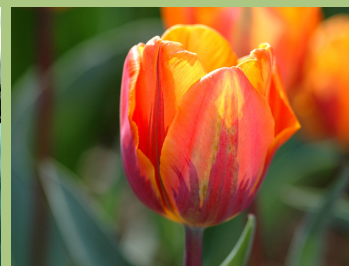


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## Acute Neck Pain?

What do you do? How do you get better faster? Below are some tips to a quicker recovery.



Knowing what to do and what not to do after straining your neck is critical in recovering. Here are some tips to help you for the first few days:

- 1) Take an over-the-counter anti-inflammatory. Ibuprofen is safest. Initially, 3 to 4 tablets are needed in an effort to minimize swelling. Use the same dose every 6 waking hours with food and plenty of water. Any upset stomach? Stop immediately! Do not exceed two weeks using this protocol. Check with your MD or pharmacist if you have questions or are on other medications.
- 2) Use ice for 30 minutes. You can repeat as often as every two hours for the first four days. Later on you can use 30 minutes each of ice, then heat, then ice to speed recovery.
- 3) Sleep and rest with support under your neck and shoulders. Using an easy chair at about a 30 degree angle can reduce the shear-stress often associated with acute neck pain. Stay for 30 minutes and repeat two or three times a day.

4) Maintain a “stacked” posture with your head balanced over your shoulders. Every inch forward of a neutral position makes the neck muscles work 10 times harder.

5) Avoid the temptation to constantly stretch your tight neck muscles until advised by your doctor. Too early may slow your progress.

6) Do not use heat! It is tempting isn't it? It feels good. But, not a good idea if your connective tissues are inflamed.



7) Call us if you have a question! We can give good advice to keep you on the right track.

8) Keep your scheduled appointments! There is no quick fix!

As you get better our recommendations will change. We will suggest exercises to gradually strengthen and coordinate your neck.