



Arthritis Talks: Arthritis in the Back and Neck

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Presenters



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Webinar tips

- ▼ Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- ▼ Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- ▼ If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society webinar interface. At the top center is the Arthritis Society logo. Below it are two large buttons: 'Q&A' and 'Chat'. At the bottom left is an 'Audio Setting' button with an upward arrow. At the bottom right is a red 'Leave' button. A callout box at the top right points to a red icon in the Q&A window, with the text 'Click on the red icon to exit out of the Q&A or Chat'. A callout box at the bottom left points to the 'Audio Setting' button, with the text 'Click here to access your audio settings'. A callout box at the bottom right points to the 'Chat' button, with the text 'Click here to chat or to submit a question'. The Q&A window is open, showing a 'Welcome to Q&A' message and a text input field labeled 'Type your question here...'.

Overview

[1]

Impact of arthritis in the back and neck



[2]

Treatment Options



[3]

Q&A



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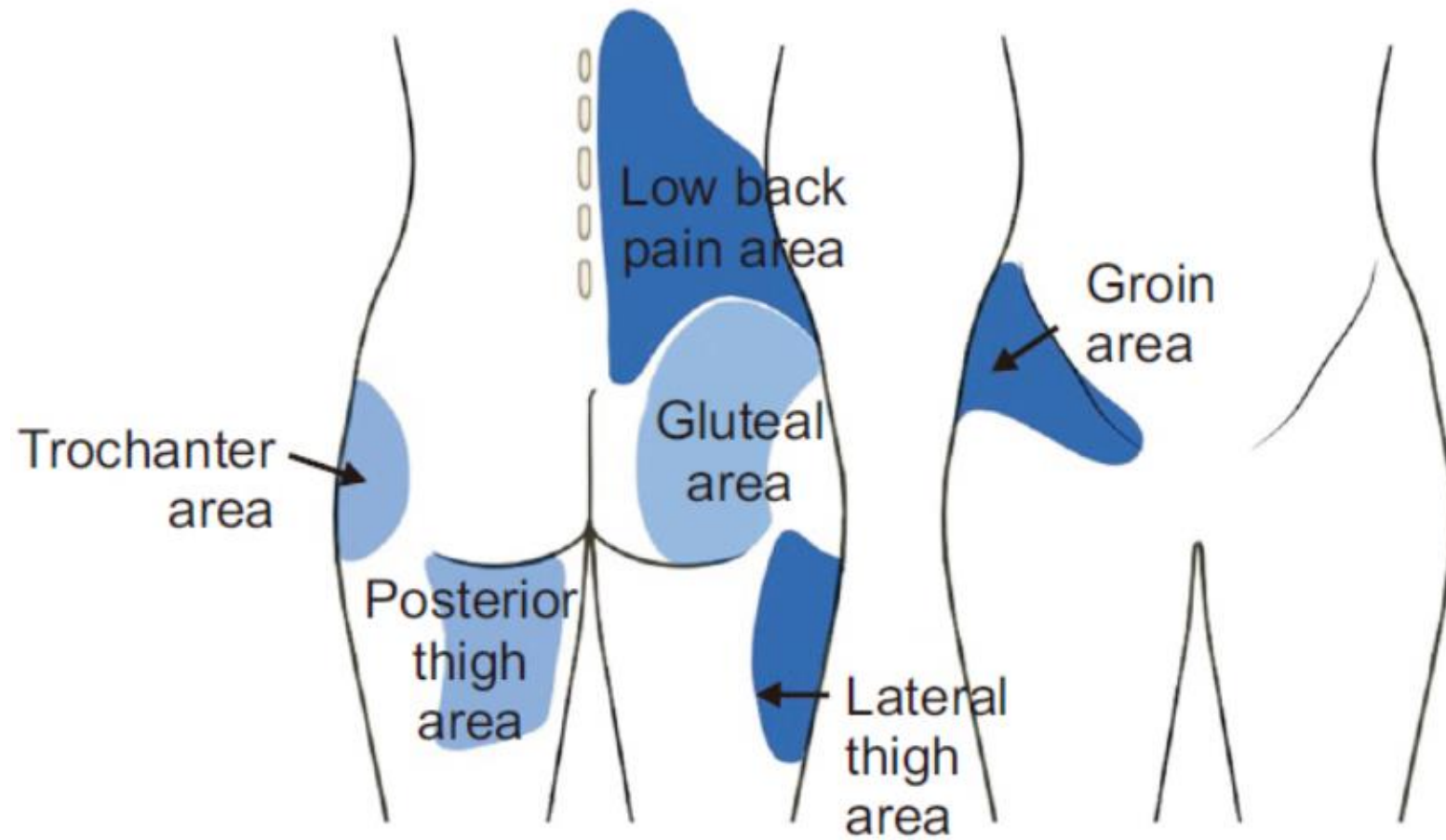


