



Neck Pain

Neck pain, along with associated headaches, shoulder and arm pain, is a common complaint. Car accidents, poor body positioning, repetitive or postural strain, may injure the spine, muscles or other soft tissue, resulting in neck pain. The pain may originate in the muscles, tendons, fascia or from bony structures.

Effective management includes education, exercise, and manual therapy. Modalities such as acupuncture, ultrasound, interferential current (IFC), and ice may be used to decrease the pain and inflammation in the area. It is important to address contributing lifestyle factors (ex. posture) in order to decrease the frequency and intensity of complaints.

The therapeutic modalities commonly used include:

Ultrasound: uses sound waves and may be used to decrease scar tissue, increase blood flow, or decrease pain.

Interferential Current: uses electrical current to decrease pain, can also be used to elicit muscle contraction and decrease swelling.

Acupuncture: uses small, solid needles to encourage healing, reduce pain, and improve function of affected areas of the body.

What can you do at home?

Rest: by decreasing your activity you allow your body a chance to heal itself. When you start to feel better it is important to ease back into activities which might be aggravating. Listen to your body - pain means that you have done too much.

Ice: ice decreases the metabolism of your cells so that they do not die despite a decrease in oxygen to the injured area. Ice should be kept on for approximately 15 minutes, several times a day. The injured area should be elevated (above the level of your heart) at the same time. Use a wet towel between the ice and your skin to protect against frostbite. You can use frozen veggies, cold packs, or real ice.