

## What are the causes of Neck Pain



### SIZWE HOSMED MEDICAL SCHEME AIMS TO ASSIST YOU TO MANAGE YOUR BACK AND NECK PAIN.

#### The intention of this programme is

- to restore normal function
- reduce pain during the active treatment period

#### FAQs:

##### HOW WILL THIS TREATMENT BE FUNDED?

Sizwe Hosmed Medical Scheme will cover the full cost of the programme for qualifying members, it will NOT come from your day-to-day savings. (Please note, the programme does NOT cover x-rays, scans and prescribed medication.)

##### WHO HAS ACCESS TO THE PROGRAM?

ALL SIZWE HOSMED MEDICAL SCHEME MEMBERS can qualify for the Back and Neck Programme.

### STEP 1

Get enrolled into Back and Neck Programme by contacting Sizwe Hosmed Pre-Authorisation contact centre at **0860 101 176** or email us at **authorisations@sizwehosmed.co.za** to refer you to the nearest treatment centre.

### STEP 2

A baseline assessment will be done with the designated service Family Practitioner and Physiotherapist.

### STEP 3

Individualised treatment programme begins!

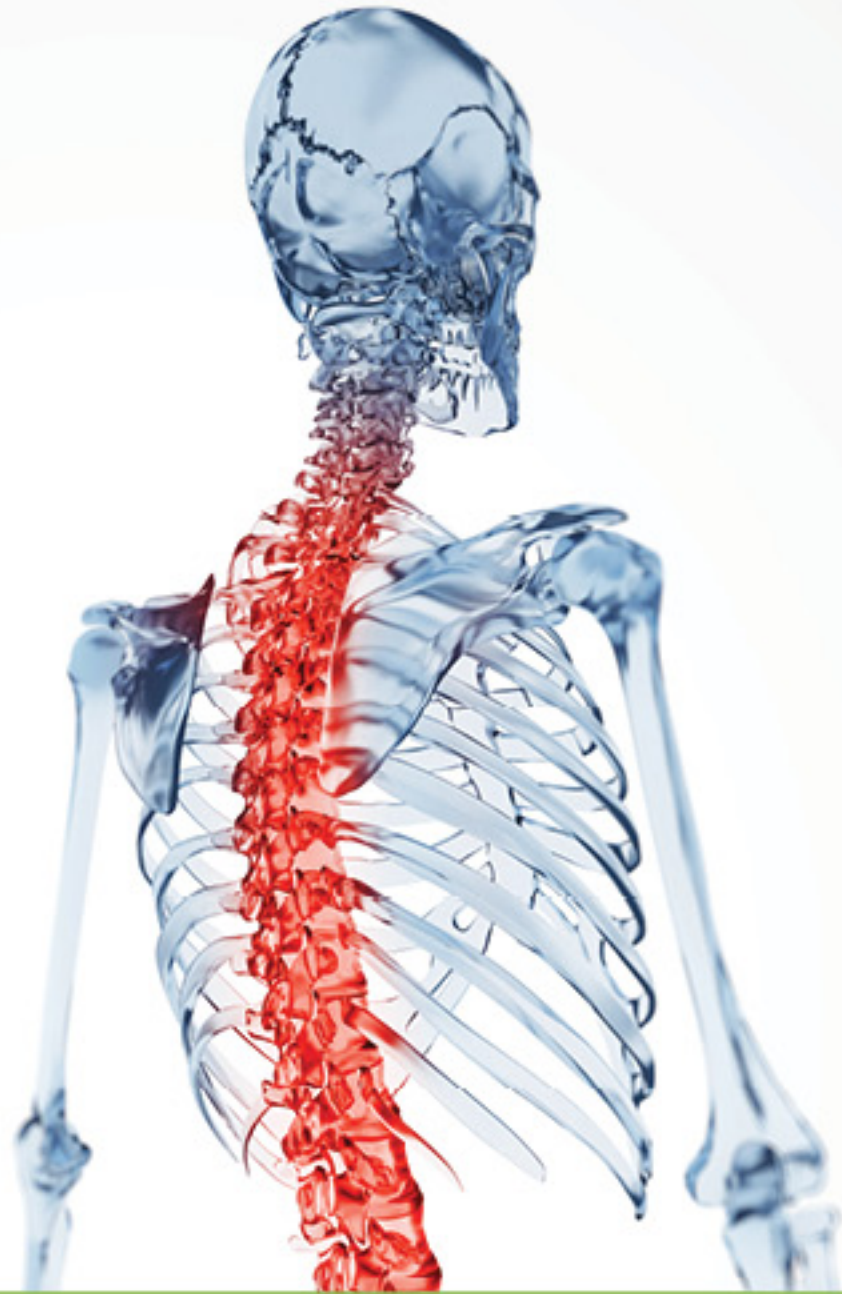
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# BACK AND NECK PROGRAMME

## Symptoms of Neck Pain

- Pain that can worsen with certain movements
- Difficulty turning the head or bending over
- Muscle spasms or tightness in the neck, lower back, and/or shoulders
- Pain that radiates into the arms or legs
- Numbness, tingling, or burning sensations in the arms and/or legs
- Headache