Q

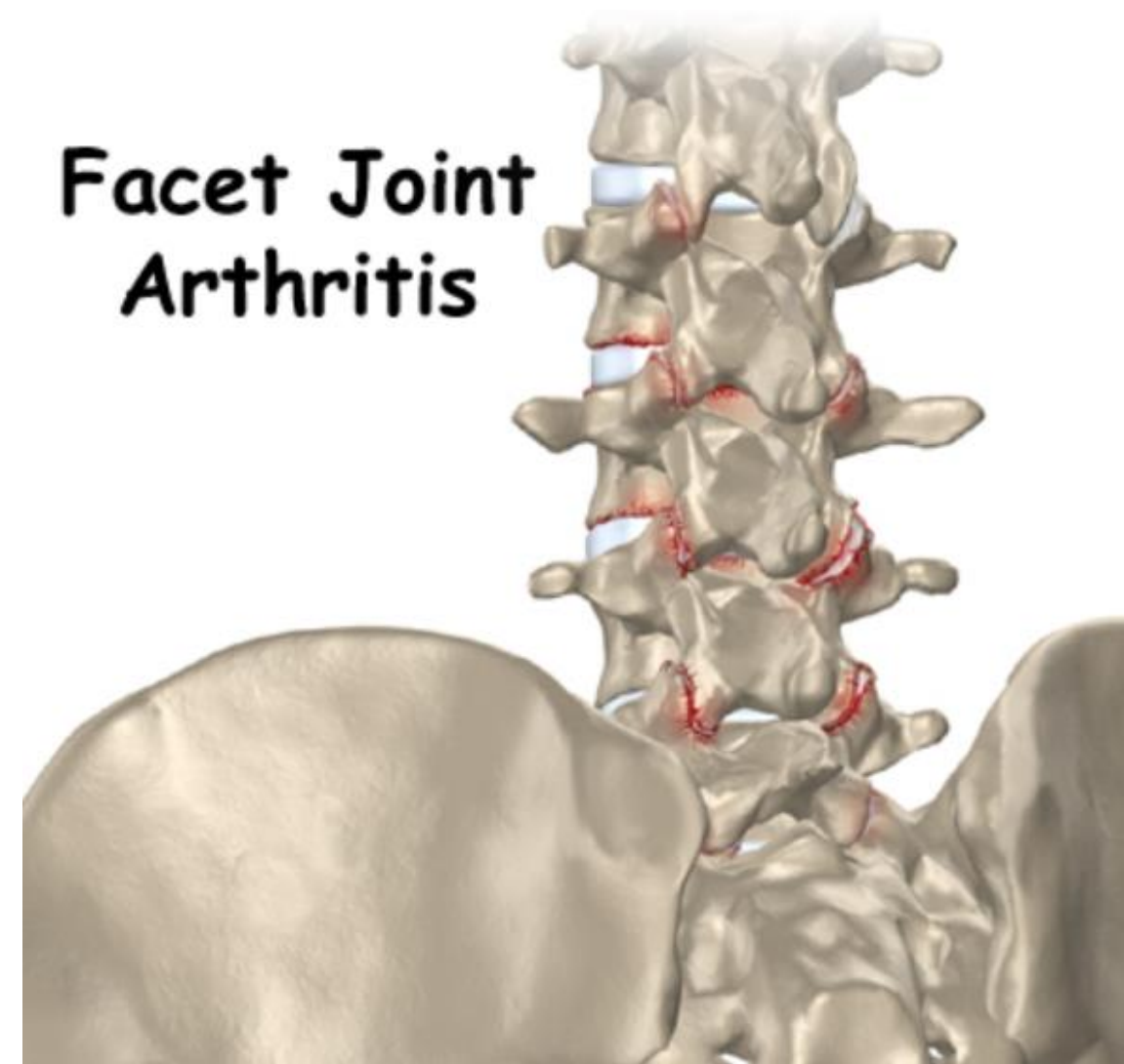
How does arthritis impact the back and neck?



