

Neck Pain of Occupational Origin and Homoeopathy

© Dr. Rajneesh Kumar Sharma MD (Homoeopathy)

Dr. (Km) Ruchi Rajput BHMS

Homoeo Cure Research Centre P. Ltd.

NH 74- Moradabad Road

Kashipur (UTTARANCHAL) - INDIA

Ph- 09897618594

E. mail- drrajneeshhom@hotmail.com



Description

Acute, subacute or chronic neck pain associated with occupational activities.

Synonyms

- Repetitive strain injury (RSI)
- Cumulative trauma disorder (CTD)
- Occupational cervico-brachial disorder (OCD)
- Work-related musculoskeletal disorder (WMSD)

Etiology/Types

- Neck pain probably arises from individual or workplace (Occupational) factors or a combination of both.

Epidemiology

- The highest prevalence of occupational neck pain is found in office and hospital workers.
- The lowest prevalence of occupational neck pain is found in forest and industrial workers.

Pathogenesis

- Excess shoulder girdle muscles loading-
 1. FROM AXIAL SKELETON TO SHOULDER GIRDLE (SCAPULA AND CLAVICLE)
 - * Serratus anterior
 - * Upper trapezius
 - * Middle trapezius
 - * Lower trapezius
 - * Rhomboideus major and minor
 - * Pectoralis minor
 - * Levator scapulae
 2. FROM SCAPULA AND CLAVICLE TO HUMERUS
 - * Deltoid
 - * "Rotator cuff"
 - * supraspinatus
 - * infraspinatus
 - * teres minor
 - * subscapularis
 - * Teres major
 - * Coracobrachialis
 - * Biceps brachii (long head)
 - * Triceps brachii (long head)
 3. FROM AXIAL SKELETON TO HUMERUS
 - * Pectoralis major
 - * Latissimus dorsi
- Muscle strains are uncommon with computer use as there is less than 5% of maximal voluntary contraction.
- Increased cervical pain is associated with decreased cervical rotation and increased activity in the superficial cervical flexors (*Platysma*) with an associated compensatory decreased activity in the deep cervical flexors (*longus coli* and *longus capitis* muscles).
- Increased inflammatory mediators have been found in local muscles that correlate with pain.

Risk Factors

- Females
- Forced exertions
- High job demands
- High level static contractions
- Increasing age, particularly in the 4th and 5th decades of life
- Low physical ability
- History of musculoskeletal pain
- Poor social support at work
- Poor work posture

- Poor workstation ergonomics (the science of designing the workplace environment to fit the user)
- Prolonged static loads and extreme postures
- Repetitive job tasks
- Sedentary job activities

Clinical Features

- Neck pain without symptoms in the lower extremities

Diagnosis

Differential diagnosis

- Infection
- Osteoarthritis
- Radiculopathy
- Referred pain from cardiothoracic structures
- Tumor

History

- Increased pain, tiredness, and stiffness
- Pain worse during workday and improved during weekend
- Sleep difficulty
- Associated headaches

Exam

- Poor posture/head forward posture
- Decreased cervical range of motion, particularly with rotation
- Increased muscle tension in the upper trapezius muscles, levator scapulae, and scalenes
- Tenderness to palpation of the superior nuchal line

Testing

- Plain radiographs for loss of the normal lordotic curve suggesting spasm.
- MRI to rule out soft tissue pathology.
- Electrodiagnostic studies to assess for radiculopathy.

Pitfalls

- Overlooking workplace and psychological factors

Red Flags

- Weakness, numbness, or tingling
- DD with a fracture.

Treatment

Medical

- Cognitive behavioral therapy
- Ergonomic interventions

Exercises

- Exercise program focusing on motor relearning training
- Manipulation
- Mobilization

Modalities

- Heat, cold, ultrasound, and transcutaneous electrical nerve stimulation

Surgical

- Surgical decompression for radicular symptoms
- Percutaneous or open surgical treatment

Homoeopathic Treatment

Short Repertory of Neck Pain

BACK - ASLEEP; sensation as if - Cervical region - Nape of neck- rhus-t. spig.

