

## BROWER CHIROPRACTIC CENTER

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[www.backhealthforyou.com](http://www.backhealthforyou.com)

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Patient Name: \_\_\_\_\_

### Home Care for the Neck, Upper Back and Shoulder/Arm

#### Basic care and recommendations:

- If your head or neck movement is restricted in any way, be very aware that your ability to drive safely (especially if an unexpected head movement is required) may be impaired. Think ahead and drive defensively.
- Allow your head and neck to move in its pain-free range of motion.
- Always use proper body mechanics at home and work (Follow the attached DO's and DON'T'S)
- The head and brain weigh approximately 10-12 pounds. Your neck muscles will hurt less by periodically lying down to rest them.
- Do your best to avoid sleeping with your neck in an awkward position.
- Vigorous coughing and sneezing can easily aggravate neck, upper back and arm pain.
- Your pain may be lessened by: Mental concentration on work or other activities, sleep and emotional control.
- Your pain may feel worse with: Anxiety, uncertainty and fear. (If you strive to understand and follow your treatment plan and instructions, these emotions will be minimized); Ingestion of alcohol and/or caffeine (tea, coffee, or soda); Changes in the weather, especially cold or high humidity; Hormonal changes such as stressful situations or menstrual cycle.
- **Be aware when using pain relieving medications**, you may overdo or perform activities that may aggravate your condition. Pain is the body's way of telling you when to stop or not do something and the medication can mask those signals.
- Do the recommended exercises when they are prescribed, but discontinue any one causing pain and notify me.
- If you are unsure or have any questions regarding any of these instructions, please make sure you talk to me prior to following any of them.
- If your conditions change or you are at all concerned about it, call the office immediately. The number for urgent care after office hours is (919) 848-3238.

#### **PLEASE FOLLOW ONLY THE CHECKED INSTRUCTIONS BELOW**

\_\_\_\_\_ Use an ice pack on the back of your neck and painful area for **20 minutes every 2-3 hours**.

\_\_\_\_\_ Use an ice pack on the back of your neck and painful area for **20 minutes 1-2 times per day**.

**IMPORTANT WARNING: Apply ice NO LONGER than 20 minutes due to risk of frostbite.**

\_\_\_\_\_ Use moist heat for **20 minutes, 2-3 times per day**. If you feel stiff after using heat, follow with ice treatment for 20 minutes (see above ice warning). Do not use a heat pad over night or during naps to reduce the risk of skin burns.

\_\_\_\_\_ Massage Biofreeze into the muscles around the back of the neck, top of shoulders and upper back up to 4 times per day. Apply only **AFTER** heat or ice application. Manufacture warns to apply no more than 4 times per day.