

BACK & NECK · A FRIDO NUGGET FROM YOUR PHYSIOTHERAPIST

Did you know your pillow can feed your spondylitis?

Most neck "spondylitis" is wear in the discs and joints that comes with age. Your pillow can't undo it, but every night it sets your neck's angle for hours. Here is what is going on, how to score your neck, and what helps.

Name _____

Physiotherapist _____

Date _____ Next visit _____



Watch first

Scan to watch the 1:42 video that explains it.

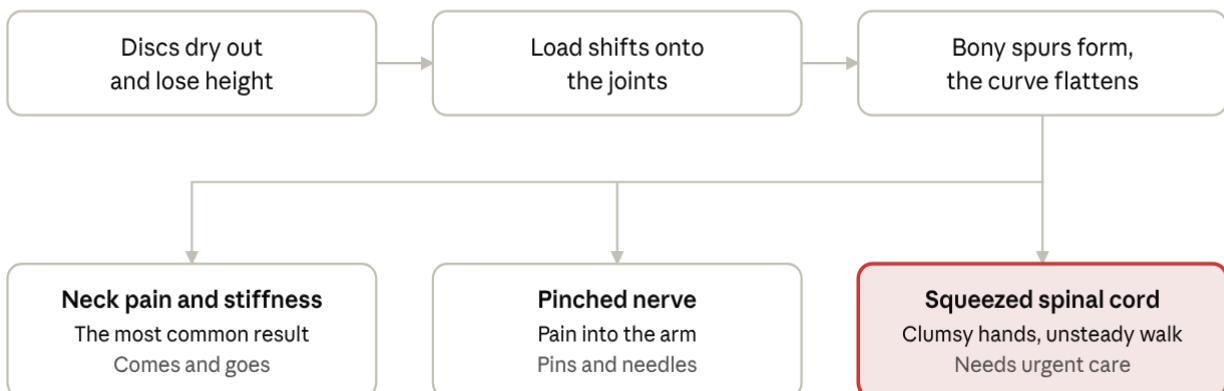
01 What is happening in your neck

As we get older, the cushions between the bones of the neck dry out and get thinner, and the small joints behind them wear, a bit like a knee. The body adds small bony spurs.

Most of the time this causes stiffness and aches that come and go. Lots of people have the wear and feel nothing at all.

Worn discs shift load onto the joints, and spurs can crowd the nerves

Many people have these changes and feel nothing



How the wear develops. Stiffness and aches are the usual result.

02 What it does to you

Neck pain and stiffness that come and go, and headaches that start at the back of your neck. It often comes back, so the habits below are worth keeping even when it settles.

03 Score your neck

Rate each of these from 0 (no trouble) to 5 (can't do it), and add them up, out of 50: pain, washing and dressing, lifting, reading, headaches, concentration, work, driving, sleeping and free time.

What your total means: under 5 none, 5 to 14 mild, 15 to 24 moderate, 25 or more severe. Score again after two weeks; 5 points or more lower is a real change.

04 Spondylosis or spondylitis?

People often say "spondylitis" when they mean neck wear (spondylosis). True spondylitis (ankylosing spondylitis) is a different, inflammatory illness that usually starts in teens or young adults, with back stiffness that builds over months. If that sounds like you, tell your doctor.

05 Quick fixes that backfire

- **A soft collar for weeks:** it can weaken your neck muscles.
- **Stacking pillows:** it bends your neck forward all night. Use one low, firm pillow.
- **Keeping your neck still:** keep it moving, gently.

06 What actually works

Gentle exercise that strengthens your neck, shoulders and upper back helps most. Do them daily, only until you feel a stretch, never into strong pain.

- 1 **Chin tuck:** draw your chin straight back and hold 5 to 10 seconds.



Watch how: scan with your phone camera

- 2 **Side bend:** ear towards shoulder, hold 5 seconds, 5 each side.



Watch how: scan with your phone camera

- 3 **Head turn:** look over each shoulder, hold 5 seconds, 5 each side.



Watch how: scan with your phone camera

- 4 **Isometric holds:** push your head into your hand without moving, hold 5 to 10 seconds.



Watch how: scan with your phone camera

- 5 **Shoulder rolls:** both directions, 5 times.



Watch how: scan with your phone camera

07 Your pillow

Use one low, firm pillow that keeps your head level with your body. On your back, a low pillow does that; on your side, you need a taller one. Ask someone to check that your head lines up with your body, and give a new pillow 1 to 2 weeks.



RECOMMENDED

Frido Ultra Slim Deep Sleep Pillow

₹1,499 ~~₹3,299~~ · 50.6 mm gel memory foam, for back sleepers

Frido Ultimate Cervical Pillow ₹1,199



myfrido.com

08 Your daily plan

- 1 The five neck exercises, every day.
- 2 Keep moving through the day; take breaks from looking down at a screen.
- 3 One low pillow at night, head level. No collar to bed, and not on your front.

✓ Your 14-day tick sheet

Tick each day you did it. Bring this to your next visit.

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Chin tuck														
Side bend														
Head turn														
Isometric holds														
One low pillow														
Neck pain (0 to 10)														

09 When to see a doctor

Call 999 for new trouble walking, losing control of your bladder or bowels, or suddenly losing co-ordination.

See a doctor urgently for heaviness or weakness in your arms or legs, pins and needles with neck or arm pain, or pain between your shoulder blades.

📝 Notes from your physiotherapist

This guide explains neck wear (cervical spondylosis) in general terms. It is not a diagnosis. Follow the advice of your physiotherapist or doctor. A pillow can set a better angle for your neck at night; it can't reverse the wear or free a pinched nerve.