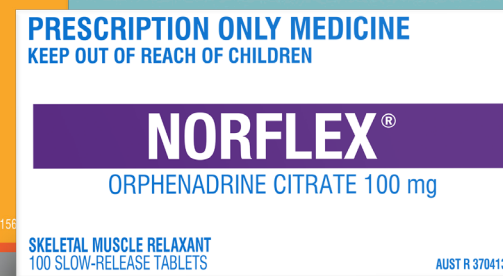


SPASMS?

Nothing like



1-4



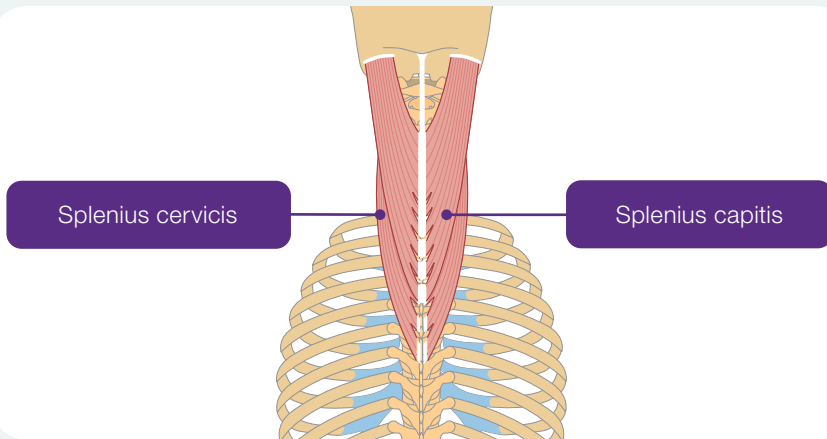
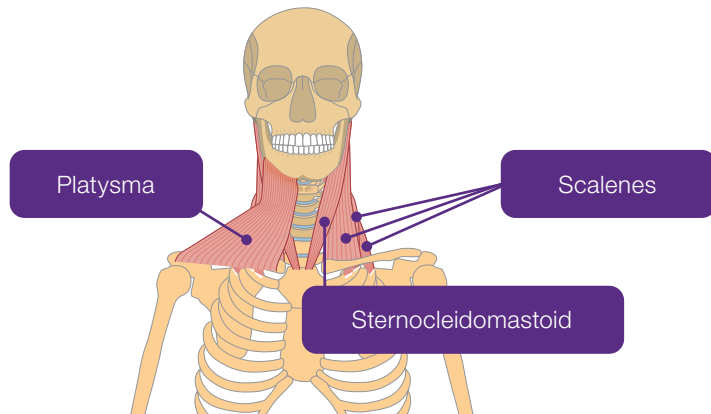
SPOT THE SPASM

This tool is designed to help facilitate discussions of painful muscle spasm with patients.

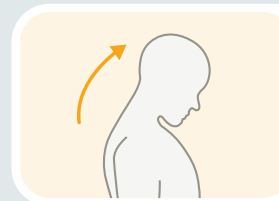
inova
pharmaceuticals

THE NECK

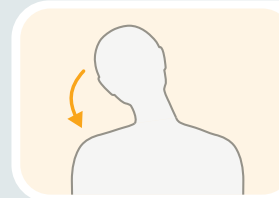
There are many muscles in the neck, all working together to move your head and neck up and down, side to side or tilting. They include:^{5,6}



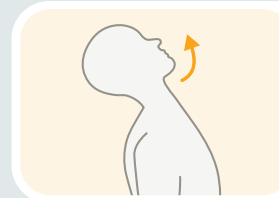
Check for the presence of muscle spasm with the below exercises:⁷



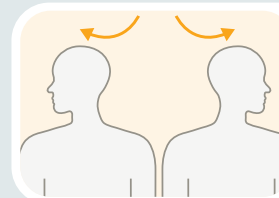
Putting your chin on your chest



Touching your right ear to your right shoulder (without moving your shoulder), repeat on left side



