



Neck pain is discomfort in any of the structures in the neck including the muscles, nerves, bones or discs between the bones. It is a common complaint that responds well to non-surgical treatment.

### CAUSES

- Muscle strain from overuse
- Wear and tear (degeneration) of the spinal discs and joints
- Nerve compression
- Whiplash injury

### SYMPTOMS

- Headache
- Shoulder pain
- Increased pain with movement of the neck
- Limited movement of the neck
- Radiating pain into the upper extremity
- Numbness or tingling in the upper extremity

### TREATMENT

- Medication
  - NSAIDs help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
  - Acetaminophen to decrease pain
  - Prescription pain medicine
  - Muscle relaxant to control spasms
- Stretching exercises, strengthening exercise and posture training to help stabilize the neck, strengthen muscles and prevent recurrence of symptoms
- Soft cervical collar for short term use
- Chiropractic manipulation
- Cervical traction
- Cervical injection therapy

### SEEK MEDICAL CARE IF:

- You have pain that is not relieved with rest or medicine or does not improve in one week.
- You develop new symptoms.
- You are generally not feeling well.

### SEEK IMMEDIATE MEDICAL CARE IF:

- You have pain that radiates from your neck into your arms.
- You have unusual weakness or numbness in your arms.