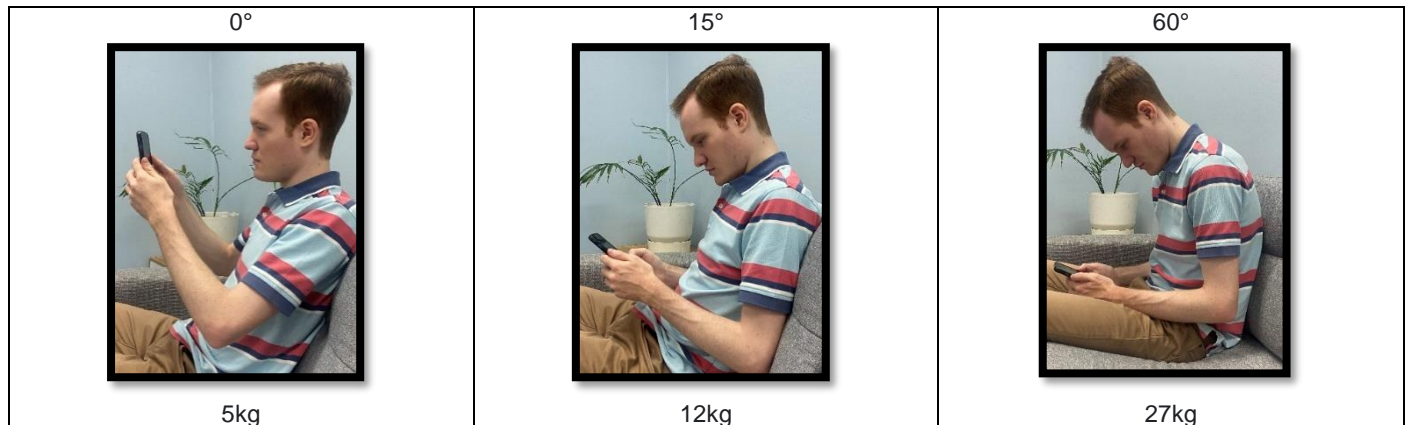


## Head Support with Motor Neurone Disease (MND)

Head drop can result from weakness in the neck, scapula and long back extensor muscles.

The head is heavy. The photo series below shows how the weight of your head increases as your head drops forward. It is important to support as upright as possible posture so that gravity does not increase the work the weakened muscles need to do.

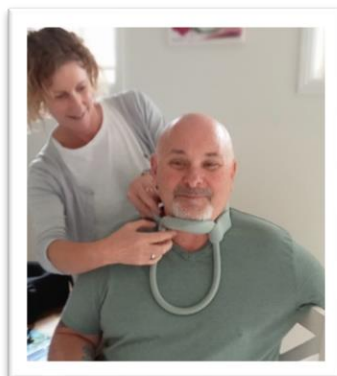


Loss of head control impacts on safety and function in daily activities including walking and driving. Delay in supportive strategies can lead to tightening of some muscles and stretching of the opposing muscles, further limiting function and potentially leading to pain.

It is important to **consult a Physiotherapist early** to assist with strategies to support the head.

**As MND Physiotherapists we 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.**