

What To Avoid After a Carotid Artery Dissection

Everyone's medical situation is different; always consult your doctor

Fitness

- Yoga & Pilates (acceptable without neck manipulation)
- Lifting with bar resting on the back of neck
- Heavy weight lifting, particularly neck and upper extremity
- Contact sports such as martial arts, football, boxing, etc.



House & Yard Work

- Shoveling snow; going out in icy conditions
- Lifting heavy objects like bags of mulch, soil, branches, etc.
- Bending over for long periods of time weeding or planting
- Using landscape equipment like backpack blowers
- Hyperextending neck for a prolonged period of time painting ceilings, changing light bulbs, etc.



Entertainment

- Zip lining, parachuting, sky diving
- Horseback riding
- Trampoline jumping
- Skiing, ice skating, snowboarding, snowtubing
- Rollercoasters or similar amusement rides
- Power sports like ATVs, dirt bikes, water skiing



Other

- Deep tissue neck massage
- Rough sexual activity that involves neck and hair pulling
- Chiropractor with head and neck manipulation
- Activities that cause sudden, fast movement of the head from side-to-side and back-and-forth
- Be mindful of neck extension in the sink when getting hair washed at salon



The information provided here is for discussion only. In no way is this to be construed as medical advice. If you have any medical condition, contact a medical professional or emergency medical services immediately.