

The Neck (Cervical Spine)

Anatomy:

First 7 vertebrae (bones) of the spine

Many muscles, ligaments, nerves and blood vessels

Holds your head up and allows for head movement (average head weighs 10-11lbs)

Common Causes of Neck Pain:

Muscle Strain

Joint Strain (arthritis)

Acute Injury (Example: Concussion)

Ligament Sprain

Disc Injury

Nerve Injury/Irritation

Common Injuries:

Slip and fall

Heavy lifting

Poor posture

Car accident

Sports

Poor sleeping position

How to Alleviate and Prevent Pain:

Ice (especially in the first 3-5 days after injury)

Heat

Check your posture (especially sitting)

If you feel stiff try and stretch

Strengthen to improve tolerance to daily activity

Check your sleeping position

Physiotherapy:

Manual Therapy - hands on techniques

Exercise - range of motion, strength

Postural correction - exercise, education

Pain control - ice, heat, taping, electrical stimulation

Acupuncture

Ergonomics - sitting, standing, lying, working positions

Contact your doctor if you have:

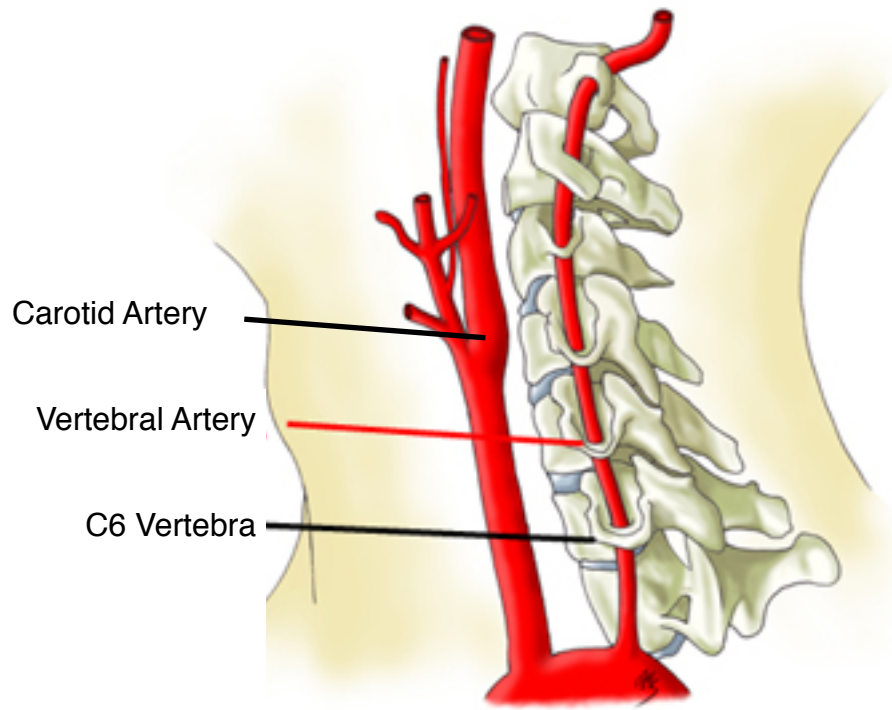
any trouble with vision (blurred or double), hearing, speech, swallowing, balance, face sensation

had a recent injury that does not seem to improve, dizziness that is not improving

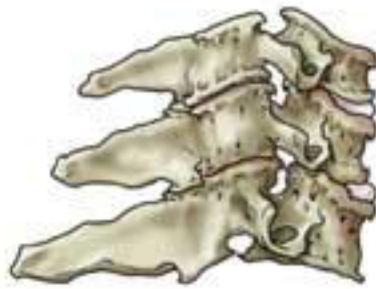
symptoms (such as pain, tingling, weakness) in both arms, both legs or all 4 limbs

Sharp, shooting pain into either arm (both)

changes in bowel or bladder function (can't go, can't stop from going)



Healthy Cervical Spine



Degeneration of Cervical Spine due to Arthritis