BACK - BALL; as if a - Cervical region - Nape of neck- bell.

BACK - BLUIISH - Cervical region - Nape of neck- ars. Lach. Rhus-t.

BACK - CERVICAL REGION; complaints of - Nape of neck- acon. agar. agn. alum. Am-c. am-m. ambr. anac. ang. ant-c. ant-t. arg-met. arn. ars. asaf. asar. aur. BAR-C. BELL. borx. bov. bry. CALC. camph. cann-s. canth. caps. carb-an. Carb-v. Caust. cham. chin. Cimic. cina clem. cocc. colch. coloc. con. croc. cupr. cycl. dig. dros. dulc. euph. ferr. graph. guaj. hell. hep. hyos. ign. iod. ip. Kali-c. kali-n. Lach. laur. led. Lyc. m-ambo. m-aust.

mag-c. mag-m. mang. meny. merc. mez. mosch. **Nat-c. NAT-M. Nit-ac.** nux-m. **NUX-V.** olnd. op. par. **Petr.** ph-ac. **Phos. Phyt.** plat. plb. **Puls.** ran-b. rheum rhod. **RHUS-T.** ruta sabad. sabin. samb. sars. sec. sel. **SEP. SIL.** spig. spong. squil. stann. staph. stront-c. **SULPH.** tarax. thuj. valer. verat. viol-o. viol-t. zinc.

BACK - COLDNESS - Cervical region - Nape of neck- **Calc.** sulph.

BACK - COLDNESS - Cervical region – Neck- calc. dulc. kali-c. phos. sulph. valer.

BACK - COLDNESS - ice, as from - Cervical region - Nape of neck- chel.

BACK - CONSTRICTION or band - Cervical region - Nape of neck- asar.

BACK - CONVULSIONS - tetanic - Cervical region - Nape of neck- op.

BACK - CRACKING - Cervical region - Nape of neck- anac. nat-c. nicc. ol-an. petr. puls. spong. sulph. thuj.

BACK - DORSAL REGION; complaints of - Scapulae - extending to - Cervical region - Nape of neck- nat-c.

BACK - FORMICATION - Cervical region - Nape of neck- dulc. sabin.

BACK - HEAT - Cervical region - Nape of neck- cycl. ign. lach. par. phos.

BACK - HEAT - Spine - extending to - Upward - Neck and ear; to- plut-n.

BACK - HEAVINESS, weight - Cervical region - Nape of neck- apis chel. kali-c. meny. **Nux-v. Par.** petr. phos. **Rhus-t.** sabin. samb. tab. verat.

BACK - ITCHING - Cervical region - Nape of neck- agn. alum. am-m. bufo carb-v. caust. mez. nit-ac. rhod. rhus-t. sep. sil. staph. sulph. ther.

BACK - LAMENESS - Cervical - Nape of neck- zinc.

BACK - LUMBAR REGION; complaints of - extending to - Cervical region - Nape of neck- kali-bi.

BACK - LUMPS - Cervical region - Nape of neck- ant-c. caust. hep. nat-c. zinc.

BACK - MENSES - before - agg. - Nape of neck- carb-v. iod. nat-c. nit-ac. nux-v. sulph.

BACK - MENSES - during - agg. - Nape of neck- berb. **Calc.** mag-c. nat-m. nit-ac.

BACK - NUMBNESS - Cervical region - Nape of neck- dig. merc-i-f. petr. plat. rhus-t. spig. tell.

BACK - PAIN - Cervical region - compressed; as if - fingers; as if skin of neck were compressed between two- spong.