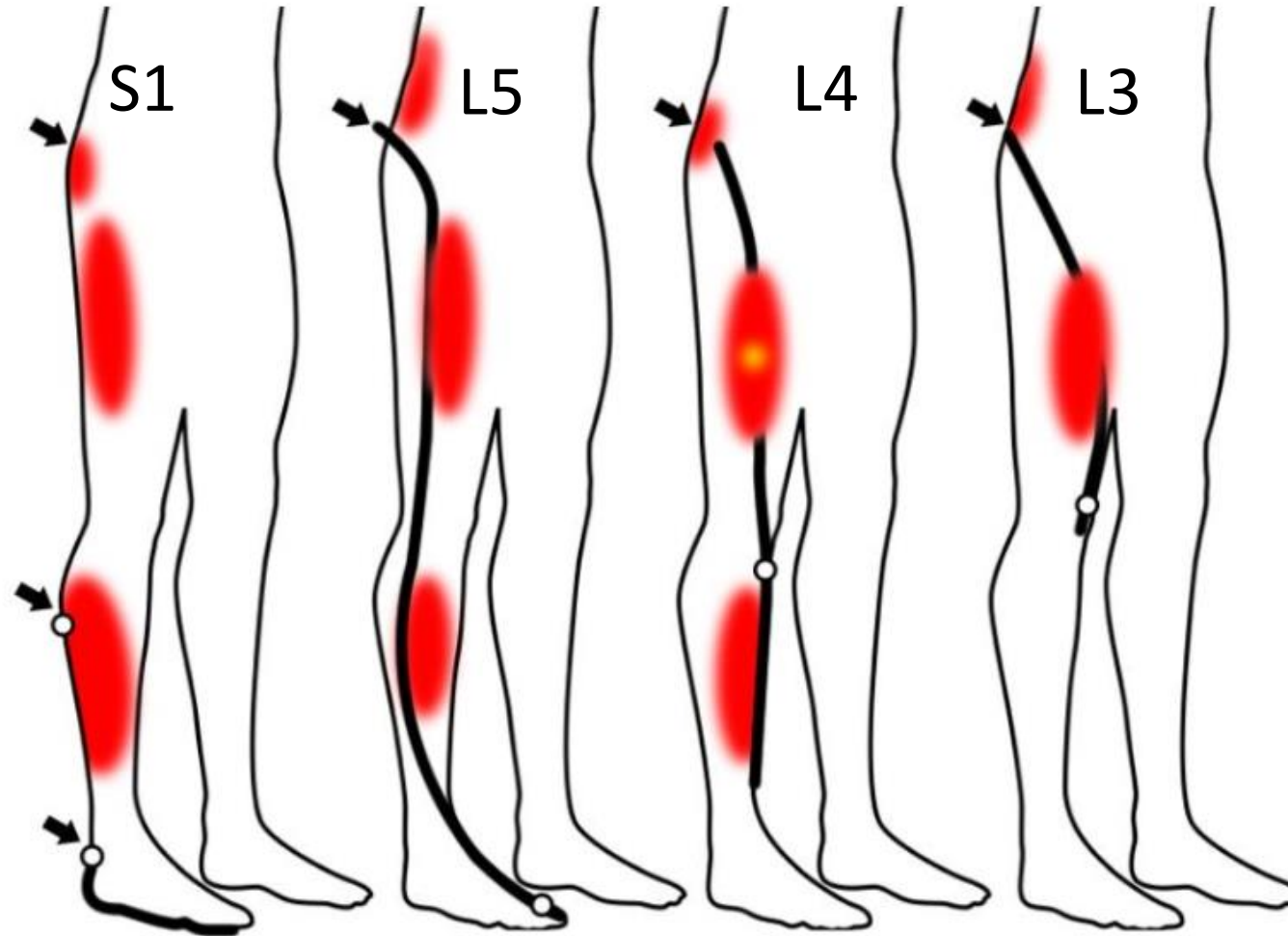
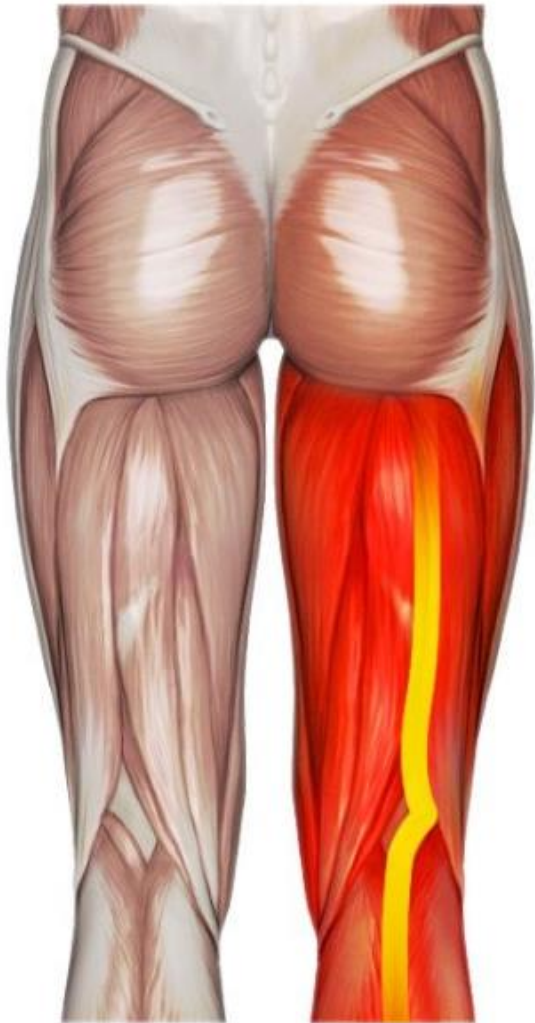
BACK DOMINANT PAIN



