

PEACE & LOVE

Neck Pain Injury Management

PEACE

P



PROTECTION

Avoid activities and movements that increase neck pain during the first few days after injury.

E



ELEVATION

Elevate the neck higher than the heart as often as possible.

A



AVOID ANTI-INFLAMMATORIES

Avoid taking anti-inflammatory medications as they reduce neck tissue healing. Avoid icing.

C



COMPRESSION

Use an elastic bandage or taping to reduce swelling of the neck.

E



EDUCATION

Your body knows best. Avoid unnecessary passive treatments & medical investigations.

LOVE

L



LOAD

Let pain guide your gradual return to normal activities. Your body will tell you when it is safe to increase the load on your neck. To get started view our exercises on the next page.

O



OPTIMISM

Condition your brain for optimal recovery by being confident & positive.

V



VASCULARISATION

Choose pain-free cardiovascular activities to increase blood flow to repairing neck tissues.

E



EXERCISE

Restore neck mobility, strength & proprioception by adopting an active approach to recovery.

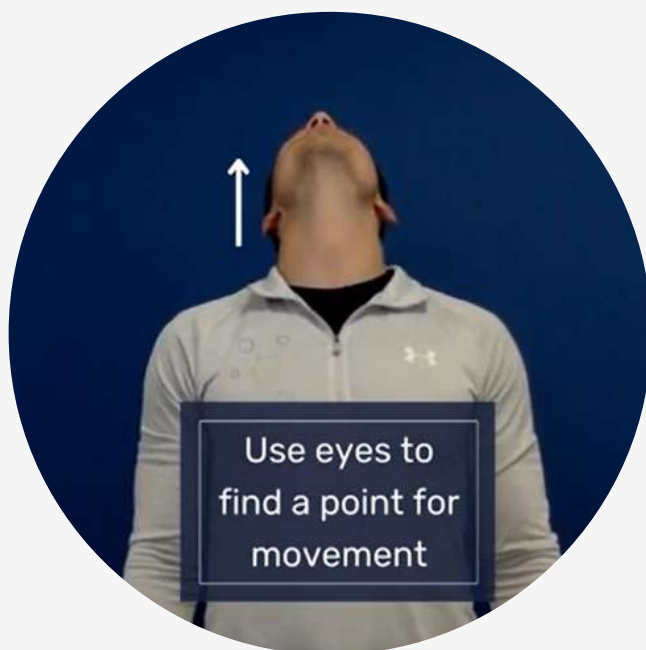


NECK REHAB EXERCISES

Level 1: Neck Isometrics

[View the video here.](#)

Start with 5 reps,
once you can
complete 15 reps
move to level 2.



Level 2: Neck Mobility

[View the video here.](#)

Start with 5 reps,
once you can
complete 15 reps get
in touch to progress
your rehab by
clicking [here.](#)



HEALTH BY
SCIENCE