BACK - PAIN - Cervical region - Nape of neck- **Acon.** aesc. agar. alum. **Am-c.** anac. ant-t. apis bapt. bell. bry. cann-s. chin. chinin-ar. **Cimic.** coloc. dulc. fel ferr-pic. ferr. gard-j. **Gels.** glon. **Graph.** ham. hyos. hyper. ign. ip. jug-c. kali-bi. kali-c. **Kali-n.** kali-p. lach. lyc. meny. merc. mez. **Mosch.** musca-d. myric. nat-ch. nat-m. nat-s. nux-v. par. petr. phos. **PHYT.** pneu. rad-br. rhod. rhus-t. ruta sabad. **Sabin.** sars. sep. spig. spong. stann. stram. symph. tab. tritic-vg. vanil. verat. vib-od. x-ray zinc-val.

BACK - PAIN - Dorsal region - Scapulae - Between - extending to - Back of neck- dioxi. stict. vanil.

BACK - PAIN - Dorsal region - Scapulae - right - extending to – Neck- hydrog.

BACK - PAIN - extending to – Neck- dulc. sang. tritic-vg.

BACK - PARALYSIS - sensation of - Cervical region - Nape of neck- cina

BACK - PERSPIRATION - Cervical region - cold - Nape of neck- con. **Sulph.**

BACK - PERSPIRATION - Cervical region - Nape of neck- **Anac.** ars. bell. brass-n-o. **CALC.** **Chin.** ferr. hell. hyos. m-ambo. mag-c. mang. mosch. nit-ac. nux-v. **PH-AC.** phos. puls. rheum **Samb. Sanic. Sep. Sil.** spig. stann. stry. **SULPH.** tub. verat.

BACK - PULSATING - Cervical region - Nape of neck- **BELL.** camph. cann-xyz. con. ferr-p. **GLON.** kali-n. laur. manc. nat-m. op. plb. sulph.

BACK - SENSITIVE - Cervical region - Nape of neck- nux-v.

BACK - SHIVERING - Cervical region - Nape of neck- am-c. bell. caust. cham. con. croc. **Graph.** staph. valer.

BACK - SPASMS - Cervical region - Nape of neck- ant-c. asar. nat-m. nux-v. spong.

BACK - STIFFNESS - Cervical region - Nape of neck- **Acon.** agar. alum. am-m. anac. ang. ant-t. apis arg-met. arg-n. ars. **Aur. BAR-C. BELL.** bov. brass-n-o. bry. bufo calc-caust. calc-p. **CALC.** camph. cann-xyz. canth. caps. carb-an. **CARB-V. CAUST.** cham. chel. chin. **Cimic.** cocc. colch. coloc. **Con.** dig. dros. dulc. ferr-p. fl-ac. form. gels. glon. graph. guaj. hell. hyos. hyper. ign. jug-c. kali-bi. **KALI-C.** kali-n. lac-c. **LACH. Lachn.** lat-m. laur. **LYC. MAG-C.** mang. med. mentho. meny. merc-i-r. merc. mez. **NAT-C. Nat-m.** nicot. **NIT-AC.** nux-v. petr. ph-ac. **PHOS.** phyt. pimp. **Plat.** pod. psor. puls. rad-br. rhod. rhodi. **Rhus-t.** rhus-v. ruta sars. sec. **Sel. SEP. SIL.** spig. spong. squil. stann. staph. stel. **STICT.** sulph. tab. thuj. trif-p. verat. vinc. x-ray zinc.

BACK - SWELLING - Cervical region - Nape of neck- agath-a. ail. apis ars. **Bar-c. BELL.** berb. calc. carb-v. der. iod. lach. lyc. phos. puls. sep. sil. spong. sumb. tub.