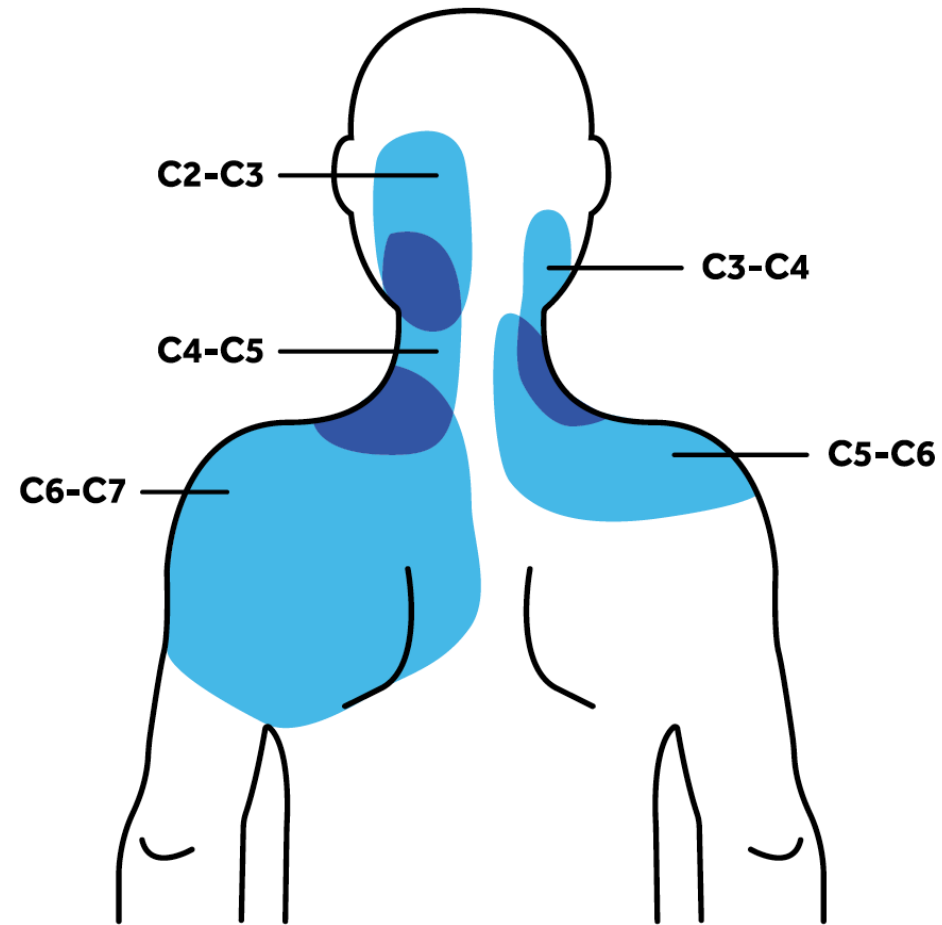
Facet Joint Arthritis



LEG DOMINANT PAIN



NECK DOMINANT



Neck Dominant Pain Patterns

Cervical vertebrae are the seven bones of the upper spine.

Disks are cushions between the vertebrae. They absorb the shock of movement.

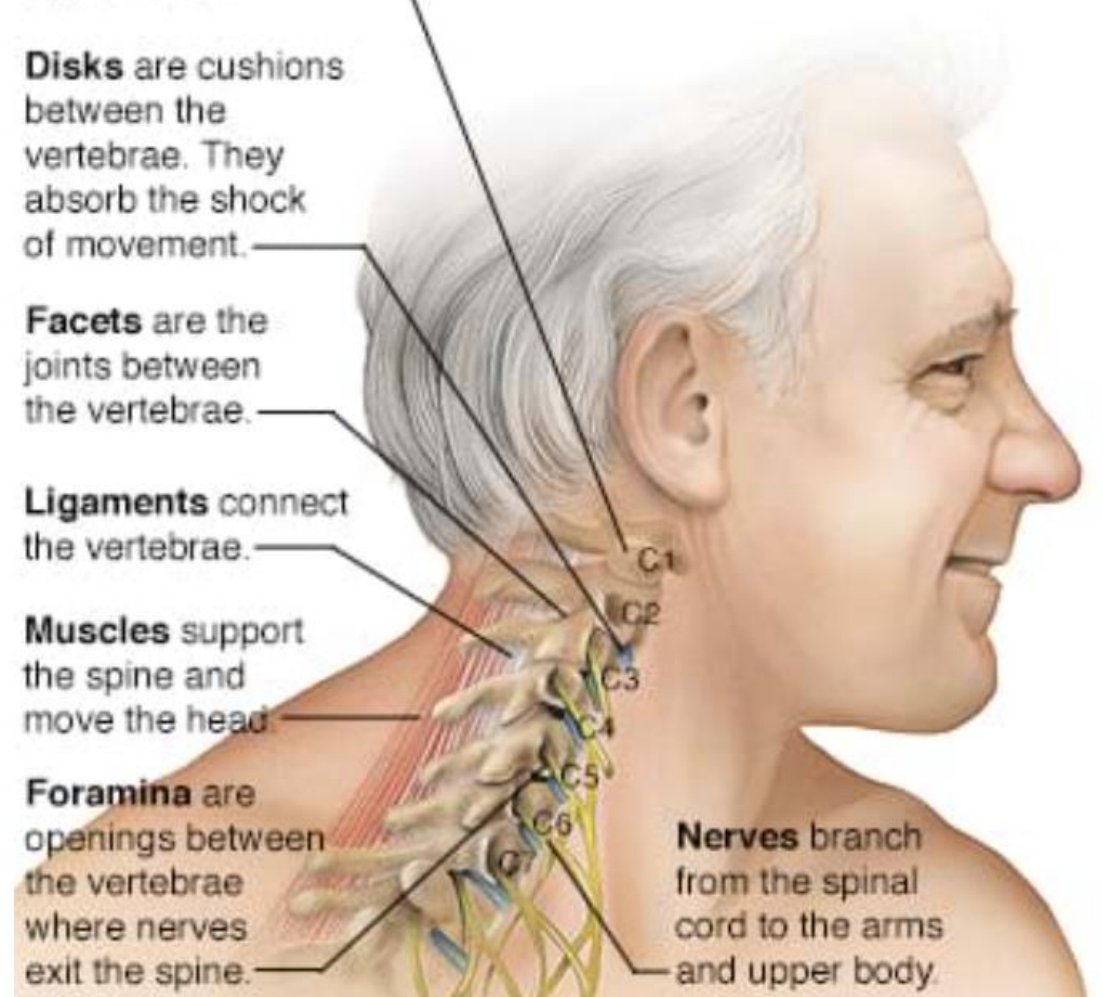
Facets are the joints between the vertebrae.

Ligaments connect the vertebrae.

