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Neck Support: How It Works by

Article published on March 9th 2012 | [Business](#)

Supports are needed in pain. Hence, if your neck is not in shape you will need a neck support. The neck is very important part of the body. If things do not go well it can hamper your sleep and deprive you of proper rest. Hence, these supports are worn to provide relief to sore muscles, irritated nerves or damaged muscles. The head weighs ten pounds. This weight can at times become unbearable for these damaged nerves. Hence, the support system provides relief.

The support system or the traditional neck collar supports the neck as it helps you to lift the head. This helps in removing pressure from muscle and joints which in turn helps to decrease inflammation. The support system of the neck can be of various types. The neck brace helps in maintaining a perfect body temperature. Then we have the neck wrap, which not only supports the neck but it also provides moisture and heat, which also relieves chronic pain. Then you have the car neck pillow which supports the neck while you are driving.

Why only the neck? If you have damaged your wrists badly, you can opt for a wrist support. Depending upon the nature of your damage you can opt for anything from wrist splints, thumbs splints to finger splints. These are easy to wear and are ideal if you have suffered an injury in your wrists. The important thing about them is that they are adjustable, lightweight and removable. It is mainly a protective gear as it protects your thumbs and wrists in case of fracture. In fact, all support systems provide the body support when the going is not good. There are many medical stores in your neighborhood from where you can buy them.

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Article Keywords:

wrist support, neck support

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