

# Neck Pain Relief



*Say goodbye to neck pain and discomfort, and get back to enjoying your daily life!*

## A Common Problem with Effective Solutions

Neck pain, caused by poor posture, stress, muscle strain, or improper sleeping positions, can range from a dull ache to sharp discomfort. Physiotherapy helps ease muscle tension, improve mobility, enhance posture, and reduce tension headaches or migraines, restoring comfort and function.



### COMPREHENSIVE NECK CARE

#### Manual Therapy

Hands-on techniques to relieve muscle tightness and joint restrictions.

#### Postural Training

Exercises to align your neck and spine.

#### Stretching & Strengthening

Builds flexibility and strength to prevent injuries.

#### Thermal Therapy

Heat and cold treatments to ease pain and inflammation.

### NECK STRETCH

- Sit or stand tall with your back straight and shoulders relaxed.
- Gently tilt your head toward one shoulder, bringing your ear closer to it.
- Hold for 15–30 seconds, then slowly return to the center.
- Repeat on the other side.



**Our approach combines short-term relief with long-term solutions to prevent recurring neck pain.**

**Take the First Step to a Pain-Free Neck. Book Your Appointment Today!**

The Allied Team - Greystanes  
250, Old Prospect Rd, Greystanes  
NSW 2145 | (02) 9636 6244

The Allied Team - Toongabbie  
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The Allied Team - Glendenning  
3/670, Richmond Rd, Glendenning  
NSW 2761 | (02) 8044 4555



## PHYSIOTHERAPY FOR NECK PAIN

### Non-Surgical Relief

Safe, natural, and effective.

### Targeted Treatments

Addresses root causes, not just symptoms.

### Customized Care

Tailored plans for lasting relief.

### Prevention Focus

Learn strategies to avoid future pain

## QUICK TIPS

### Good Posture

Sit and stand upright; avoid slouching.

### Take Breaks

Stretch and move every 30–60 minutes.

### Sleep Right

Use a supportive pillow to maintain neck alignment.



## YOUR FIRST APPOINTMENT

### Assessment

Check posture, range of motion, and pain causes.

### Goals

Improve neck comfort and mobility

### Plan

Get tailored exercises and hands-on therapy.



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SCAN FOR CARE