City Physiotherapy & Sports Injury Clinic
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Your Local Physiotherapy Clinic

Effective Way Of Avoiding And Relieving Neck & Back Pain



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Are you one of the millions who suffer from neck and back pain? If not, it's very probable that you know someone who does. Indeed, neck & back pain is a very widespread problem because the neck and back area is susceptible stress. Neck & Back pain can be produced by muscle strains, osteoarthritis, herniated intervertebral discs. In fact, bad posture is a huge culprit in producing unhealthy alignment of the neck and spine and consequently, pain will take place. Want to avoid and relief Neck & Back Pain?

One of the most common causes of Neck & Back pain is a bad posture while sleeping. Most people have incorrect posture habits not only when they sleep but also during the day. When you perform a task that you may think is harmless (reading in bed without a posture pillow) this bad posture can eventually produce neck & back pain.

My First suggestion to resolve Neck & Back Pain is to avoid sitting in the same position for prolonged periods of time. Unfortunately, most of us have to because of work or other commitments so we have to remember to not curve or bend the neck forward whilst sitting down for long periods, allowing the neck and back to have support and achieving a better posture.

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Secondly, your sleep positions during the night are more important than you believe because they are the most frequent cause of neck & back pain. Why do you think this happens? Simply, because most of us use old, unsupportive pillows, which angle our neck at a too high or too low angle. Consequently, this causes neck pain, back pain, discomfort and exhaustion. This drooping sleep surface typically provokes an unhealthy spine alignment, thus the muscles of the back will attempt to balance by tensing up trying to restore a more natural posture of the spine. However, this muscle tension produces the morning stress and the neck and the back pains.

Therefore, the best way to avoid and relieve neck & back pain is to maintain a correct posture. That is reason why many clients love a Physio Approved Support Pillow which are so beneficial as they easily adjust to the form of your neck & back and brings you correct spine alignment. A neck support pillow is a good suggestion to have a relaxing night's sleep without neck pain and other problems.

Finally, you should visit your local Physiotherapist and plan out a suitable stretching routine. Ever wonder why cats and dogs stretch when they get up? Try it for yourself!

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The key to back health is in keeping it actively flexible and strong, or well supported by the stomach and back muscle. Find your happy medium and balance in your body , too much strength in one area will pull out another.

Each person is uniquely different in many areas. So never think what worked for someone else is going to work for you. That is why you should visit your local Physiotherapist and work out a suitable stretching and strengthening guide.

Remember, pain is your body's way of signalling that something is wrong. Contact your Physiotherapist for an appointment for an initial exam and find out how to help your Neck & Back Pain.

Think Physiotherapy sounds like the answer to your pain?

Book an Initial Consultation with Niamh now!

Call: 056 7786211

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