

Free Report

For Your Health

The Disability Guys Guide™ to Your Neck

Pain, Injury and Lost time from Work

(What You Need to Know To Minimize Lost Time from Your Job)

Neck injuries can often be nothing more than a “pain in the neck” and other times can be much more serious—leading to spinal cord injuries, permanent disability, and paralysis. In this issue, we’ll focus on neck injuries and what you can do in the workplace to prevent accident or injury.



Let me remind you that I am not providing you with legal advice (see the fancy disclaimer below) and I am certainly NOT providing you with Medical Advice. What I am providing is a starting place for you to begin to get information and answers to your questions so that you can then make more informed decisions about your medical care and your legal rights before you ever speak to an attorney or see the doctor.

As a New York Disability Attorney helping injured and disabled people everyday, I have learned a bit about all of this stuff and want to help you understand what is going on so that you can best help yourself. It’s pretty simple — it’s about what you know so you can ask the right questions and do the right things. I hope this helps.

Another useful Consumer Guide from
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Volume 1 Issue 4
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Disclaimer: This report is for informational purposes only—not legal advice. Every case is based on its own facts and circumstances; you should contact a legal professional about your case!

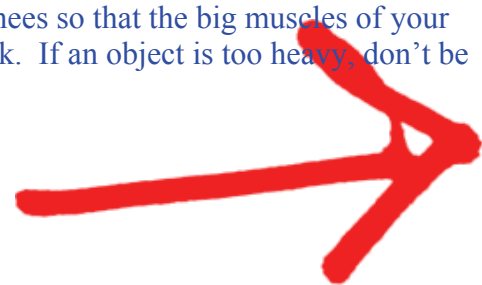
Did you know?

Many neck injuries that occur in the workplace are a result of repetitive motion injuries. Simply put this is an injury to a part of the body that is caused by performing the same motion over and over again which ultimately puts a strain on the body part. Repetitive motion injuries are NOT limited to your hands and wrists—poor posture for those whose jobs require lots of hours in front of the computer can lead to neck and back injuries.

3 Reasons Why Your Job May Be Giving You a Pain in the Neck

If your neck pain is worse at the end of the day, there’s a chance it’s related to stress you place on your neck while working. Consider these scenarios:

- 1st** Do you constantly hold your head forward to read your computer screen? Do you spend most of your work day in front of the computer? If so, adjust your chair so that your computer screen is at eye level and directly in front of you.
- 2nd** Does your job entail repetitive movements of your arms and upper body? Try taking breaks throughout the day, ask your doctor about exercises to strengthen surrounding muscles and talk to your supervisors—perhaps there are systems that can be put into place that would help save some wear and tear on your body.
- 3rd** Are you careful when lifting heavy objects? If heavy lifting is part of your daily routine, your neck is at as much risk for damage as is your back. If you must lift heavy objects, stand close to the object you need to lift. Bend at your hips and knees so that the big muscles of your hips and legs do the work. If an object is too heavy, don’t be afraid to ask for help!



A Look at Whiplash— A Common Cause of Neck Pain, Strain or Injury

Did you know “whiplash” isn’t technically a medical term, although it is very real neck pain? The term whiplash came about because it is most often caused by being thrown or whipped around in a motor vehicle accident resulting in severe neck pain. Whiplash is caused by an abrupt jerking motion of the head, either backward or forward. It can also occur from falls, sports, and operating forklifts or other machinery.

What Are The Symptoms of Whiplash?

Symptoms of whiplash **might not occur** until 24 hours or more after the injury; so if you are in a car or other accident where your head has been shaken around be aware if you begin experiencing any of the following:

- Neck Pain
- Headaches
- Dizziness
- Blurred vision
- Ringing in your ears
- Shoulder Pain or pain between your shoulder blades
- Low Back Pain
- Pain or numbness in your arm or hand
- Difficulty concentrating or remembering
- Irritability
- Fatigue
- Sleep Disturbances

*Don't Hesitate to
Call Your Doctor!*

*Want more information?
Check out these articles...*

Spine Universe—

About Whiplash, Whiplash Treatments, Whiplash
Resources and Related Conditions

Visit:

<http://www.spineuniverse.com/conditons/whiplash/all>

Useful Resources

In need of more information? Consider some of these:

Markhoff & Mittman

- Workers' Compensation for Neck Injuries
www.markhofflaw.com/library/workers-compensation-for-neck-injuries.cfm
- Benefits of Chiropractic Care for Workers' Comp Injuries
<http://www.markhofflaw.com/library/the-benefits-of-chiropractic-care-for-workers-comp-injuries.cfm>
- Cervical Spine Injury Medical Treatment Guidelines
www.markhofflaw.com/library/PropCervSpineMedTreatGuide.pdf

Other Sources of Information

- Laser Spine Institute
www.laserspineinstitute.com/Neck
- Your Orthopaedic Connection
<http://orthoinfo.aaos.org/topic.cfm?topic=a00231>
- Neck Injuries and Disorders
<http://www.nlm.nih.gov/medlineplus/neckinjuriesanddisorders.html>

Neck Injuries at a Glance

Crick in the Neck—pain you wake up with after sleeping in an awkward position, can only be caused from working at the computer hours and hours on end.

Neck Sprain—often caused by falls or sudden twists, symptoms include swelling, reduced flexibility and pain.

Stingers and Burners—temporary injuries to the nerve root; symptoms include burning, stinging, numbness, weakness and/or an electrical sensation down one arm.

Neck Fracture—a break in the cervical bone, most serious fractures are usually accompanied by a dislocation

Cervical Dislocation—when the neck bone moves out of its normal position, creating spinal instability.

Spinal Cord Injury—when a fracture, dislocation or other neck injury damages the spinal cord. **SERIOUS!!!** Can cause life-long disability and/or paralysis.

IMPORTANT!!

If you think someone has a severe neck injury do NOT take a chance. Keep the person immobile and call 911 immediately!

*Is your neck injury the result of a work-related accident?
Do you have questions about how to obtain medical care or receive appropriate benefits?
Call us for a FREE evaluation!*



*Jane and Brian
1.866.205.2445
www.markhofflaw.com*

