

Ache in Neck and Shoulder

Cause factors:

- mal-posture
- keep the same posture for a long time
- orthopedic diseases

Home program exercises:

1. Chin-in

Chin-in, shoulder stay close to the wall,
keeping erect posture about 10 minutes



2. Shrug

To shrug bilateral shoulders to the ears, holding
the posture about 10 seconds



3. Stretching of Levator Scapulae

Left hand grasps the edge of the chair. Right
hand hooks the head and pushing **rotation** and
sidebending, holding the posture about 10 seconds



4. Stretching of Trapezius

Left hand grasps the edge of the chair. Right
hand hooks the head and pushing **sidebending**
, holding the posture about 10 seconds



肩頸酸痛

所提供之資訊不能取代醫師之治療及醫師與病人之關係

(資料來源取自臺北榮民總醫院健康 e 點通)

臺北榮總員山分院 關心您

市區門診諮詢電話:03-9373939 轉 107

諮詢電話:03-9222141 轉 6119 或 6120

肩頸酸痛之個別護理指導單張

病歷號:_____

姓名:_____

於下述就醫日期至臺北榮總員山分院(門診、住院、急診室)經醫師或護理人員說明解釋以瞭解。

衛教日期	家屬及病人簽名	指導者簽名