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Neck Pain



What are the causes of neck pain?

Cervical strain

- Typically shows pain and/or stiffness when moving the neck.
- Frequently linked to prior injury to the muscles around the neck but can also stem from daily physical strains like bad posture and sleeping positions.

Cervical spondylosis

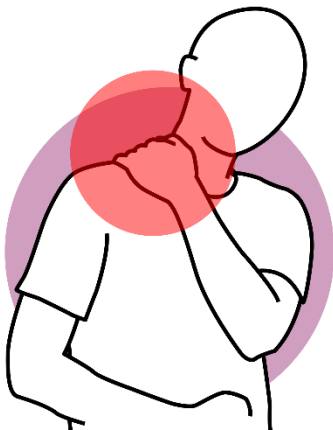
- "Spondylosis" is a vague term denoting spine issue often related to degenerative alterations, commonly involving the formation of bony outgrowths.
- Degenerative alterations are frequently observed on scans in people without symptoms.



What are the causes of neck pain?

Cervical discogenic pain

- Stemming from disc degeneration, cervical spondylosis manifests as neck pain and/or stiffness during movement, occasionally extending to pain in the arms.
- Prolonged positioning of the neck, like during driving or computer work, can worsen symptoms.



What are the risk factors of neck pain?

- Studies suggest a positive link between work-related factors like neck flexion, arm force, posture, prolonged sitting, trunk bending, hand-arm vibration, and workplace setup with neck pain.
- Previous neck injury history at baseline significantly increases the risk of future neck pain in the following year, regardless of gender and psychological state.



How to prevent neck pain?

1. Posture maintenance:

- Maintain good posture: Whether sitting, standing, or lying down, ensure your ears align with your shoulders.
- Computer setup: Adjust your chair and monitor height to avoid straining your neck.
- Phone posture: Avoid craning your neck to look at your phone. Hold it at eye level.



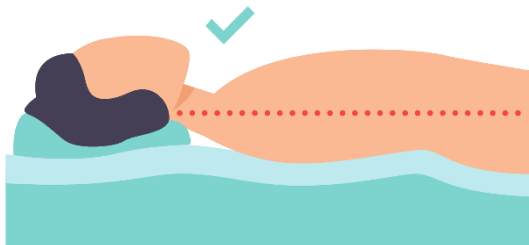
2. Exercise and Stretching:

- Strengthen your neck and upper back muscles: Regular exercise helps support your neck.
- Stretch regularly: Gentle neck and shoulder stretches can relieve tension.
- Take breaks: If you spend long hours sitting, get up and move around regularly.

How to prevent neck pain?

Sleep Smarter:

- Choose the right pillow: A pillow that supports your neck's natural curve can make a big difference.
- Sleep position: Sleeping on your back is generally best for your neck.
- Avoid sleeping on your stomach: This position can put excessive strain on your neck.



How to treat neck pain?

Initial treatment for all patients with acute neck pain (duration less than six weeks) includes

- ❖ Treatment focuses on patient education, adjusting posture, early mobilization with a home exercise regimen, and considering medication if necessary.
- ❖ Emphasis is placed on maintaining correct posture and sleep positions after neck pain resolves, along with continued engagement in the exercise program to prevent symptom recurrence.



Subacute pain:

- ❖ Subacute neck pain can be addressed with physical therapy in certain individuals.
- ❖ Trigger point injections may benefit those with tense bands or notable muscle tightness.

How to treat neck pain?

Continue subacute pain:

- ❖ Manual therapy and joint mobilization are effective for individuals with whiplash injuries.
- ❖ Acupuncture and massage therapy can offer short-term pain relief for some patients experiencing neck pain.



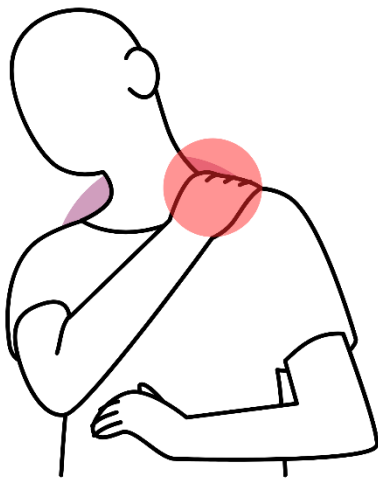
Chronic neck pain

- ❖ Numerous treatments exist for chronic neck pain, but high-quality evidence backing their effectiveness is lacking.
- ❖ Following a biopsychosocial strategy for chronic pain management, patients with chronic neck pain are typically recommended for multimodal care.

How to treat neck pain?

Chronic neck pain

- ❖ This comprehensive approach includes psychological interventions, mind-body therapies, and movement-based treatments.
- ❖ For individuals with chronic neck pain, a multimodal approach that integrates exercise with other therapies has shown the most consistent benefits.



Sources and References:

Mayo Clinic, Advocate Health Car, spine-health.com, uptodate-com.library.iau.edu.sa and Physical risk factors for neck pain.

Scandinavian journal of work, environment & health

All illustrative images from canva.com

Review and audit:

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