BACK - TENSION - Cervical region - Nape of neck- agar. aloe alum. am-m. anac. ant-c. apis arn. aur. bar-c. bov. bry. calc. camph. canth. carb-an. **Caust.** chin. cimic. **Coloc. Con.** dig. euph. graph. hyos. ign. iod. ip. kali-c. lach. laur. mang. meny. mosch. **Nat-c.** nat-m. nit-ac. par. plat. plb. **Puls. Rhod. Rhus-t.** sanic. sars. sep. sil. **Spong.** staph. stront-c. sulph. **Thuj.** tub. viol-o. viol-t. zinc.

BACK - TENSION - Dorsal region - Scapulae - extending to – Neck- fic-m. mang.

BACK - TENSION - extending to – Neck- lac-leo. laur.

BACK - TREMBLING - Cervical region - Nape of neck- carb-v.

BACK - TUMORS - steatoma - Cervical region - Nape of – neck- apis bar-c. Bell. Merc-c. merc. mez. Puls.

BACK - TWITCHING - Cervical region - Nape of neck- ang. arg-met. asaf. caps. caust. chin. mag-c. nat-m. ph-ac. sep. sulph. tarax.

BACK - WEAKNESS - Cervical region - Nape of neck- abrot. acon. aesc. aeth. all-c. ant-t. arn. ars. bry. Calc-p. caps. carb-v. caust. cocc. colch. crot-h. Dig. eup-pur. fago. gels. glon. Kali-c. lil-t. lyc. nat-m. nit-ac. op. par. petr. phos. plat. Sil. spig. stann. staph. verat. viol-o. zinc.

BACK - WIND was blowing; as if - Neck; on- olnd.

CHEST - COMPLAINTS of chest - extending to – Neck- calc. dios. mur-ac. sulph. ther. zinc.

CHEST - CONSTRICTION - alternating with - drawing in occiput and nape of neck- kali-n.

COUGH - SWELLING - neck; from swelling of- ars. Coff. kali-bi.

COUGH - TOUCHED; from being - neck agg.- bell. brom. Lach.

EAR - PAIN - Behind the ears - extending to – Neck- agath-a. lith-c. plut-n.

EXTERNAL THROAT - SENSITIVE - rope around neck; sensation of a- aids.

EXTERNAL THROAT - SPASMS - Sides of neck- Carb-ac. Med. pall.

EXTERNAL THROAT - SWELLING - Cervical Glands - string around the neck; glands are like a- aeth. cist.

EXTERNAL THROAT - TIGHT around neck and waist; cannot bear anything- aids. LACH. Sep. spong.

EXTERNAL THROAT - TWITCHING - Sides - left - Neck to the left side of the throat; from left side of the- agar.

EXTREMITIES - COLDNESS - Fingers - extending to - Nape of neck- coff.

EXTREMITIES - LAMENESS - Upper arms - extending to - Neck; back of- iris

EXTREMITIES - PAIN - Shoulders - extending to – Neck- agath-a. anag. apis lac-ac. sal-fr. sang.

EXTREMITIES - PAIN - Shoulders - left - extending to – Neck- sal-fr.

EXTREMITIES - PAIN - Shoulders - rheumatic - extending to – Neck- lac-ac. luf-op. nat-sil.

EXTREMITIES - PAIN - Thumbs - Balls - extending to - Back of head and neck- plb.

EXTREMITIES - SHOULDERS; complaints of - left - extending to – Neck- spig.

EXTREMITIES - TENSION - Shoulders - extending to – Neck- choc.

FACE - PAIN - accompanied by - Neck; stiffness of- mez.

FACE - PAIN - extending to – Neck- Bell. Coloc. Guaj. lyc. Puls. sang. Spig.

HEAD - COLDNESS, chilliness, etc. - Occiput - rising from neck like cold air- CHEL. sep.

HEAD - COMPLAINTS of head - accompanied by - Nape of neck - Glands in nape of neck; swollen- bar-c. mur-ac.

HEAD - CONSTRICTION - Occiput - extending to - Nape of neck; into- graph. nat-c.

HEAD - HYDROCEPHALUS - accompanied by - Neck; emaciated- calc-p.

