



SYMMETRY

PHYSIOTHERAPY

Neck Pain

Most people will experience neck pain at some point in their lives. Neck pain can be acute, meaning it lasts a few hours to a few weeks, or it can be chronic. Neck pain that lasts several weeks or longer is considered chronic neck pain.

Sources of pain in the neck can include muscles, joints, ligaments and spinal discs. Pain can be localised but frequently associated symptoms will be present including restriction of movement, shoulder or arm pain, and headaches.

Most causes of neck pain aren't serious. Poor posture at work (such as leaning into your computer) and during hobbies (such as hunching over your workbench) are common causes of neck pain. It is the prolonged strain on the tissues within the neck that causes a buildup of stress on these structures and can eventually lead to damage occurring.

Physiotherapy management is usually effective in treating this type of neck pain. Some of the treatment strategies used may include:

- Soft and deep tissue massage
- Joint mobilisations
- Heat
- Traction
- Posture correction
- Strengthening and stretching exercises
- Clinical Pilates

Acute neck injuries are different in that they will usually result from exposure to excessive strain. This might be the rapid movement of a whiplash injury or perhaps a heavy load such as lifting above ones capabilities. The management of this type of injury will be dependent on which tissue structure are thought to be affected but will usually involve an early period of inflammation management followed by hands-on techniques aimed at restoring normal movement and reducing pain. An appropriate exercise program will be an essential component of rehabilitation back to normal activities in this case. Early intervention is crucial to a successful return to regular function.



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