



Move Well. Feel Well.

Neck Pain



What is neck pain and what are the common symptoms?

Neck pain occurs when structures in the neck, such as ligaments, muscles, tendons or discs, become grumpy.

Common symptoms of neck pain can present as general stiffness, intense discomfort, a headache and/or pain which radiates into the back, shoulder or arm.

What causes neck pain?

Common causes of neck pain include:

- Trauma - such as a fall
- Over stretching or sudden jerking movements
- Holding the head or neck in an awkward position for a long period of time
- Sleeping with a pillow that doesn't provide sufficient support for the head or neck

How can osteopathy help with neck pain?

An osteopath will examine the movement in your neck, upper back, shoulders and ribs to assess for pain and reduced movement in these regions.

Your practitioner will work with you to help ease the discomfort. This may include hands-on treatment, as well as exercises aimed to normalise your movement patterns and strengthen the surrounding areas.

In some cases, your osteopath may refer you for further tests or scans or request to view previous scans that you may have already had.

What is the likely progression of neck pain?

With appropriate treatment and management, minor neck complaints often resolves within 4-6 weeks, depending on severity. With treatment, you can expect some relief within 2-3 days.

There may be a residual weakness in the tissues following this time period that may require strengthening for a period of time once the pain has gone, in order to achieve full resolution.

KEY POINTS

- Neck pain is caused by grumpy structures in the neck.
- Pain can be caused by a fall or direct force to the neck or sleeping awkwardly!
- With treatment you can expect some improvement in 2-3 days.
- Full resolution occurs within 4-6 weeks.
- Your osteopath will offer you at-home techniques to help overcome neck pain and prevent it reoccurring.



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Overcoming neck pain and preventing it from occurring.

What you do to help yourself if you have neck pain?

There are a number of things you can do at home to help you overcome neck pain and relieve the discomfort, These can include:

- Don't focus on your pain. Instead, focus on what you can do comfortably and slowly introduce more activities as you are able.
- Do not completely rest or lay in bed; you will feel worse and slow your recovery.
- Avoid static positions, such as sitting for long periods.
- Apply heat. This will increase the blood supply to the area, stimulating repair and reducing discomfort.
- Keep active, even if it means doing less than you would like to be able to. Gentle loving movement helps your body to function at its best, even when you are in pain.
- Follow your management plan. Your practitioner will provide you with clear guidance about how to support your recovery and maximise results.

For more information...

Contact your osteopath at Whole Body Health & Wellness

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Email: info@wholebodyhealthandwellness.com.au

Web: www.wholebodyhealthandwellness.com.au

Watch:
6 simple exercises to relieve
pain and strength the
muscles of your neck area.

<https://wholebodyhealthandwellness.com.au/6-simple-exercises-for-neck-pain/>