HEAD - MOTIONS in head - moved from back of neck up to head; as if something- glon.

HEAD - PAIN - accompanied by - Neck - pain in - Nape of neck- aeth. alum. am-c. ambr. anac. asar. bar-c. Bell. berb. borx. bry. Calc-p. calc-sil. Calc. cann-s. carb-an. carb-v. caust. chel. cimic. cinnb. clem. COCC. con. corn. crot-t. GELS. Glon. graph. Hell. hydr-ac. hyos. iod. ip. kali-c. kali-n. Kalm. lac-c. lil-t. lyc. mag-c. manc. merc. mez. mosch. mur-ac. nat-c. Nat-m. nat-s. nept-m. op. paeon. par. PH-AC. Phyt. PIC-AC. plb. plect. Puls. ran-b. rhus-t. sabin. sang. sars. sil. spong. Stry. sulph. tarax. tarent. tritic-vg. verat.

HEAD - PAIN - accompanied by - Neck - stiffness in - Nape of neck- CIMIC. nept-m. Rhus-t.

HEAD - PAIN - alternating with - Neck; pain in nape of- hyos.

HEAD - PAIN - clothing about the neck agg.- arg-n. Bell. crot-c. Glon. Lach. sep.

HEAD - PAIN - extending to - Nape of neck- Bar-c. calc. ferr. graph. lyc. Mosch. puls. Sabin. sep.

HEAD - PAIN - Forehead - extending to – Neck- Bry. chel. cystein-l. euon. gels. kali-n. kalm. kola lac-d. lil-t. lyc. menis. mosch. nux-v. onos. Oreo. prun. sep. tub. viol-t.

HEAD - PAIN - Forehead - Eyes - Above - left - extending to - Neck; nape of- kola

HEAD - PAIN - Forehead - Middle of - extending to - Neck; nape of- kola

HEAD - PAIN - Forehead - Nose; above - extending to - Neck; nape of- gink-b.

HEAD - PAIN - Forehead - right - extending to – Neck- aids.

HEAD - PAIN - Occiput - accompanied by - Neck; stiffness in- bit-ar.

HEAD - PAIN - Occiput - boring pain - bolt had been driven from neck to vertex; as if a- cimic.

HEAD - PAIN - Occiput - extending to - Neck - Down back of neck- androc. arg-n. bell. berb. bit-ar. Bry. chord-umb. cimic. Cocc. com. dulc. gels. Graph. hell. Hep. hydr-ac. kali-c. kali-cy. kali-n. lac-leo. laur. lil-t. limen-b-c.

lob. mang. med. merc. mur-ac. nat-c. nat-s. **NUX-M. NUX-V.** pic-ac. pod. ran-b. sabin. sal-fr. sep. spong. sulph. tarent. vanil.

HEAD - PAIN - Occiput - extending to – Neck- ambr. androc. aq-mar. **Bell. Bry. Carb-v. chord-umb. COCC.** dulc. glon. hell. hep. ip. kali-c. ketogl-ac. lac-leo. laur. **Lil-t.** limen-b-c. phyt. pod. sal-fr. sulph. suprar. tung-met.

HEAD - PAIN - Occiput - Protuberance; occipital - extending to - Neck; down- pod.

HEAD - PAIN - pressing pain - accompanied by - Neck; pain in nape of- bamb-a.

HEAD - PAIN - pressure - neck agg.; on back of- sec.

HEAD - PAIN - Sides - extending to - Nape of neck- elaps sars. tritic-vg. vanil.

HEAD - PAIN - Sides - extending to – Neck- chel. cupr. **Lach. lyc. Merc.**

HEAD - PAIN - Sides - left - extending to – Neck- sanguis-s.

HEAD - PAIN - Sides - left - Head and face - extending to – Neck- guaj.

HEAD - PAIN - Sides - one side - extending to - Neck - Shoulders with stiff neck; and- chir-fl. lach.