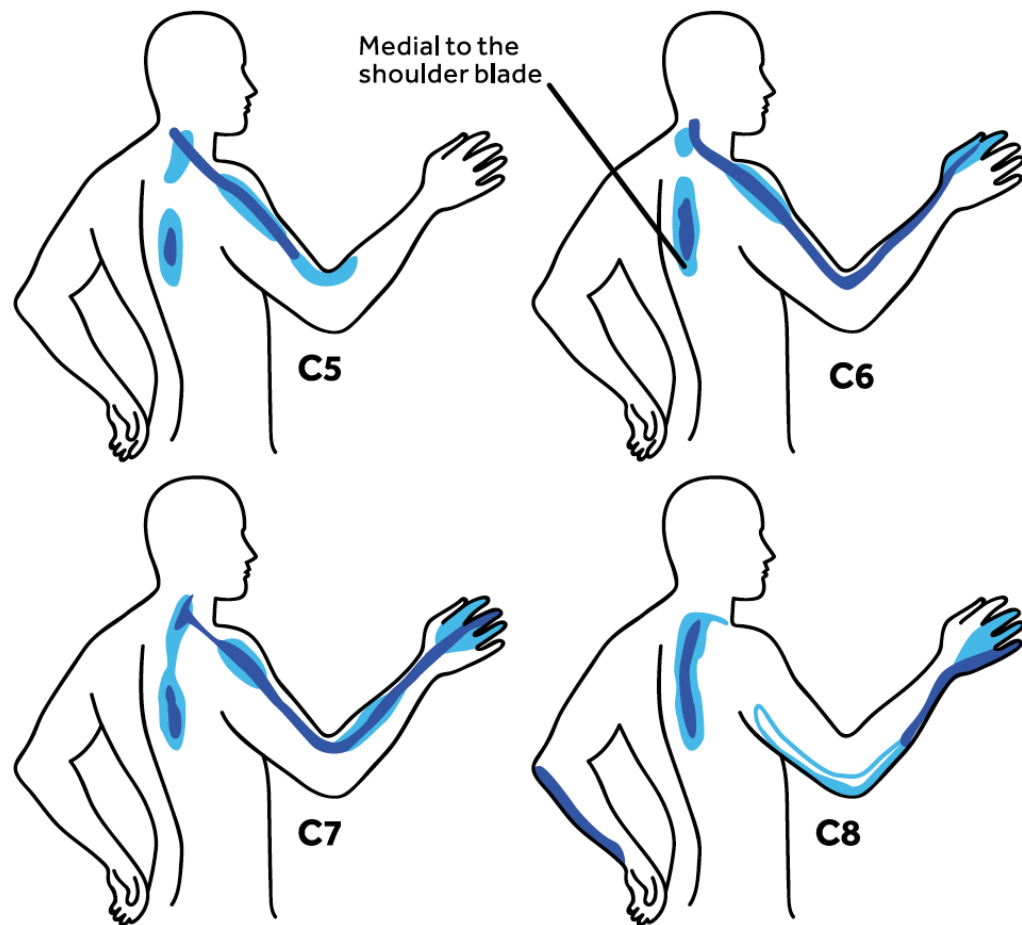
Muscles support the spine and move the head.

Foramina are openings between the vertebrae where nerves exit the spine.

Nerves branch from the spinal cord to the arms and upper body.



ARM DOMINANT



Arm Dominant Pain Patterns



Q

How is arthritis in the back and neck typically treated?



