

Neck Pain

Symptoms:

Neck pain is a common complaint for many people. Most patients complain of localized tenderness in their neck and increased pain by movement. Neck pain can be associated with headache, facial pain and shoulder pain.

Causes:

The most common causes of neck pain include: muscle strain, arthritis, disc disease, infection and cancer.

Neck pain usually responds to massage, physical therapy and relaxation technique. If pain lasts longer than a week with no improvement, you should contact your doctor. If pain is associated with fever, headache and stiffness in your neck, you should also immediately contact your doctor.

Testing:

Physical examination is the first step to assess the cause of your pain. Your doctor may order X-ray, MRI, or nerve conduction studies to find out the exact source of your pain. Your doctor may also order blood tests and a spinal tap.

Treatment:

Over the counter medication such as Ibuprofen, Naproxen and Acetaminophen may be recommended. Muscle relaxers and antidepressants might be helpful as well. Other treatment options for neck pain are:

- Life style modifications
- Physical therapy
- Chiropractic treatment
- Trigger point Injections
- Selective nerve root block
- Radiofrequency ablation
- Epidural steroid injection

In certain cases you may also benefit from surgery. Our providers will refer you to a surgeon if it is medically necessary.