HEAD - PAIN - Sides - one side - extending to – Neck- chir-fl. guaj. **Lach. lyc. merc.**

HEAD - PAIN - Sides - right - dull pain - accompanied by - Neck; stiffness in- lavand-a.

HEAD - PAIN - Temples - dull pain - accompanied by - Neck; stiffness of- bit-ar.

HEAD - PAIN - Temples - extending to – Neck- acon-ac. bry. fum. kali-i. kola pic-ac. pitu-gl. pot-e. puls. x-ray

HEAD - PAIN - Temples - stretching neck amel.- bit-ar.

HEAD - PAIN - Vertex - extending to – Neck- calc-p. **Chel. dios. gels. glon. kalm.**

HEAD - PULSATING - extending to – Neck- nat-m.

HEAD - SHOCKS - Occiput - dull, heavy, throbbing pain through head - blow on back of head and neck; with a sensation like a heavy- cann-i.

HEAD - SHOCKS - Vertex - bolt from neck to vertex, agg. at every throb of the heart; as from a- cemic.

HEAD - TEMPLES; complaints of - extending to - Neck and face- tarent.

LARYNX AND TRACHEA - CONSTRICTION - Throat-pit - bending neck agg.- ph-ac.

LARYNX AND TRACHEA - CROUP - accompanied by - Neck stretched out- ant-t.

MIND - RESTLESSNESS - headache, during - occiput and neck; pain in- crat.

MOUTH - PAIN - extending to - Head and down into neck; through- lyss.

NECK - SWELLING - External neck- alum. am-m. arn. **Ars. Bar-c. Brom. canth. Caust. croc. Hep. hyos. Iod. lach. Lyc. Mag-c. Merc-c. mez. nat-c. Puls. rhod. Rhus-t.**

RESPIRATION - IMPEDED, obstructed - accompanied by - Neck; pain at nape of- lyc.

RESPIRATION - IMPEDED, obstructed - drawing and stitching; from - Nape of neck; in- sep.

SKIN - FORMICATION - insects; as if from - Shoulders, neck and hands; on- lac-c.

STOMACH - NAUSEA - pressure - neck agg.; on- cemic.

THROAT - COMPLAINTS of throat - extending to - Neck and Shoulders- kali-bi.

THROAT - PAIN - Esophagus - pressure - agg. - neck; on- kali-sula.

THROAT - PAIN - extending to - Neck; glands of- chir-fl. sep.

THROAT - PAIN - sore - accompanied by - Neck and occiput; aching in- bit-ar.

THROAT - PAIN - swallowing - neck to get food or drinks down; has to turn- kali-m.

VERTIGO - BEGINNING in nape of neck, or occiput- fl-ac. gels. iber. petr. senec. sil.

Top Homoeopathic Remedies for Neck Pain

Sulph > Sep > Lyc > Bell > Caust > Lach > Sil > Nat m > Cal c > Rhus t > Puls > Apis > Petr > Bry > Carbo v > Kal c > Graph > Nat c > Spig > bar c > Cim > Nux v > Gel > Nit ac > Kali n > Glon > Phos > Thuja > Ars a > Zinc > Hyos > Mez > Staph > Chel > Mag c > Alum > Merc > Spong > Con > Hep > Mosch > Sabina > Anac > Arn > Iod > Mang > Par > Laur > Mur ac > Verat a > Cocc > Acid ph > Phyt > Colo > Ant t > Chin > Hell > Rhod > Ant c > Sars > Stan > Pic ac > Dig > Guaic > Lil t > Plat > Agar > Am m > Dulc > Ign > Ip > etc....

References

Andersen JH, Kaergaard A, Frost P, et al. Physical, psychosocial, and individual risk factors for neck/shoulder pain with pressure tenderness in the muscles among workers performing monotonous, repetitive work. *Spine*. 2002; 27(6):660–667.