

How Your Mattress Affects Back and Neck Pain



People who suffer from back and neck pain, particularly when it's chronic, look to many sources hoping to relieve their discomfort. One frequently asked question is whether the purchase of a special mattress will help to manage back and neck pain. Since a large amount of a person's time is spent sleeping, a poor mattress can have a major impact on your back and neck—causing pain or exacerbating existing problems.

Many people find mattresses with adjustable pressure to be very comfortable. These mattresses, although expensive, tend to alleviate neck and back pain, providing more restful sleep. If you do choose to purchase a special mattress, it's important to keep the following points in mind:

- **Try out the mattress prior to purchasing;**
- **Consider one that has a 30-day or longer “test” period; and**
- **Try different sleep positions to ensure that all are comfortable.**

While purchasing a high-quality, special mattress can help support back and neck health, we can also work with you to develop an exercise plan that helps to reduce pain in these areas. Some helpful ways to address back and neck pain include:

- **Strengthening exercises;**
- **Gentle stretching; and**
- **Low-impact aerobic conditioning.**

Daily stretching can help relieve stiffness and discomfort in the back and neck areas. It's recommended to first warm up the muscles with a brief walk or similar form of activity before stretching. Although stretching can be done daily, try to schedule your exercises so that strengthening and aerobic exercises are done on alternate days.

We can work with you to construct a regimen that relieves back and neck pain and improves function primarily through exercise. A special, supportive mattress is a perfect complement to sustain your maintenance plan for a more pain-free lifestyle.