

## **Orthopedic Pillow Uses**

Natural placement of the head and neck, accomplished with the many different styles and shapes of Core cervical pillows, can help relieve intense pain by providing natural and correct posturing in supine (back) and side-sleeping positions. Cervical support pillows are used when a cervical hypolordosis (less than normal curvature of the spine) exists, to prevent hypolordosis, or when cervical spasms or strains occur. These pillows are orthotic devices (apparatus used to align or support) used to help relieve spasms, remove minor tensions, and maintain or resume the natural cervical lordotic curve while at rest.

By providing proper neck support, cervical pillows may help with:

- Neck muscle and joint strains and sprains
- Tension headaches
- Whiplash injuries
- Arthritis
- Morning hand stiffness and swelling
- Temporomandibular disorders
- Stiffness
- Snoring (in some cases)

**Orthopedic Support Pillows:** *Support pillows are designed to help **a. correct** and **b. maintain** proper cervical posture/alignment while sleeping by providing the right amount of resistive feedback into the cervical & upper thoracic musculature.*

**Special Note:** *Support type pillows are orthotic devices (like a custom orthotic in your shoe) and therefore may take time to get accustomed to. Healthcare providers should give patients proper education regarding the time needed for training the musculature in accepting the pillow. Although some people can react positively to this type of pillow immediately, others may take up to 2 weeks of gradual increased use through the night. Patient should use pillow to waking tolerance and then switch to previous pillow for the rest of the night. Each successive night, patient should increase time support pillow is used through the night.*

### **SUPPORT PILLOWS-HOW TO SPOT THE NEED:**

If a patient reports they do any of the following, their actions are indicating they are attempting to provide support for their cervical structure during sleep.

- Rolls their pillow
- Folds their pillow
- Stacks pillows
- Puts their arm under their pillow.
- Has an Accommodative style pillow and complains it is not comfortable anymore or they are waking up sore