

HOW IS YOUR NECK HEALTH?

physica

IF YOU ARE UNABLE TO AGREE TO ALL OF THE TASKS LISTED IN YOUR AGE COLUMN YOU SHOULD GET YOUR NECK PAIN ASSESSED BY ONE OF OUR **MUSCULOSKELETAL PHYSIOTHERAPISTS**

		YES	NO
	1. MY NECK IS PAIN-FREE DURING SLEEPING	<input type="checkbox"/>	<input type="checkbox"/>
	2. I CAN TURN MY NECK PAIN AND LOOK OVER EACH SHOULDER WITHOUT PAIN	<input type="checkbox"/>	<input type="checkbox"/>
	3. I DON'T GET HEAD PAIN OR HEADACHES	<input type="checkbox"/>	<input type="checkbox"/>
	4. I CAN DRIVE WITHOUT NECK PAIN / STIFFNESS	<input type="checkbox"/>	<input type="checkbox"/>
	5. I CAN READ WITHOUT NECK OR HEAD PAIN	<input type="checkbox"/>	<input type="checkbox"/>
	6. I DON'T GET SHOULDER/ARM PAIN, PINS AND NEEDLES OR NUMBNESS	<input type="checkbox"/>	<input type="checkbox"/>
	7. I CAN SIT AT MY COMPUTER WITHOUT PAIN (LIMIT TO 45 MINS)	<input type="checkbox"/>	<input type="checkbox"/>



OUR TEAM AT PHYSICA IS HERE TO HELP YOU REGAIN YOUR HEALTH AND ACTIVITY. CONTACT ONE OF OUR TEAM FOR A CHECKUP FROM ONE OF OUR **PHYSIOTHERAPISTS**

RINGWOOD | **CHIRNSIDE PARK** | **KNOXFIELD**