



# LifeLine

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## Neck problems

The neck can be the cause of a variety of symptoms including headache, shoulder pain and pain down the arm.

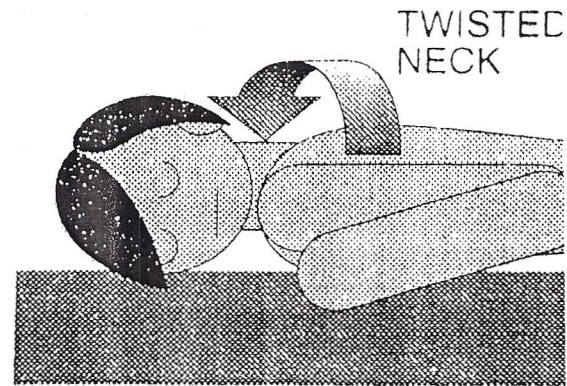
The problem is caused by the high flexibility and therefore instability of the neck. Good posture with the neck held straight is critical to avoid neck problems.

### CAUSES

- Sleeping on one's stomach with neck turned at a sharp angle.
- Prolonged desk work with head bending down.
- Pillow too high or too low, e.g. using arm of sofa as a headrest.

### COMMON CAUSE

*Sleeping on the stomach with head twisted to the side is a common cause of neck pain and headache.*



### WHAT CAN HELP

- ¥ Change posture, e.g. frequent resting of the neck holding head squarely over shoulders.
- ¥ Use shaped pillows (or improvise with rolled-up towels) to fill the hollows under the neck.
- ¥ Adjust the angle and height of reading materials, rather than forcing the neck down.
- ¥ Acupuncture to relieve irritated nerves and muscles.
- ¥ Manual joint adjustments, useful for realigning minor mismatching of the vertebrae.
- ¥ Physiotherapy, e.g. traction to relieve compressed nerve roots.
- ¥ Massage or acupressure to relieve tightness of muscles.