

## Introduction

Neck pain is a common problem that often affects workers. Whether it has been caused by work, or by outside activities, symptoms can be exacerbated by the work that you do.

Factors that can cause or impact existing neck pain include poor posture, repetitive movements or incorrect ergonomic setups.

It is more prevalent in certain types of work including:

- Teaching & Lecturing
- Display Screen Use & Office Work
- Health & Social Care roles
- Professional Driving
- Mechanics, Welding & other factory work
- Retail & Service Work

## What can I do?

Try to identify what factors seem to cause or irritate symptoms. Certain movements or tasks will probably cause more discomfort than others.


- Try to modify posture or movement to avoid discomfort.
- “Warm Up Exercises” might help to alleviate symptoms if undertaken before starting work or after breaks.
- Simple neck exercises might help with symptoms.
- Consider asking your employer for an ergonomic review of your workstation or process.
- Over-the-counter medication might help with short term symptoms – consult your local pharmacist.

## Simple Exercises for easing neck pain


**NECK** PAIN & TENSION RELIEF

DAREBEE WORKOUT @ darebee.com  
3 sets | up to 2 minutes rest between sets


www.nhs.uk **NHS** choices




10 back and forth tilts




10 side-to-side tilts




10 neck rotations




10-count press




10-count press




10-count alternating side press



10-count alternating side press



10-count alternating chin press



10-count alternating chin press

## What if it doesn't improve or gets worse?

If self-care doesn't help or your symptoms are getting worse, then you should consider:

- Stopping self-care exercises if it seems to be making your neck more painful.
- Reporting it to your employer and/or Occupational Health Practitioner.
- Requesting a temporary redeployment to another role or area as a short-term measure (this might not be possible).
- Seeking review with your GP or a Physiotherapist.

If you have been given an exercise or treatment programme by a healthcare professional, you should follow it closely for the time frame specified.

You may be asked to keep a symptom diary to help the practitioner identify which aspects of your job may be affecting your condition. You may be asked to record pain using a simple scale along with other factors such as weights lifted, frequency of movement, force applied etc.

In the unlikely instance that an exercise programme seems to be making things worse, stop and contact your provider for further advice.

Further information can be found at:

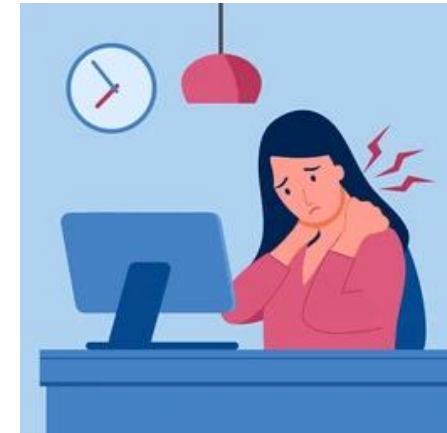
<https://www.nhs.uk/symptoms/neck-pain-and-stiff-neck/>

A copy of this and associated leaflets may be downloaded from:

<https://mohs.co.uk/resources/>

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## Neck Pain & Work A Guide for Employees



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