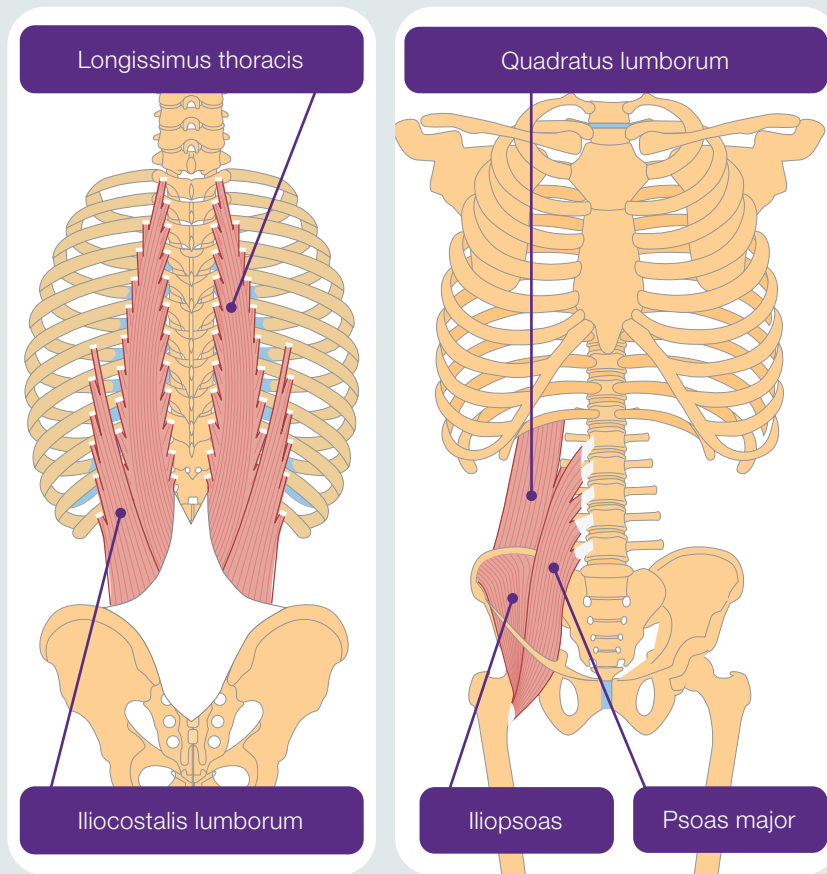
Tipping your head back to look at the sky



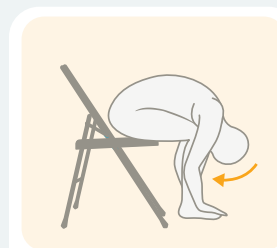
Looking over your right shoulder, then over your left shoulder (aim for 90 degrees)

THE LOWER BACK

The muscles of the lower back help you move your torso as well as stabilise and protect your spine. They include:⁸



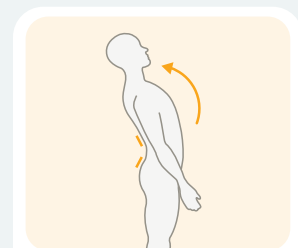
Check for the presence of muscle spasm with the below exercises:⁷



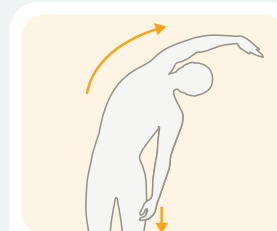
While sitting, place your nose on your knee (without lifting your leg)



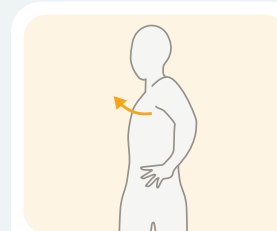
While standing, touch your toes



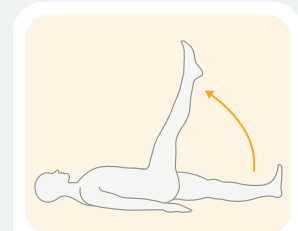
Stand up and arch backwards as far as you can go (without falling over)



While standing slide one hand as far down your right leg as you can, repeat on the left (keep your hips straight)



While standing, put your hands on your hips, hold them still and twist to the left and to the right

