



Quick Recap

Injury to the neck (cervical spine) can affect movement, sensation, and breathing. Early stabilization and guided rehab protect the spinal cord and improve recovery.

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.

Understanding Cervical Injury

Protect Your Neck. Protect Your Life.



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.

- Follow physician orders for collar wear, bed mobility, and activity limits exactly.
- Log-roll and spine-neutral transfers; never pull on the neck or shoulders.
- Wear the cervical collar exactly as ordered, including for sleep if instructed.
- Keep the neck in neutral: ears over shoulders during sitting, walking, and screen time.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Neuro checks: arm and leg strength, sensation, walking, and hand function each shift early on.
- Breathing depth, swallowing, and voice changes—urgent escalation.

Good to know

- Seven cervical vertebrae (C1–C7) support the head and protect the spinal cord.
- Cervical injuries can affect arms, hands, and breathing.

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.

- Seek immediate help for paralysis, spreading numbness, or breathing trouble.
- Home fall-proofing: grab bars, night lights, and cleared pathways after discharge.
- Driving, sports, and heavy lifting only when specialist clears you.
- Keep the neck supported during all transfers and travel.