

Computer Stiff Neck Therapy Pack

Considerations:

A. Positioning of computer and person

1. Computer position in front of you, eye height.
2. Chair, comfortable and supportive.
3. Possibility to get the working area, table chair, computer checked by a occupational therapist.

B. "Being" during working hours

1. Start exercise today:
5 minutes in the morning, before going to work, so that shoulder and neck area are looser.
2. During working hours:
Remind yourself to stretch and repositioning as often as possible.
Do it as best as you can, every time you remember is a bonus and works towards being a habit.
3. After work:
Another 5 minutes would be fantastic and helpful.

C. When you had a hard day

1. Hot shower:
Let the hot water run onto your shoulder and neck area.
2. Heat pack:
Possible to purchase at your chemist for around \$20.
3. Hot bath:
Fill your bath tub with hot water, that it just covers your body, (water restriction).
Add 4 tablespoons of Epson salt or Radox, soak in it for 15 minutes.
Sports people using this technique for painful muscles.
The salts are available at Woolworth and Coles Supermarkets.

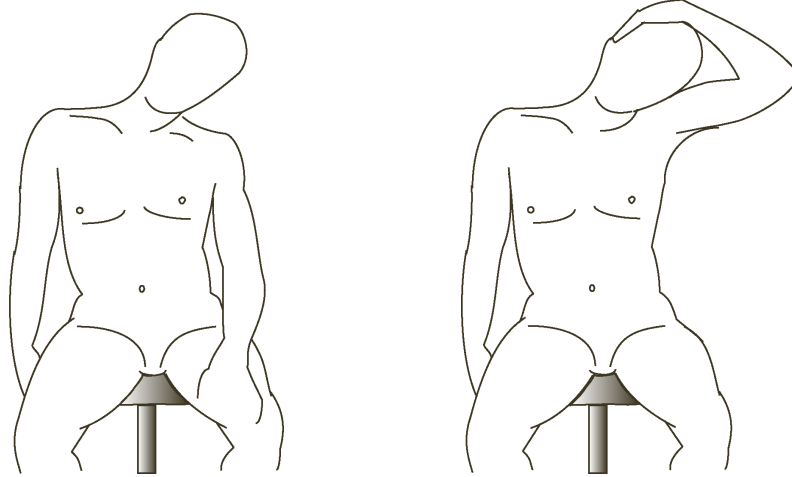
D. Additional help

1. Swimming:
Very good for the whole body, especially for the back.
30 minutes work out is sufficient.
2. Yoga:
Excellent tool for computer stiff necks. Stretching and stress relief.
3. Gym and pilates:
To strengthen the muscles, will be also helpful. Important to learn with a professional.

E. Massage, Bowen Technique, Reflexology

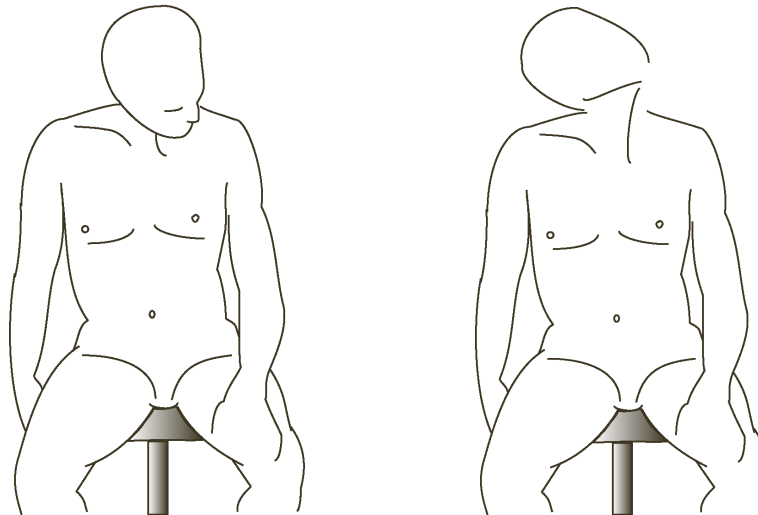
1. Have a monthly tune up.

Active Static Neck Stretch



1. Sit straight and upright in a chair and flex the neck to one side (only until a slight, comfortable stretch is felt).
2. Holding the base of the chair, pull the shoulder down (by pulling on the base of the chair) which will increase the stretch.
3. Hold the position and then relax out of it and repeat the movement several times.
4. Both sides should be stretched to give balance in the neck region.
5. You can hold the side of the head to increase the stretch **but never pull down forcefully as this can damage the structures of the neck.**