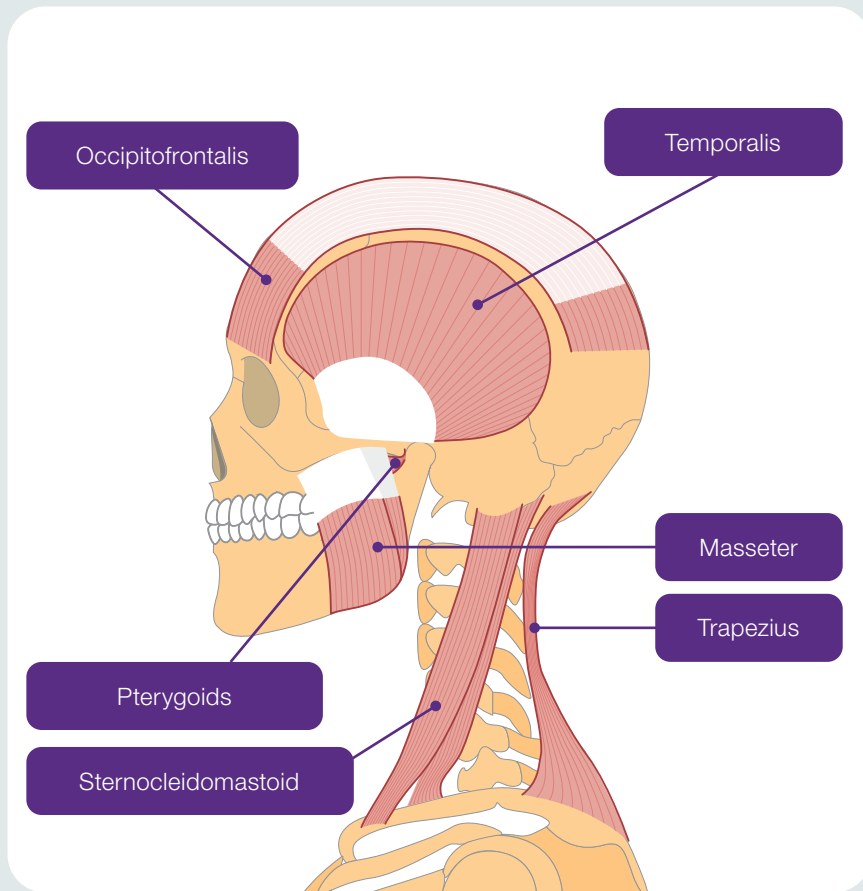


Lie on your back and slowly lift one leg (keeping it straight) while keeping the other flat on the ground. Repeat for the other leg.

TENSION HEADACHE

Muscles in the neck and shoulders

The muscles in and around your neck and shoulders that may contribute to tension headache include:⁹⁻¹²



Assessing tension headache

Check for the presence of muscle spasm with the below exercises:⁷



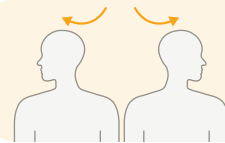
Putting your chin on your chest



Tipping your head back to look at the sky



Touching your right ear to your right shoulder (without moving your shoulder), repeat on left side



Looking over your right shoulder, then over your left shoulder (aim for 90 degrees)

Assess for trigger points by:¹¹



Feeling the muscles of your head, neck and shoulder with small rotating movements with the index and middle fingers and a firm pressure



PBS Information: NORGESIC is not listed on the PBS.

PBS Information: NORFLEX is not listed on the PBS.



Please review the full Product Information before prescribing. Please scan the QR code to see full Product Information, also available on request from iNova Pharmaceuticals, Toll-free 1800 630 056.



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References: **1.** Norgesic Product Information. **2.** Norflex Product Information. **3.** Clofen Product Information. **4.** Dantrolene Product Information. **5.** Jung B, Black AC, Bhutta BS. Anatomy, Head and Neck, Neck Movements. [Updated 2023 Nov 9]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK557555/> (accessed April 2024). **6.** Ourieff J, Scheckel B, Agarwal A. Anatomy, Back, Trapezius. [Updated 2023 Mar 11]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK518994/> (accessed April 2023). **7.** Wilson CH. The Musculoskeletal Examination. In- Walker HK, Hall WD, Hurst JW, editors. Clinical Methods- The History, Physical, and Laboratory Examinations. 3rd ed. Boston- Butterworths; 1990. Chapter 164. **8.** Sassack B, Carrier JD. Anatomy, Back, Lumbar Spine. [Updated 2023 Aug 14]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK557616/> (accessed April 2024). **9.** Shah N, Hameed S. Muscle Contraction Tension Headache. 2023 Jul 16. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. PMID: 32965945. **10.** Abboud J, et al. Cephalgia 2013;33(16):1319–36. **11.** Headache Classification Committee of the International Headache Society (IHS) The International Classification of Headache Disorders, 3rd edition. Cephalgia 2018;38(1):1–211. **12.** Lee E, et al. J Am Osteopath Assoc 2019;119(10):e40–e41.