

Head Support with Motor Neurone Disease (MND)

Head drop can result from weakness in the neck, scapula, and long extensor muscles of the back. Loss of head control can impact on safety and function in daily activities including walking and driving.

It is important to **consult a Physiotherapist early** to assist with strategies to support the head. Delay can lead to loss of function, tightening of some muscles and stretching of the opposing muscles, further limiting function, and potentially leading to pain.

Physiotherapy can help by carefully assessing your movement and posture, discussing and problem solving several different options with you. Strategies may include:

Using tilt or recline on chairs to offload the effects of gravity.

Supporting with collars, pillows, backrests, or headrests.

Stretching to prevent tightness or contractures.



It is likely that you will require a combination of strategies. You may even need a different collar for different activities ensuring the right support and comfort without limiting movement and function.

The progressive nature of MND means your needs may change so regular review will be important.

If you would like to consult with our Motor Neurone Disease-specific Physiotherapist, please call 1800 777 175.

