

Why Neck Pain Starts

Neck pain can result from an injury or wear and tear on the bones, joints, muscles and ligaments along the spine. Some of the most common causes include:

- **Minor injuries:** such as a fall or sudden impact.
- **Serious injuries:** such as whiplash in a rear-end collision.
- **Overuse injuries:** uncomfortable workspaces and bad posture can lead to neck strain.
- **A pinched nerve:** often caused by a slipped disk.
- **Osteoarthritis:** which may cause bone spurs to press on nerves.



Neck Pain Exercises



Rotation Range of Motion

While seated in good posture, gently tuck the chin in like a drawer. Then rotate slowly to one side, and slowly to the other as you look over each shoulder. **Repeat this movement 10 times each side.**



Chin Tucks

Gently tuck the chin in like a drawer imagining a string is pulling the top of the head toward the sky. **Repeat this movement 10 times each side.**



Seated Scapular Retraction

Seated at the edge of a chair, find neutral posture. With elbows bent at 90 degrees squeeze the shoulder blades together while keeping the chin neutral or slightly tucked. **Repeat this movement, two sets of 10.**

When to Seek Medical Care

If you experience neck pain that does not improve with rest and gentle stretching, schedule an appointment with your doctor.

Treatment may include rest, over-the-counter pain medication, avoiding painful triggers and doing neck stretches and exercises at home. Reducing stress may help relieve neck pain. For more serious and chronic cases, a program of physical therapy may be recommended. Very few patients require surgery to relieve neck pain.