

NECK PAIN

#ChoosePT®
MoveForwardPT.com

THEMOTIVEAZ.COM

520.389.5311

A PRIMER

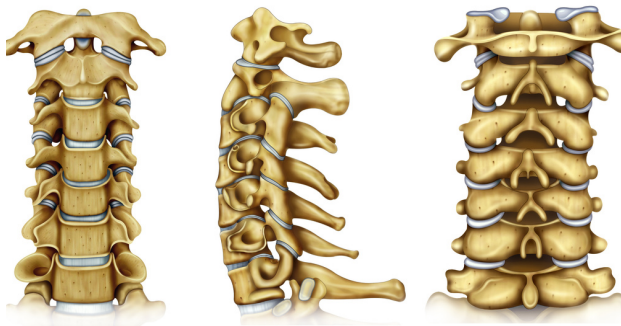
Neck pain is one of the most common causes of disability in the world. Neck pain can lead to headaches, shoulder blade pain, or radiating arm symptoms such as tingling, numbness, or aching. A physical examination can help identify the cause of your pain and move you forward.

EARLY

Continue to stay active. You can minimize painful movements. Early imaging isn't necessary unless unusual symptoms exist like changes in bowel/bladder control, fever, loss of muscle function, or you have a recent history of cancer.

DIAGNOSIS

Neck pain can cause some unusual symptoms, so it's important to have an examination to identify the source of symptoms.



STRUCTURE

Several structures in the neck (discs, joints) can be irritated during an episode, just like a sprained ankle. Identifying exercises and positions that can help you is often more beneficial, however, than determining a specific structural source.

TREATMENT

The focus should target YOUR specific goals and get you independent with a home program. This may include:

- Reducing pain (but not always eliminating it)
- Moving the joints of your spine again
- Restoring normal control of the joints
- Restoring normal muscle function
- Stay at work

PROGNOSIS

If this began <1 month ago, the prognosis is excellent. A small number of people go on to have pain 1 year later or episodes that return. Staying physically active, eating/sleeping well, and doing any recommended exercises can help.