

Acute Neck Pain Protocol Sheet

Do's -

- Alternating Ice and heat for 20 minutes each to reduce inflammation (Note 1: if either heat or ice, makes pain worse, don't do that mode of treatment. Note 2: Apply thermal therapy even after the initial injury period)
- Keep moving - by moving your head towards the pain rather than away from pain
- Try lie on your back on a hard floor / bed
- No pillow may help neck pain when lying on your back
- Sleep on a pillow high enough to keep neck in alignment (my recommendation is the Therapeutic Pillows Australia pillows [Complete Sleeprrr Plus Pillow](#) | [Firmer Memory Foam Pillow](#) (medium firm as the firmness i prefer but its personal preference. They also do latex pillows)
- Anti inflammatories if pain is affecting daily activities



Dont's -

- Avoid stretching your painful side of your neck - remember, go towards the pain
- Avoid prolonged sitting positions
- Avoid looking down at a phone or computer
- Avoid slouching / having poor posture
- If pain persists and you don't have the tools to ease your pain at home, contact an Allied Health Practitioner like a Myotherapist for help.