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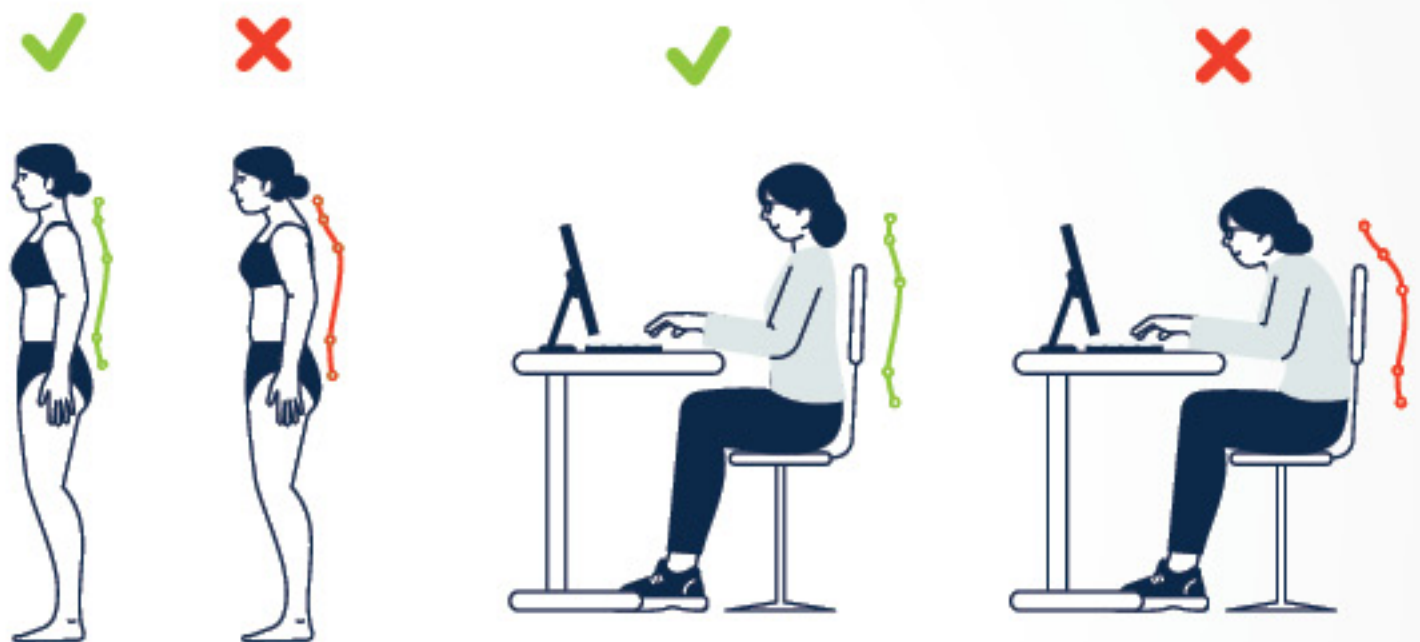
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# BACK AND NECK PROGRAMME

## Poor Posture

### PAIN AND STIFFNESS CAN BE CAUSED BY:

- If we sit, stand or lie in a poor posture for any length of time, it puts stress on the muscles, joints and ligaments.
- A bed that is too soft or too hard
- A pillow that is uncomfortably hard or too soft



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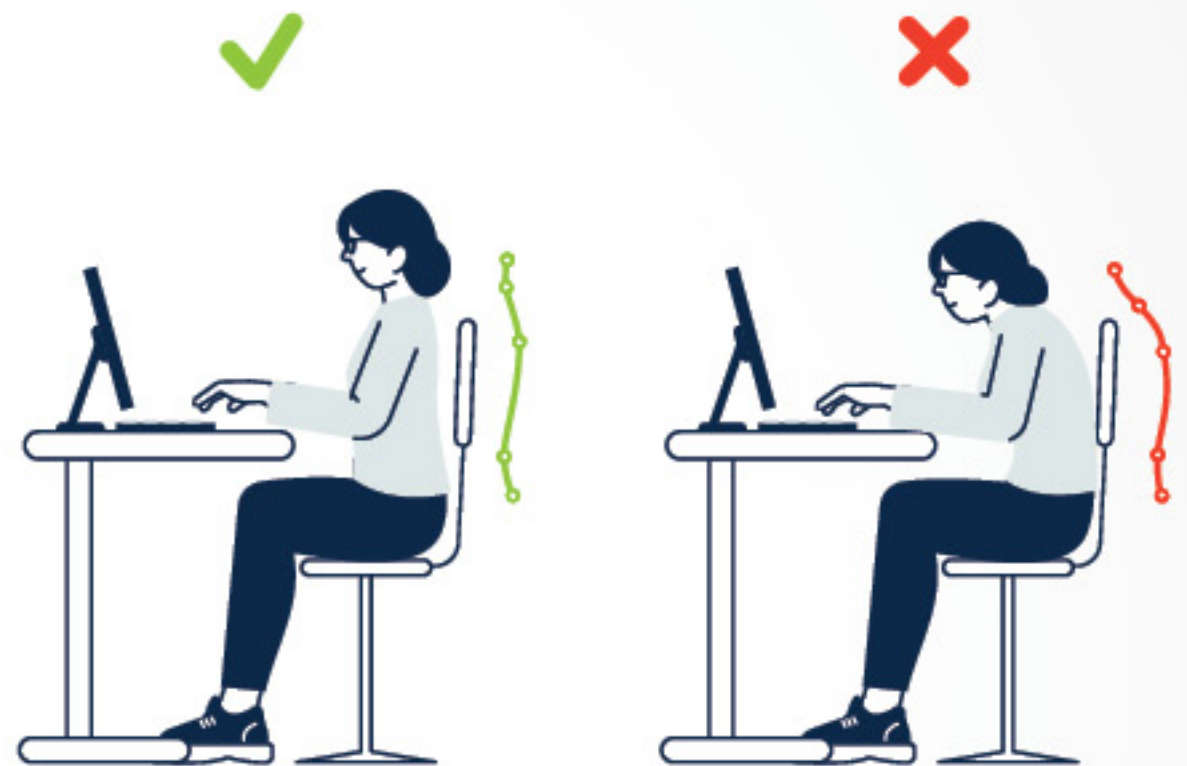
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# BACK AND NECK PROGRAMME

