



**Down's Syndrome  
Association**

A Registered Charity No. 1061474



# Knowing about neck problems

*Easy Read*



The  
Down Syndrome  
Medical Interest  
Group

**A Down's Syndrome Association publication**

## About this leaflet



This leaflet is made by the  
Down's Syndrome Association

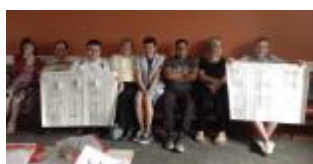


It is in **Easy Read**.

**Easy Read** means easy words with pictures to help everyone understand.



We ask **Having a Voice groups** to help us make Easy Read Information



**Having a Voice groups** are groups of people with Down's syndrome.

They help people have their say.



Having a Voice groups make sure the Easy Read information is easy to understand.



You can find out more about **Having a Voice** on the Down's Syndrome Association website.

## What are neck problems?



Neck problems happen because of a health condition called **neck instability**.

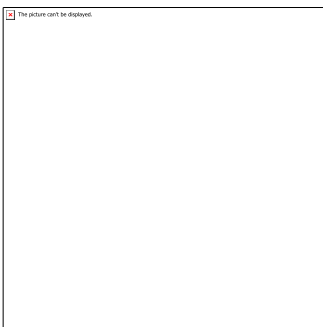


It is **important** to know about neck instability.

Neck instability can be **serious**.



**Some people** with Down's syndrome have neck instability.



Remember - **Not everyone** with Down's syndrome has neck instability.

Only **some people** will have neck instability.

## What are the signs/symptoms of neck instability?



If you have neck instability, **you may have pain in your neck.**



If you have neck instability, **you may have a stiff neck.**

## What are the signs/symptoms of neck instability?



If you have neck instability, **you may have problems holding your head up straight.**



If you have neck instability, **you may have problems nodding your head.**



If you have neck instability, **you may have problems walking.**



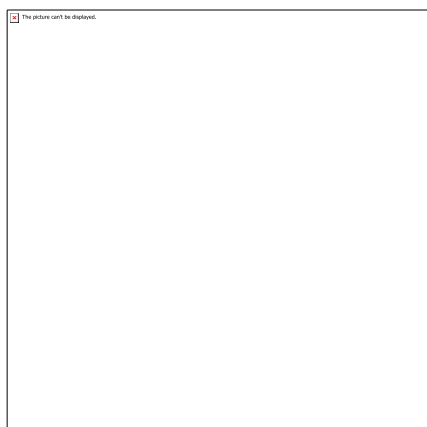
If you have neck instability, **you may have problems using your hands.**

## What to do if you have these signs/symptoms instability?

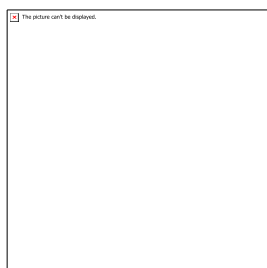


**Tell someone** you trust straight away.

You can **show them this easy read guide**



Do **not** do any sports or exercise.



**Try** to be **careful**.

**Try not to fall or bump into anything.**

## What to do if you have these signs/symptoms instability?



Go and **see a doctor** as soon as possible  
You can **ask someone** you trust to **help**  
with this.



**Tell the doctor** about your neck  
problems.



The doctor will **ask you** some **questions**.



Tell the doctor that **some people with**  
**Down's syndrome** have problems with  
**their neck**.

**This is called neck instability.**

## How will the doctor check your neck?



The doctor will ask you to  
**hold your head up and look in front.**



The doctor will ask you to **look up.**



The doctor will ask you to **look down.**



The doctor will ask you to  
**look from side to side.**



## What will happen next?



If the doctor thinks you are **ok**, they will **tell you to go home**.

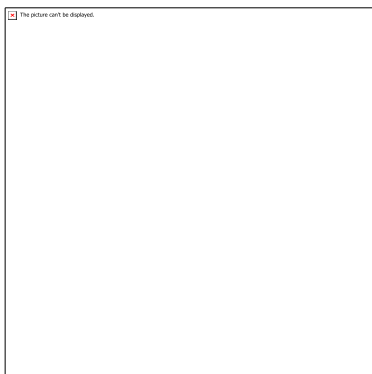
**You do not need to do anything.**



If the doctor **thinks you have neck instability**, they will send you to **see a doctor who knows about neck problems**.



You **may** need to have an **X-Ray** at the hospital.



You **may** need to have an **operation** on your neck.

## What will happen next?



You **may** need to stay in **hospital** for a while until you **get better**.



After the operation your neck **should be ok**.



If after reading this easy read guide **you think you have neck problems, tell someone you trust straight away.**

## How we can help

The Down's Syndrome Association has a helpline.

You can call us on **0333 1212 300**.



We are happy to answer your questions.

The helpline is open Monday to Friday  
from 10am until 4pm.



You can also email us at  
**[info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)**

You can write to us too.

Our address is:



Langdon Down Centre  
2a Langdon Park  
Teddington  
Middlesex  
TW11 9PS

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

## Contact us

### Down's Syndrome Association

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