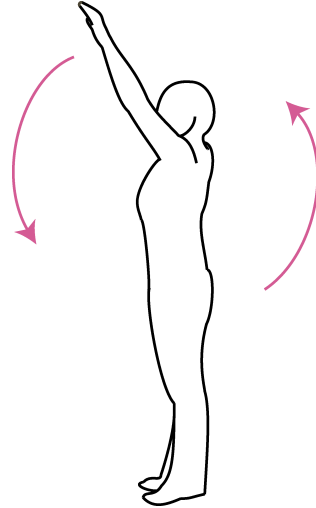
Active Static Shoulder Stretch



1. Sit on a chair and flex your head forward and rotate it to the right
2. Hold on the base of the chair with the right hand and slowly pull the shoulder down toward the chair.
3. Hold this position and then relax out of it and repeat the movement several times.
4. Repeat on the left side.
5. And repeat with head flexed backwards

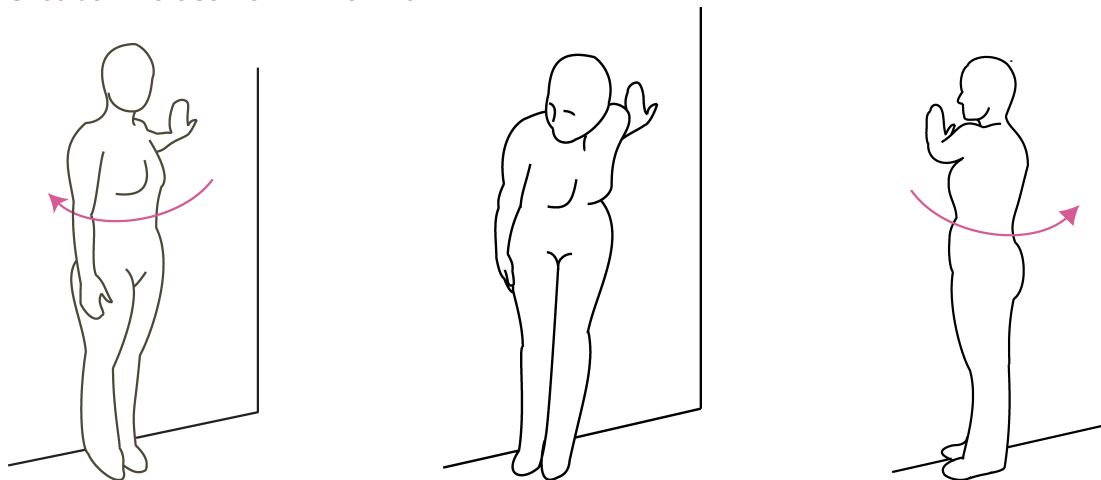
Shoulder Exercise No 1 – “Paint the Earth”

This is a preliminary exercise for those with extremely limited shoulder mobility. Eg. Can't lift arm to chest height.



1. Standing with stationary body, mobile arm
2. Using one arm with straight elbow, pretend you are going to stir a large pot.
3. Do six circles in one direction, then reverse the movement.
4. Extend the circle circumference, but do not go beyond the comfort zone.
5. Repeat the above with other arm.
6. Repetition: 6 times each arm, each way, each day.
7. Some noise may be heard in the joints as the calcification breaks down.

Shoulder Exercise No 2 – “Wall Walk”



1. Standing with stationary body, mobile arm
2. Place hand at shoulder height onto a wall with a flat palm and fingers pointing to the ceiling. Keep elbow straight.
3. Stand far enough from the wall to create pressure on the shoulder joint.
4. Maintain that pressure while you walk the body in towards the wall, creating a stretch in the posterior deltoid muscle.
5. Hold for a moment or two, then maintain that wall pressure while turning the body away from the wall to create a stretch in the anterior deltoid area.
6. As the shoulder joint mobility increases you may extend the anterior stretch by “taking a bow”, with buttocks moving in the direction of the wall.
7. Drop the arm, breathe deeply, and relax the neck.
8. Repetition: 6 times, each arm, each way, each day.

Finding the right therapist, a therapist with qualifications:

Check the Yellow Pages under Massage Associations, go to their websites or contact an association to find the therapist in your area:

- Association of Massage Therapist (AMT) 02 9517 9925
- Australian Traditional Medicine Society (AMTS) 02 9809 6800
- Association of Remedial Masseurs (ARM) 02 9807 4769

The requirements of the associations are:

- Regular training for their therapist
- Indemnity insurance
- First Aid Certificate

Most therapist have provider numbers from the private health funds, so that their clients, (which have the right private health fund cover), can receive rebates.

Also check with friends or relatives, if they know a good therapist.

So in the simpler way:

1. Get in contact with an association and ask for a therapist in your area.
This therapist will have qualifications, continuing his education, a first aid certificate a Indemnity insurance.
2. When you make your appointment inquire, if the therapist has the provider number of your private health fund.
3. Communicate with your therapist about your needs.
See how you feel during and after the treatment, when you are not happy, keep look for the right therapist.

Good luck with everything, don't hesitate to call me, when you have any questions.

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