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Is Your NECK on the Line?!Do you like this topic? Tell us on Facebook! [Click here](#) for our exclusive PHYSIO4ALL Video on [Exercises for Neck Pain and Headaches](#)**Neck Health and Why a Good Sleeping Posture is Important**

Finding the correct sleeping posture is critical to your overall health. On average, we spend around 1/3 of the day lying in bed; therefore it's imperative to acquire good posture while sleeping.

**Your Pillow**

One way to make sure you are getting the best night's sleep is to use a high quality orthopedic neck support pillow. It can make a big difference and ensure that your neck is positioned correctly. A good pillow will support the head without applying undue pressure, as it conforms to the exact shape

of the sleeper, spreading the weight evenly along the vertebrae and top of the shoulder. It is best to sleep on your back or side with your neck and shoulders well supported. Try and avoid sleeping face down as this will place undue stress on the ligaments, nerves and soft tissue structures that surround the joints in your neck. PHYSIO4ALL highly recommends the Tontine Dual Support pillow which has been endorsed by the Australian Physiotherapy Association and thoroughly tested at the University of South Australia as it maintains the neutral curvatures of your spine when lying. Come and experience the comfortable support that this pillow offers at our practice and our physiotherapists will explain the benefits in full detail.

Download our [SPECIAL \\$10 discount voucher](#) and present when purchasing your pillow!

To purchase a pillow from our on-line shop [click here](#) and follow the prompts. To receive your \$10 discount please present the voucher to our reception staff for a cash refund!

Your Mattress

Having a good mattress is a key element in ensuring a full night's

sleep, allowing us to feel refreshed and rejuvenated. There are a large number of health benefits to making sure your mattress is comfortable including maintain good spinal alignment. A quality mattress will assist to alleviate vertebrae stress and resulting stiffness. The correct mattress should be firm enough to provide support to your back, neck, and legs, while still offering some cushion and recoil for comfort.

The best sleeping posture will maintain your spinal curvature, and here are a few tips to accomplish this. If you sleep on your back, a pillow beneath your knees will keep your posture neutral.



If sleeping on your side, slightly bending your knees with a pillow between them will provide neutral spine position.



The Australian Physiotherapy Association endorses two ranges of sleep products: *Simmons BackCare* and *Sleepmaker Physio*. These mattresses are designed to promote correct spinal alignment for a sound healthy sleep.



Headaches that are caused by Neck Dysfunction

Cervicogenic headache is a syndrome characterized by chronic one sided head pain that is referred to the head from either bony structures or soft tissues of the neck. They typically occur due to damage to one or more joints, muscles, ligaments or nerves of the top 3 vertebra of the neck. Cervicogenic headache usually occurs due to activities placing excessive stress on the upper joints of the neck. This may occur traumatically, or more commonly, due to

repetitive or prolonged activities such as prolonged poor posture, sleeping on your stomach and excessive bending or twisting of the neck when working at a computer.

Exercises to Keep Your Neck Healthy

Due to the constant pressure and effort of the cervical spine and surrounding muscles, it is important that the neck be free from tension and stiffness. Performing regular neck exercises will ensure long term health for the cervical spine and aids in the prevention of strain, injury and cervical spinal conditions. If you already suffer from cervical spinal conditions, you should consult with your physiotherapist before incorporating exercise into your daily routine. [Click here for some simple exercises to help prevent cervical conditions.](#)

Fish Oil for Neck Pain and Headaches

Fish oil contains EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid), a fatty acid commonly referred to as omega-3 fatty acid. The recommended daily dose of fish oils is 1000-2000mg. The best Omega supplements contain higher concentrations of DHA and EPA per capsule which allow you to take much smaller dosages to get the prescribed recommended dose. Omega-3 fatty acids have a number of beneficial effects on the body, including reducing joint pain, inflammation and stiffness. Furthermore, studies have shown that Fish Oils reduced both the frequency and severity of headaches. If you suffer from chronic joint and muscle pain, we strongly advise a high dose fish oil supplement to promote pain relief and anti-inflammatory effects. If you're interested in learning more about the benefits of fish oils, please [click here](#) to download our info article for more information, and [click here](#) for the link to purchase our high quality fish oil from our on-line shop.



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