



COMPASSION AT EVERY STEP



Quick Recap

Lower-neck injury can affect arm sensation, hand strength, and everyday tasks. Nursing and therapy focus on safe neck habits, hand retraining, and step-by-step return to daily living.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

C6-C7 Cervical Spine Injury

Spine & Neurological Care Continuum



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Hand exercises: towel squeezes, finger spreads, theraputty pinches, and light rubber-ball grips (as cleared).
- Dexterity ADLs: practice buttoning, zipper pulls, writing, and opening containers.
- Maintain spine-neutral posture: ears over shoulders when sitting, walking, and using screens.
- Use a neck-supporting pillow; avoid stomach sleeping.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track neck pain, stiffness, arm numbness, tingling, weakness, and fine-motor changes daily.
- Note difficulty with buttons, writing, gripping utensils, or reaching overhead.

Good to know

- C6-C7 injury is in the lower neck between the sixth and seventh cervical vertebrae.
- Symptoms may include neck pain, arm tingling, or hand weakness.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Gentle neck range-of-motion and shoulder strengthening as directed by your therapist.
- ADLs: use long-handled combs, lap trays, and seated grooming to reduce neck extension.
- Sleep with a supportive pillow; avoid prolonged looking down at phones or books.
- Keep phone or screen at eye level to stay neck-neutral.