

# Causes, Symptoms, And Therapies for Stiff Neck

Karthik kumar\*

Scient institute of pharmaceutical sciences, Hyderabad, India

## Introduction

A stiff neck is often characterised by soreness and problem moving the neck, particularly once attempting to show the top to the aspect. it should even be among a headache, neck pain, shoulder pain and/or arm pain. So as to appear sideways or over the shoulder, a private may have to show the complete body rather than the stiff neck.

Most people are conversant in the pain and inconvenience of a stiff neck, whether or not it appeared upon wakening one morning or maybe developed later within the day when some strenuous activity, like moving furnishings. In most cases, pain and stiffness escape naturally among every week. However, however a private manages and cares for the stiff neck symptoms will have an effect on pain levels, recovery time, and also the probability of whether or not it'll come back.

## Common Causes of Stiff Neck

By far the foremost common explanation for a stiff neck could be a muscle strain or soft tissue sprain. Especially, the levator scapulae muscle is vulnerable to injury situated at the rear and aspect of the neck, the levator scapulae muscle connects the neck's cervical spine with the shoulder. This muscle is controlled by the third and fourth cervical nerves (C3, C4)

The levator scapulae muscle is also strained throughout the course of the many common, everyday activities, such as:

- Sleeping with the neck at a clumsy position
- Falling or fast impact that pushes the top to the aspect, like sports injuries
- Turning the top aspect to aspect repeatedly throughout associate activity, like swimming the crawl stroke
- Slouching with poor posture whereas viewing the pc monitor or wanting downward at a transportable for prolonged periods (sometimes stated as "text neck")
- Experiencing excessive stress or anxiety, which may cause tension within the neck
- Holding the neck in associate abnormal position for a protracted amount, like cradling a phone between the neck and shoulder

**Stiff Neck Symptoms:** A stiff neck will vary in intensity, locomote anyplace from associate annoying discomfort to very painful, sharp, and limiting. Typically, trying to show a stiff neck to a selected aspect or direction can eventually lead to most pain that the motion should be stopped.

The amount of reduction in neck motion will have an effect on the individual's activity levels. As an example, if the top cannot be considerably turned in one direction while not torturous pain, driving can seemingly got to be avoided till symptoms improve

## Self-Care for a Stiff Neck

An individual will do many things on his or her own to start treating a stiff neck. Some common self-care methods include:

- Rest. Taking it straightforward for one or 2 days offers out of action tissues an opportunity to start to heal, that successively can facilitate relieve stiffness and potential cramp. As an example, somebody United Nations agency swims might want to avoid bound swim strokes that involve uncountable head twisting for some days. However, it's suggested to limit rest to at least one or 2 days, as an excessive amount of inactivity will cause a weakening of the muscles and weak muscles ought to struggle to adequately support the neck and head.
- Cold and/or heat medical care. Cold therapy/ice packs facilitate relieve most styles of neck stiffness by reducing native inflammation. Applying ice throughout the primary twenty four to forty eight hours of a painful happening sometimes has the foremost profit in terms of reducing inflammation. Applying heat to the neck will spur blood flow that fosters stronger healing surroundings. Some patients like ice, whereas others like heat. Each is also used alternately.
- Gentle stretching. Stretching, as before long as tolerated, helps ease the stiffness and restore the neck to a lot of natural vary of motion. For many, it's a decent plan to be told applicable stretches with the assistance of a healer or alternative qualified health care provider.

**How to cite this article:** Kumar K. "Causes, Symptoms, And Therapies for Stiff Neck". *Physiother Rehabil* 6 (2021):234.

\*Address for Correspondence: Karthik kumar, Scient institute of pharmaceutical sciences, Hyderabad, India, E-mail: Karthik339@gmail.com

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Received 09 July 2021; Accepted 23 July 2021; Published 29 July 2021