TREATMENT OPTIONS - DIET



Click to add text

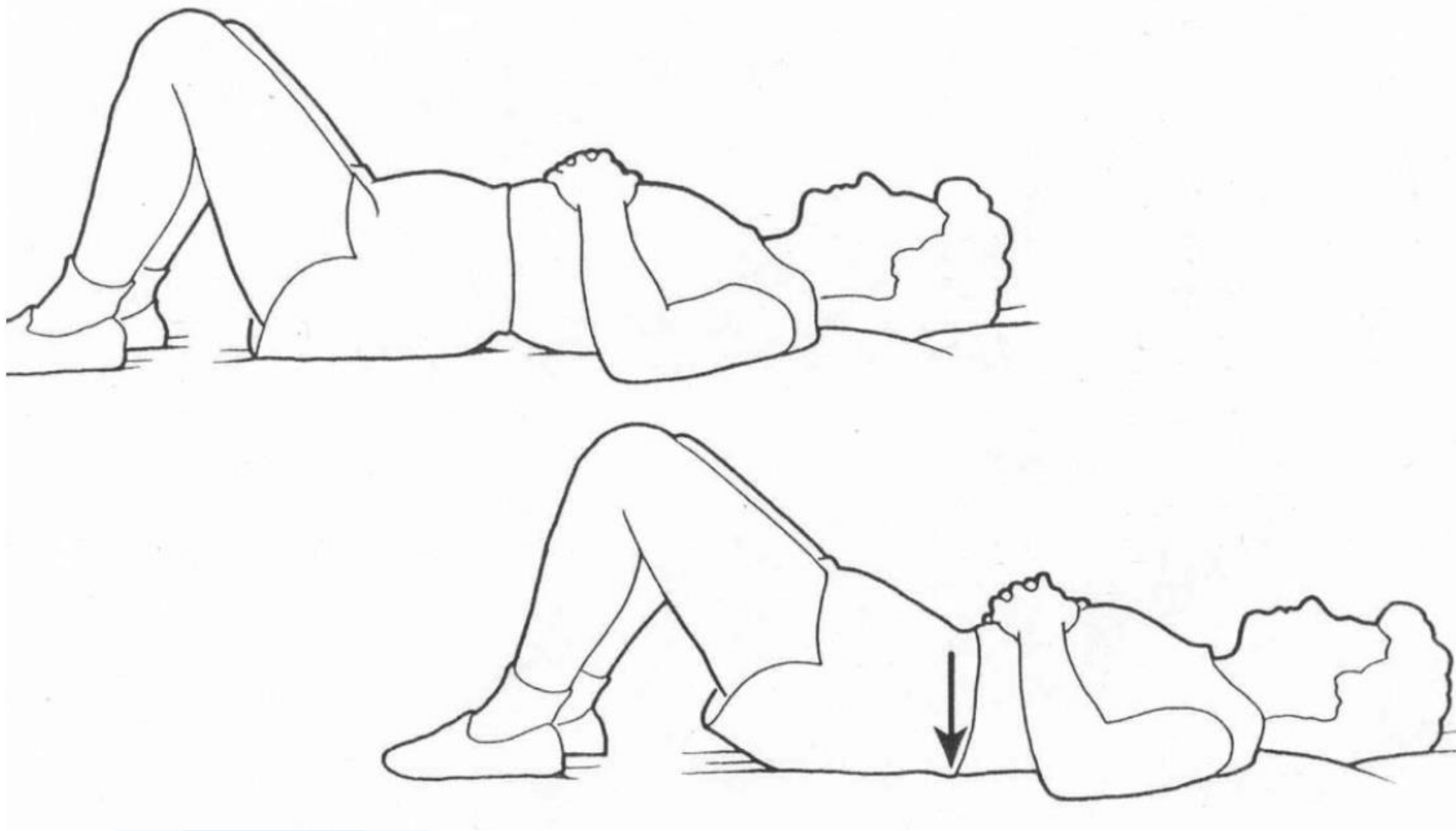


Q

What are some simple exercises to reduce back and neck pain?



