

Neck Pain

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Neck pain is a common complaint that can lead to high levels of disability. Common symptoms include decreased neck movement, pain with movement, headaches, inability to concentrate, interrupted sleep, and inability to complete daily tasks. There are many causes of neck pain and consultation with a physician is important to rule out any serious health condition. Most neck pain episodes will resolve completely, especially with the help of a healthcare professional such as a physiotherapist or massage therapist.

1. Home Exercises

- *Active neck rotation:* Sit upright, turn your head as far left and right as you can move without pain. If it helps, support your neck with your hand in the area of your pain. Repeat 10 times, multiple sets per day.
- *Chin Tuck:* Sit upright, pull head straight back, tucking chin towards your throat (keeping your mouth closed). Return to the starting position. Repeat this 10 times, multiple sets per day.

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Tips From A Physiotherapist

- Avoid use of a soft neck collar.
- Movement is important with neck pain, move your neck as far as you can while avoiding aggravating pain.
- Continue daily activities as tolerated, making sure you leave more time to complete activities as you may need to rest more often to avoid aggravating neck symptoms.
- Walking is a great form of exercise to move your body when you have neck pain.
- Consult with your doctor if you start to experience increased symptoms, symptoms going into your arms, or symptoms of numbness/tingling.