

# Neck Pain: Overall and exercises



# ***Neck pain***

Pain in the neck and shoulder that varies in intensity, and may feel achy or like an electric shock from the neck to the arm.

Common causes of this symptom

Neck pain can have causes that aren't due to underlying disease. Examples include prolonged straining (looking up or down), sleeping in an uncomfortable position, stress, chiropractic manipulation or wearing heavy necklaces.

Self-treatment

Self-treatment

Alternating an ice pack with heat several times daily for 30 minutes, gentle stretching, and massage may help relieve neck pain. Taking pain medication such as ibuprofen, paracetamol or naproxen may also help. Gentle exercise and good posture may also help prevent it.

Seeking medical care

Make an appointment to see a doctor if you

- Have a headache, numbness or tingling
- Feel pain that lasts for several weeks
- Notice symptoms getting worse despite self-treatment
- Experience pain that radiates down one or both arms or legs

See a doctor immediately if you

- Experience pain after trauma or injury
- Feel weakness in an arm or leg
- Have trouble walking
- Develop a high fever

## **Muscle strain**

### **Also called: pulled muscle**

Overview

#### **Description**

A stretching or tearing of a muscle or a tissue connecting muscle to bone (tendon).

Strains often occur in the lower back and in the muscle in the back of the thigh.

Symptoms include pain, swelling, muscle spasms and limited ability to move the muscle.

Treatment may include pain relievers, ice or splinting.

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Usually self-treatable  
Usually self-diagnosable  
Lab tests or imaging rarely required  
Short-term: resolves within days to weeks

Symptoms  
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People may experience:  
Pain areas: in the joints or muscles  
Muscular: cramping, limited range of motion, or muscle spasms  
Also common: swelling or tenderness

# Treatments

Treatment consists of self-care and anti-inflammatories  
Treatment may include pain relievers, ice or splinting.

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Self-care  
Heating pad, RICE (Rest, Ice, Compression, Elevation), Cold compress and Physical exercise

Heating pad  
Soothes painful muscles or joints and can help drain skin infections.

RICE (Rest, Ice, Compression, Elevation)  
Rest, ice, compression and elevation. A first-aid treatment for sprains and strains.

Cold compress  
Reduces inflammation and dulls sensation of pain.

Physical exercise  
Aerobic activity for 20–30 minutes 5 days a week improves cardiovascular health. If injured, pursuing an activity that avoids t

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# Therapies

Chiropractic treatment techniques, Massage and Acupuncture

Chiropractic treatment techniques

Adjusting the spine and massaging the back muscles to relieve pain.

Massage

Relaxes tense muscles.

Acupuncture

Insertion of needles into specific points on the body to relieve pain and treat other conditions. A form

# Medications

Nonsteroidal anti-inflammatory drug and Analgesic

Nonsteroidal anti-inflammatory drug

Relieves pain, decreases inflammation and reduces fever.

Analgesic

Relieves pain.

# Devices

Elastic bandage and Splint

Elastic bandage

Stretchy bandages used to wrap sprains and strains. Provides support and compression during recovery.

Splint

A rigid accessory used to stabilise and protect an injured joint.

# Specialists

General Practitioner (GP)

Prevents, diagnoses and treats diseases.

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Sports Medicine

Treats and prevents sports and exercise injuries.

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Physiotherapist

Restores muscle strength and function through exercise.

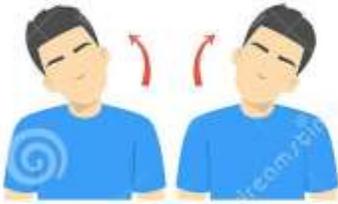
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Emergency Medicine Doctor

Treats patients in the emergency department.

# STRETCH FOR NECK AND SHOULDER PAIN

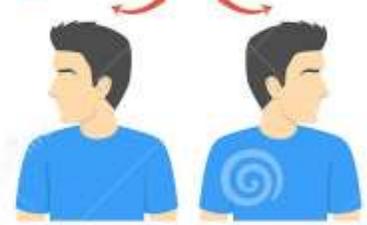
1 SIDE BEND



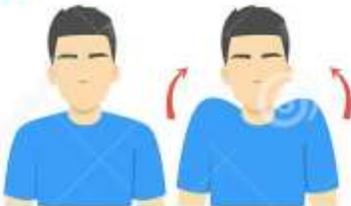
2 WING SPAN



3 NECK ROTATION



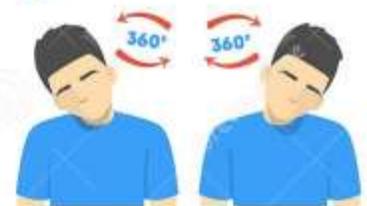
4 SHOULDER SHRUG



5 BACK AND FORWARD BEND



6 NECK ROTATION



7 THORACIC EXTENSION STRETCH



7 CAT-COW STRETCH