Flexion-based Home Exercises



Posterior pelvic tilt in supine

FLEXION BASED EXERCISES

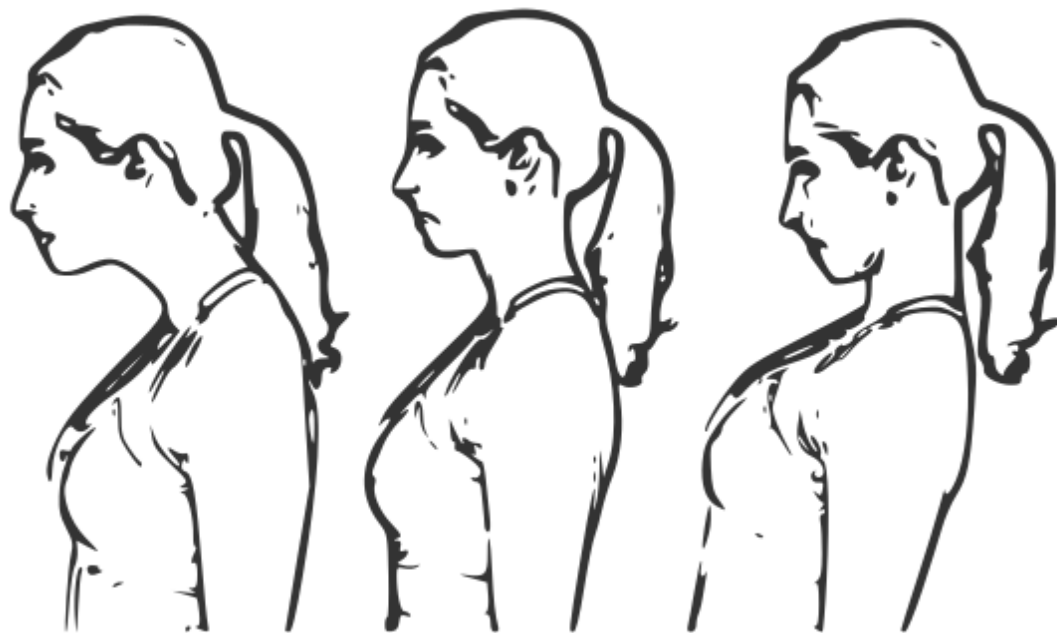


Knee-to-Chest Stretch

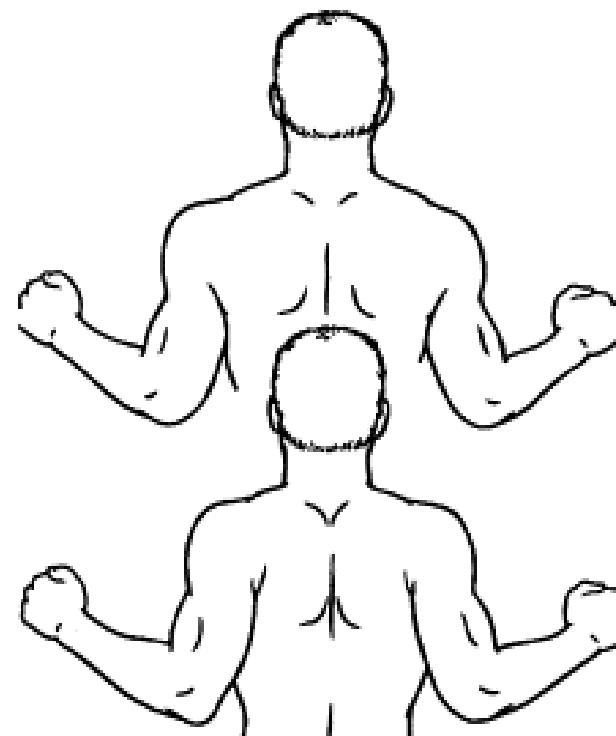


Flexion stretch in sitting

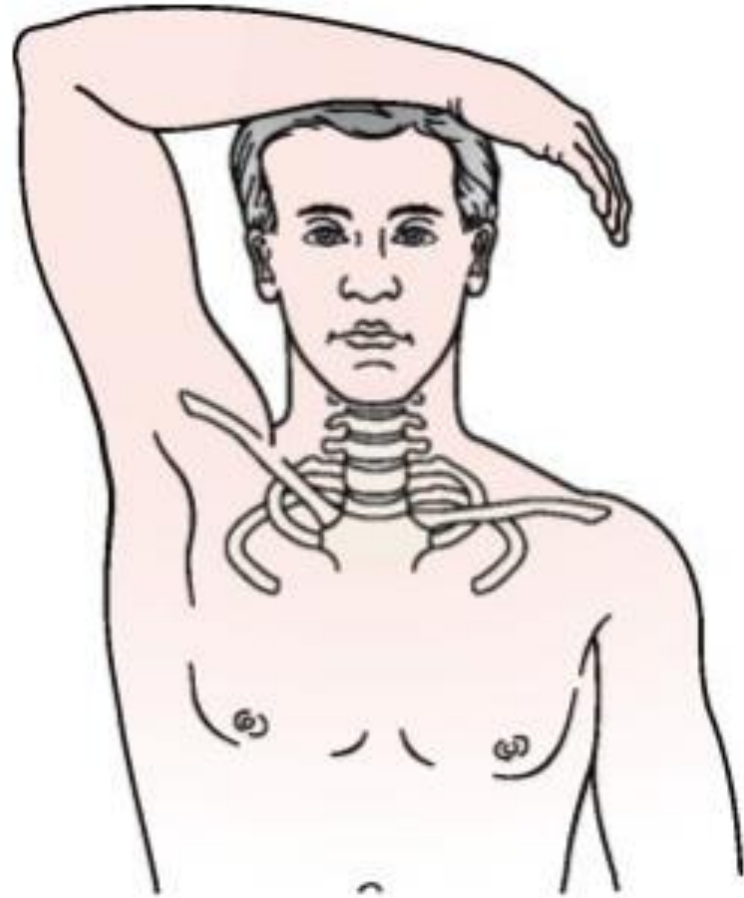
NECK EXERCISES



Neck Retraction Exercises



NECK EXERCISES



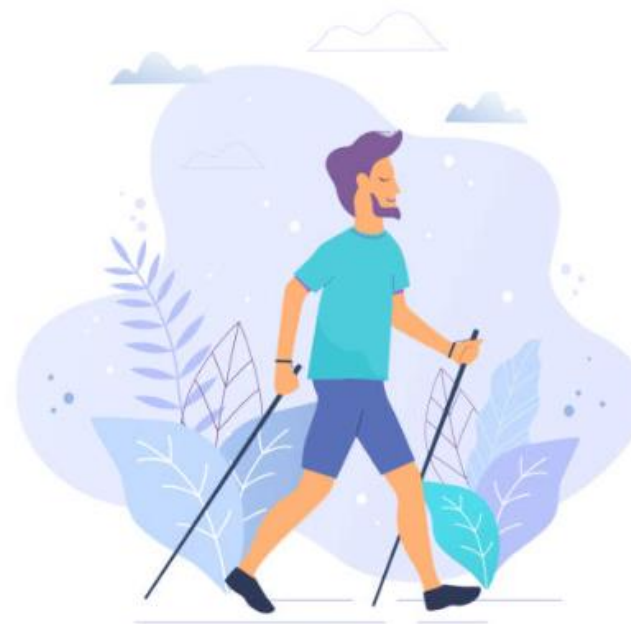
Shoulder abduction relief sign



Side-flexion away

ACTIVITY RECOMMENDATIONS

- ▼ Use of a foot stool with standing
- ▼ Frequent breaks from standing
- ▼ Breaks from overhead reaching
- ▼ Plan sitting breaks
- ▼ Posture education and awareness
- ▼ Biking for cardiovascular fitness
- ▼ Incline walking
- ▼ Use of Nordic Pole

