

NECK PAIN ADVICE SHEET

- Neck pain is common. Most people get neck pain at some point in their life and it usually heals on its own over a period of days to weeks. The worse of the pain tends to improve within the first few days.
- Aside from a thorough physical examination, most people with neck pain do not require other tests such as X-rays or MRI unless there has been a significant injury or significant damage to the nerves is suspected
- Surgery is usually not required unless there are broken bones or significant nerve injury
- Following an exacerbation of chronic neck pain or the onset of new neck pain, it would be advisable that you:
 - Rest from aggravating activities for a few days to allow the injury to settle
 - Try to keep moving as best as you can, within comfort limits
 - Maintain a good posture – support yourself with pillows or rolled up towels if needed

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



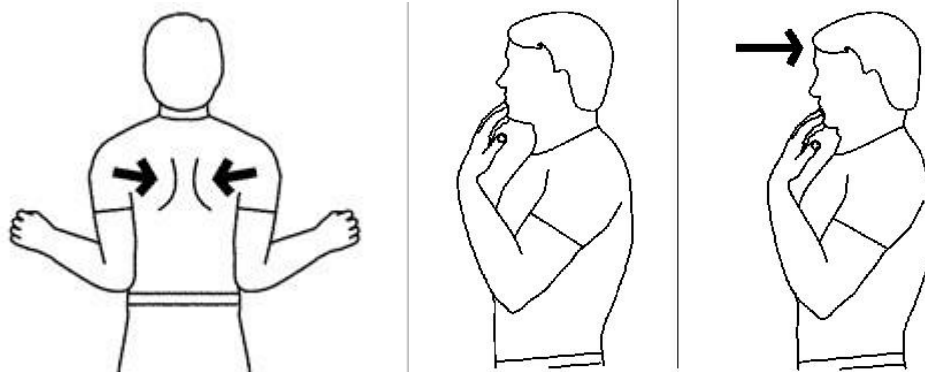
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- Perform these simple exercises, unless you are advised otherwise. Repeat 10-20 times every hour:



- Pain killers and anti-inflammatories do not fix the problem (your body does) and should be avoided unless pain is significant or disturbing sleep, where they should be used judiciously
- Use ice packs in the first 2-3 days and ice or heat packs after that to assist in alleviating pain and assist healing. Apply for 15-20 minutes every few hours
- You should seek urgent medical attention (either from your General Practitioner, or the Emergency Department) should you develop:
 - Significant weakness of your arms or legs
 - Problems with walking
 - Loss of control of your bowel or bladder

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