

Neck Pain

Information on neck pain provided by the US Government's National Institutes of Health is available at <http://www.nlm.nih.gov/medlineplus/neckdisordersandinjuries.html> (see links below) and at <http://www.nlm.nih.gov/medlineplus/ency/article/003025.htm>.

To obtain a free copy of the present document, go to www.masterdocs.com.

Neck pain comes from disorders of neck structures or of structures close to the neck. It may be associated with a stiff neck that is difficult to move, particularly on one side. If muscle spasm or a slipped disk presses on a nerve, neck pain may be associated with numbness, tingling, or weakness in your arm or hand.

Causes of neck pain include:

- Muscle tension (can be caused by prolonged periods holding the neck in a particular position).
- Injury to the neck resulting in whiplash, spinal fracture, or blood vessel damage.
- Osteoarthritis.
- Herniated disk between neck vertebrae.
- Fibromyalgia.
- Meningitis.

Treatment depends on the cause of neck pain but can include:

- Pain relieving medication such as acetaminophen.
- Heat or cold applied to the painful area.
- Gentle, slow, range-of-motion exercises.
- Massage to the painful area.
- Firm mattress without a pillow (special neck pillows can be purchased).

Contact your health care if:

- Pain does not improve after 1 week.
- One week of self care hasn't helped.
- Numbness, tingling, or weakness in arm or hand.
- Neck pain following a fall, or injury.
- Swollen glands or lump in neck.

Fever, headache, and your neck is particularly stiff when you try to touch your chin to the chest, suggests the possibility of **meningitis** (a **medical emergency**). Meningococcal meningitis may occur in epidemics, particularly around groups of young people, such as college campuses.

Links at

<http://www.nlm.nih.gov/medlineplus/neckdisordersandinjuries.html>

Overviews

- Neck Pain (American Academy of Orthopaedic Surgeons)
- Neck Pain (Mayo Foundation for Medical Education and Research)
- What You Need to Know about Neck Pain (American Physical Therapy Association) - Links to PDF

Diagnosis/Symptoms

- MR Imaging (MRI): Musculoskeletal (American College of Radiology, Radiological Society of North America)
- Neck Pain (American Academy of Family Physicians)
- Neck Swelling (American Academy of Family Physicians)

Clinical Trials

- ClinicalTrials.gov: Neck Injuries (National Institutes of Health)
- ClinicalTrials.gov: Neck Pain (National Institutes of Health)
- ClinicalTrials.gov: Spinal Injuries (National Institutes of Health)
- ClinicalTrials.gov: Whiplash Injuries (National Institutes of Health)

Alternative Therapy

MedlinePlus: Chiropractic (National Library of Medicine). Also available in: Spanish

Specific Conditions

- Burners (American Academy of Family Physicians)
- Cervical Fracture (American Academy of Orthopaedic Surgeons)
- Cervical Radiculopathy (American Academy of Orthopaedic Surgeons)
- Cervical Spine (American Association of Neurological Surgeons)
- Cervical Spondylosis (American Academy of Orthopaedic Surgeons)
- Neck Pain (American Association of Neurological Surgeons)
- Neck Sprain (American Academy of Orthopaedic Surgeons)
- Stinger (North American Spine Society)
- Whiplash (National Institute of Neurological Disorders and Stroke) - Short Summary

Prevention/Screening

- What a Pain in the Neck! Good Habits to Remember to Prevent Neck Pain (American Academy of Physical Medicine and Rehabilitation)

Rehabilitation

- Overview of Neck Pain (American Academy of Physical Medicine and Rehabilitation)

Related Issues

- Swollen Lymph Glands (Lymphadenitis) (Mayo Foundation for Medical Education and Research)

Directories

- Find an Orthopaedist (American Academy of Orthopaedic Surgeons)

Organizations

- American Academy of Orthopaedic Surgeons
- National Institute of Neurological Disorders and Stroke

Children

- Backpack Safety (Nemours Foundation)
- Congenital Torticollis (Twisted Neck) (American Academy of Orthopaedic Surgeons)
- Wryneck (Torticollis) (American Academy of Pediatrics)

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