. Anchor hand on fixed object beside you. Stretch your arm out, push elbow and shoulder forward under moderate pressure. Keep up this pressure throughout the exercises.
- Step 2. Rotate head sideways to the opposite side to your anchored arm - ear aiming towards your shoulder. Do this slowly and stretch the muscles in your neck. Do not do this in a jerk! Hold for 20 seconds.
- Step 3. Now rotate your chin towards your shoulder while stretching the neck muscles. Rotate slowly back and forth for 20 seconds.
- Step 4 Repeat this exercise 10 times in a set



Neck Glide



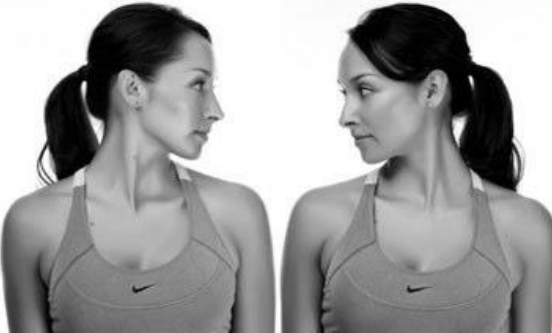
Start with neck straight. Slowly slide your chin forward. Hold for five seconds and return to starting position. Do ten times.

Combination Pull



Pull on your left arm with your right hand (or otherway around). Tilt your head back and away from the arm you are pulling. Hold fro 10 - 15 seconds.

Neck Rotation



Start by looking straight ahead. Slowly turn your head to the left. Hold for ten seconds, then return to starting position. Then, slowly turn your head to the other side. Hold for ten seconds. Return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neckstrain.

Shoulder Shrugs



Start by looking straight ahead. Slowly raise both shoulders up. Hold for five seconds, then return to starting position. Do ten repetitions. This is a good exercise to do during work, especially if you have to keep your head in a steady position for extended periods, as in working at a computer. Do this exercise every half hour to prevent neck strain.

Please remember!

Please call Colleen @ Claremont 021 683 7620 or Sandra @ Strand 021 853-0333 to schedule your follow up visit at our clinic.

- Follow up visits - generally scheduled 2 - 3 weeks following your treatment
- Please call us if you have any problems or questions relating to your treatment as soon as possible so we can assist your recovery.