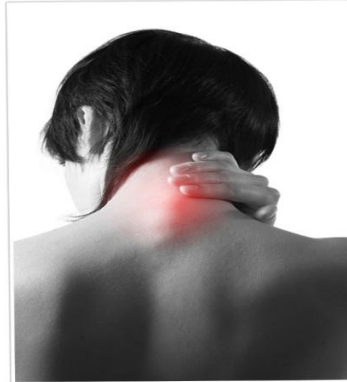


Neck Pain

What is it?

Neck pain refers to pain arising from structures in the neck, including bones, ligaments, discs, muscles and nerves.



How does it happen?

Neck pain results from damage to the structures in the neck. This commonly occurs following a relatively simple movement such as bending forward or twisting your neck, or can be a result of a whiplash injury or arthritis.

How does it feel?

Neck pain is experienced as pain felt in the neck and occasionally in the head and shoulders. This may either be a dull ache or a sharp pain which is made worse by movement. In some situations it may prevent full motion of your neck. The pain may be in the middle of the neck or to one or both sides of the neck.

What should you do?

If you have neck pain you should consult your nearest physiotherapist for treatment.

What shouldn't you do?

If you have neck pain you shouldn't ignore the problem and continue to participate. This may lead to your problem getting worse resulting in prolonged recovery. In addition, you should avoid activities which aggravate your pain.

Could there be any long-term effects?

Acute neck pain does not produce any long-term effects as long as it is properly diagnosed and appropriately treated. Recovery usually takes place in a matter of days to weeks. In the case of arthritis, whiplash, fracture or serious disc injury, this will prolong recovery and treatment can take months depending on the severity.

Management

The assistance of a physiotherapist is important in the treatment of neck pain. Initially a physio can assist in diagnosing the problem and determining its severity. From this, the physio will be able to determine an appropriate treatment plan. This may initially involve techniques to reduce your pain. These may include activity modification, massage, mobilisation/manipulation of the spine, ultrasound therapy, TENS or IFT.