



PHYSIOTHERAPY

Neck Pain & Tension

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Neck pain and stiffness are commonly linked to prolonged screen use, stress, poor posture, or previous injury. Symptoms may include restricted movement, headaches, or shoulder tension.

Physiotherapy Perspective

Physiotherapy considers the neck as part of a larger system involving the upper back, shoulders, and nervous system. Addressing contributing factors helps reduce strain and improve movement.

Supportive Care

Physiotherapy may include manual therapy, mobility work, strengthening, and ergonomic guidance to support neck comfort and function.

What You Can Do at Home

- Adjust screen height and workspace setup
- Take frequent breaks from prolonged sitting
- Perform gentle neck mobility exercises

Who It's For

- Neck stiffness or pain
- Desk- and screen-related tension
- Headaches related to neck strain
- Recovery from whiplash or injury

Physiotherapy can help restore comfort and confidence in movement.

