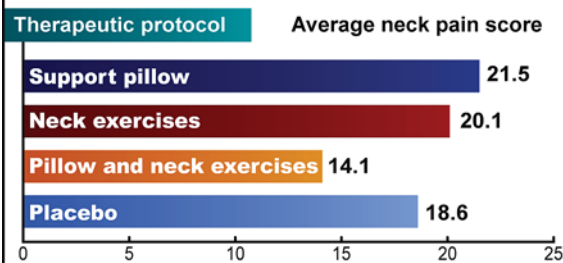


Support Pillow and Exercise Work Best for Neck Pain

In a recent study, 128 patients with chronic neck pain were randomized to one of four groups – neck support pillow and placebo (hot or cold packs and massage); active neck exercises and placebo; exercise, support pillow and placebo; or placebo only – and then evaluated after 12 weeks using the Northwick Park Neck Pain Questionnaire (NPQ). A combination approach proved most effective for alleviating neck pain.



Note: Average NPQ score at baseline for all participants was 31.0.

SOURCE: Helewa A, Goldsmith CH, Smythe HA, et al. Effect of therapeutic exercise and sleeping neck support on patients with chronic neck pain: a randomized clinical trial. *Journal of Rheumatology*, January 2007;34:151-8.