## How to improve posture when sitting

- Sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair
- Make sure that your feet touch the floor, or if not possible use a foot rest
- Don't cross your legs, keep your feet on the floor
- Relax your shoulders, they should not be rounded or pulled backwards
- Keep your shoulders close to your body. They should be bent between 90 and 120 degrees
- Make sure that your back is fully supported. Make use of a pillow or other back support if your chair does not have a back rest that can support your lower back's curve
- Take intermittent brief walks around your office or home
- Gently stretch your muscles every so often to help relieve muscle tension



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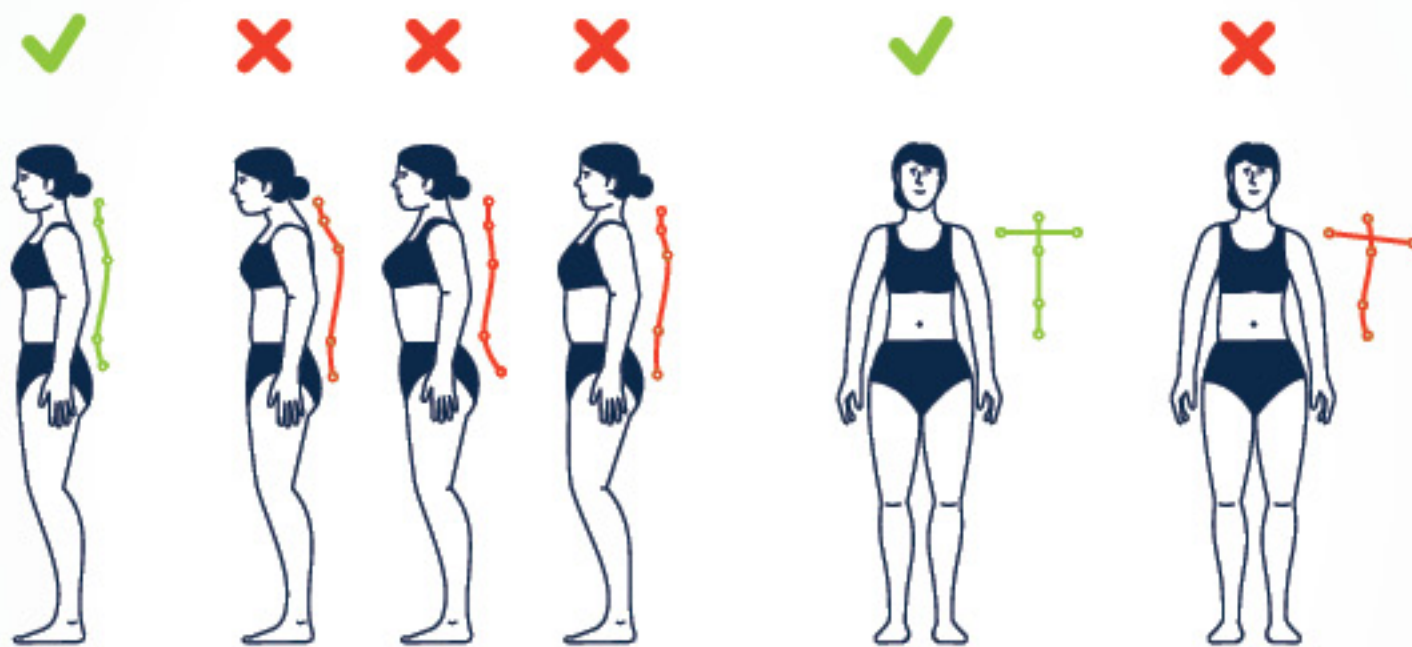
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## How to improve posture when standing

- Stand up straight and tall
- Keep your shoulders back
- Pull your stomach in
- Put your weight mostly on the balls of your feet
- Keep your head level
- Let your arms hang down naturally at your sides
- Keep your feet about shoulder-width apart



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