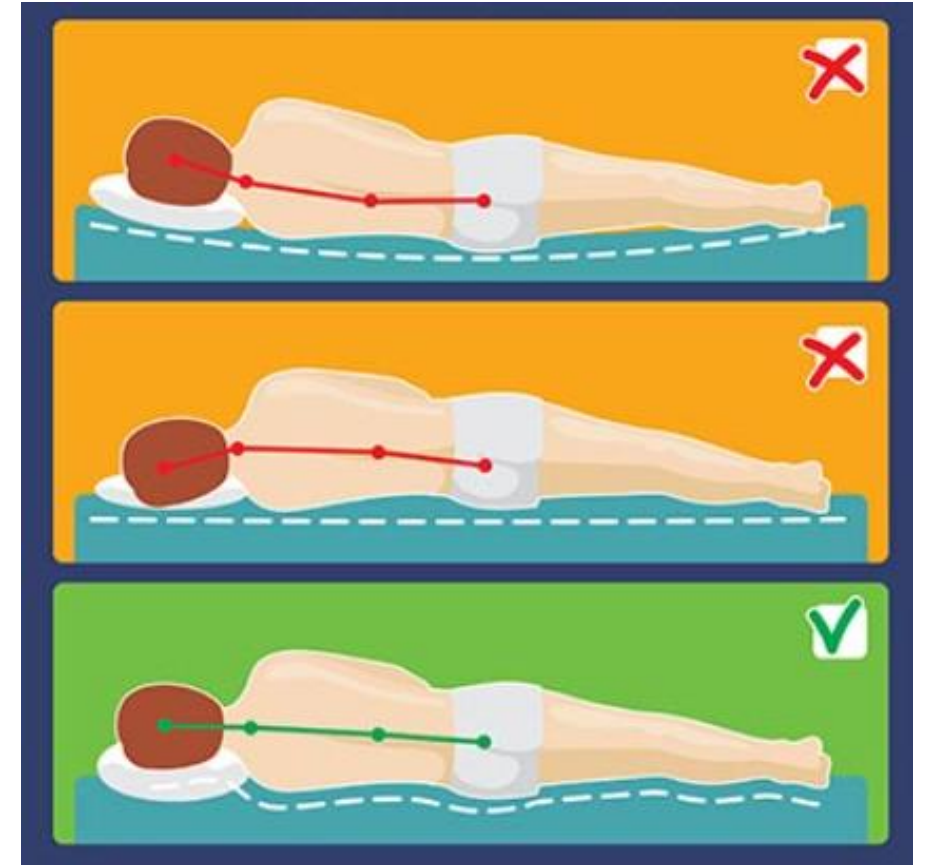


Q

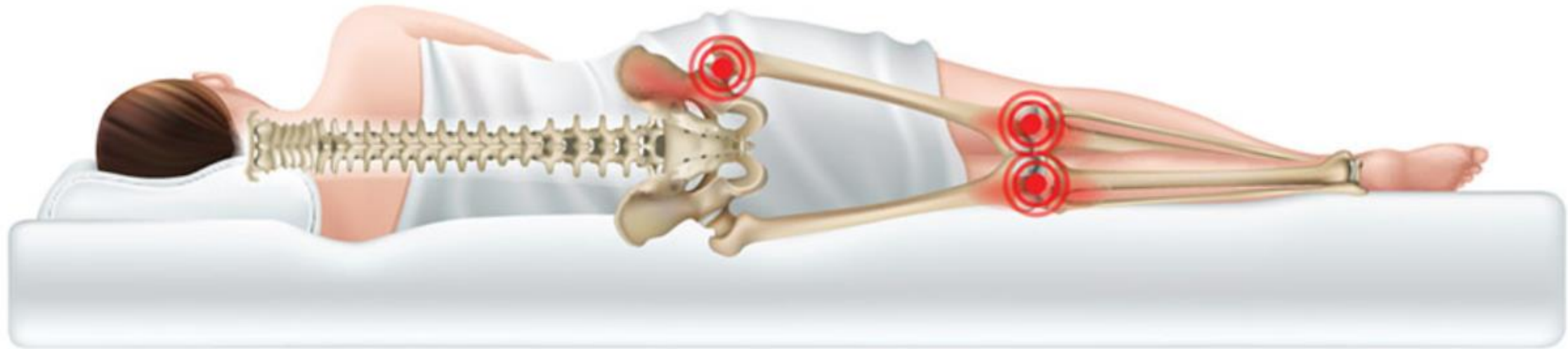
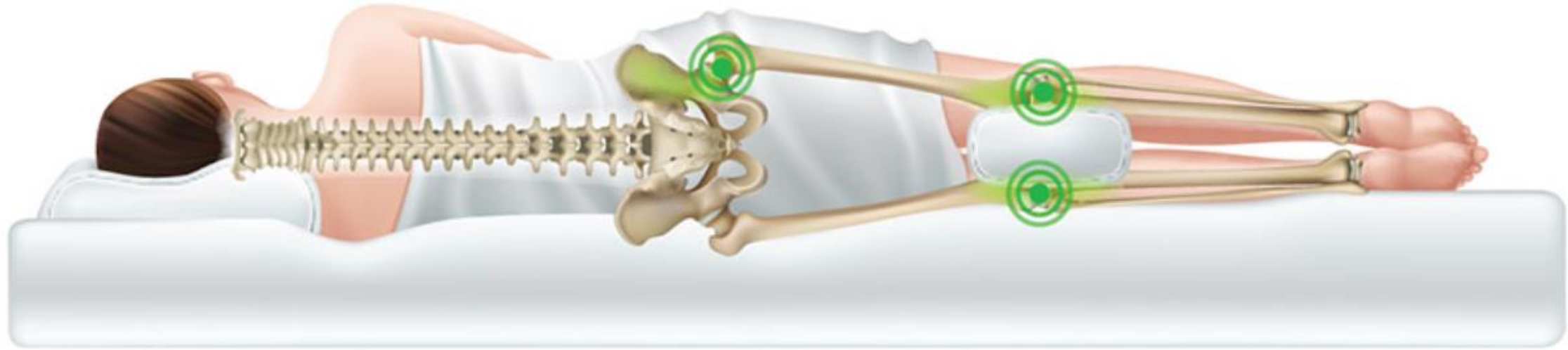
Are there specific sleeping positions you recommend to reduce back and neck pain?



SLEEPING POSITIONS



BEST SLEEPING POSTURE



Any final thoughts or recommendations?



Questions



Tell us what you think...



Next webinar



6 p.m. ET

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