

### Sports Therapy

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

### Spinal Therapy

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

**GUNN IMS** - Intra-Muscular Stimulation

**Pilates Based Core Stability Training**

**ICBC Treatment of Injury Post MVA**

**Active Rehabilitation Programs**

**WCB Treatment for Work Related Injury**

**Worksite Evaluation, Ergonomic Assessment & Wellness Program Development**

**Functional Capacity Assessment and Medical Legal Reporting**

### Women's Health

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

**Injury Prevention Education**

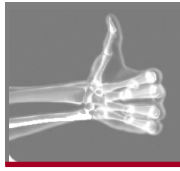
### Seniors Programs

- Fall Prevention
- Fitness
- Post Surgical

### Respiratory Care

**Arthritis Treatment and Management**

**Neurology**



# Burrard Physiotherapy

You' re In The Right Hands

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Allison Downie  
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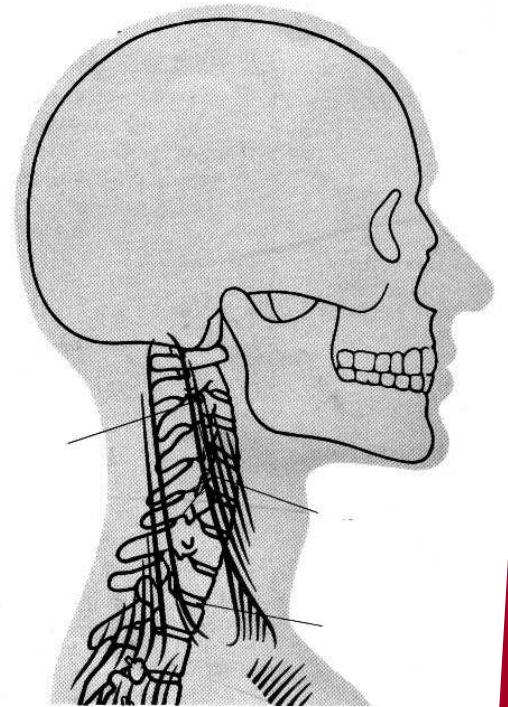
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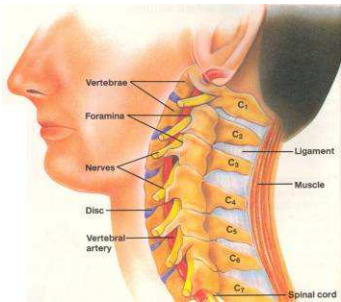
# Neck Pain



# Physiotherapy & Neck Pain

**N**eck pain arising from the *Cervical spine* is a common complaint with multiple causes. At Burrard Physiotherapy we can identify the musculoskeletal causes of neck pain and can provide you with effective treatment and advice.

The neck or *cervical* spine is a highly mobile part of the spine.



It supports the head and allows it to move in all directions. There are seven vertebral bodies separated by *discs*, which

make up your cervical spine. Ligaments and muscles hold the vertebrae together. The muscles also produce movement

## WHAT CAUSES NECK PAIN?

The head is heavy and is balanced on a relatively narrow cervical spine. It is often subjected to various degrees of trauma. Injuries and postural stresses are common causes of neck pain. Arthritis and degenerating discs can also cause pain, which can be further aggravated by injury, or poor posture.



## NECK INJURIES

The most common neck injury is the acceleration/ deceleration injury or "*whiplash*" where the head is thrown forward or back on the neck and trunk. Neck injuries commonly occur in motor vehicle and occupational accidents. Trauma may occur to joints, discs, ligaments and muscles.



## POSTURAL STRESSES

Pain can be caused simply by bad posture even in the absence of any actual injury. Postural stresses cause neck pain because the ligaments are over-stretched; muscles fatigue and joints are overloaded. This may occur with: Poor habitual posture when the head and neck posture is abnormal i.e. the shoulders slouched



and the head poked forward on the neck. Excessive load is placed on joints and muscles. Secondary stiffness and weakness compound the problem. When lying or sleeping with the head in an awkward position. When working in a strained position e.g. head down reading or writing, head turned when reversing a car, head looking up while painting a ceiling.

## WHERE IS PAIN FELT?

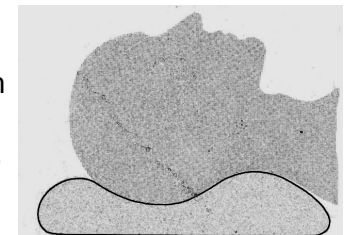
Pain may be felt in the neck or it may be referred pain felt across the shoulders and shoulder blades. It may be in the arm and hand or it may be felt as a headache. Sensations of pins and needles, numbness and burning may also be present.

## HOW CAN YOU PREVENT IT?

**POSTURE** Chest lifted, shoulders relaxed, head level and over the body, chin tucked in. The neck should feel long, straight, relaxed and tall. **Think Tall!**

**WORK** Interrupt prolonged positions of your head and neck at regular intervals. Frequently move about and lift the chest and head into the corrected position. Use a document holder or sloping desk surface to avoid looking down constantly. After vigorous activity, sports or lifting **AVOID** sitting slouched with your chin in a poked forward position.

**SLEEP** Use a non-rubber pillow, which moulds into and supports your neck. **Avoid sleeping on your stomach!!**



**CAR** Sit with good posture. Have the back support upright and the headrest properly adjusted.



Burrard Physiotherapy can help you prevent and get rid of your persistent neck pain. Call us today for an appointment.