

Neck Pain: Possible Causes and therefore to Treat It

Naureen Fathima*

Department of physiotherapy, Liaquat national school of physiotherapy, Pakistan

Introduction

Your neck is made from vertebrae that reach from the skull to the upper torso. Cervical discs absorb shock between the bones. The bones, ligaments, and muscles of your neck support your head and permit for motion. Any abnormalities, inflammation, or injury can cause neck pain or stiffness.

Many people experience neck pain or stiffness occasionally. In many cases, it's because of poor posture or overuse. Sometimes, neck pain is caused by injury from a fall, contact sports, or whiplash. Most of the time, neck pain isn't a big condition and should be relieved within a few of days.

But in some cases, neck pain can indicate serious injury or illness and wish a doctor's care. If you've neck pain that continues for quite hebdomadally, is severe, or is amid other symptoms, seek medical attention immediately

Causes of neck pain

Neck pain or stiffness can happen for a selection of reasons.

Muscle tension and strain

This is usually because of activities and behaviors such as:

- Poor posture
- working at a desk for too long without changing position
- sleeping alongside your neck during a nasty position
- jerking your neck during exercise

Injury

The neck is particularly vulnerable to injury, especially in falls, car accidents, and sports, where the muscles and ligaments of the neck are forced to maneuver outside of their normal range.

If the neck bones (cervical vertebrae) are fractured, the spinal cord also can be damaged. Neck injury because of sudden jerking of the highest is typically called whiplash.

Heart attack: Neck pain can also be a logo of an attack, but it often presents with other symptoms of an attack, such as: Shortness of breath, sweating, Nausea, vomiting, Arm or jaw pain

Meningitis: Meningitis is an inflammation of the thin tissue that surrounds the brain and spinal cord. In folks that have meningitis, a fever and a headache often occur with a stiff neck. Meningitis is often fatal and should be a medical emergency.

If you've the symptoms of meningitis, seek help immediately.

**Address for Correspondence:* Naureen Fathima, Department of physiotherapy, Liaquat national school of physiotherapy, Pakistan, E-mail: Naureenfathima@edu.pk

Copyright: © 2021 Naureen Fathima. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received 18 June 2021; **Accepted** 02 July 2021; **Published** 09 July 2021

Other causes include the following:

• Rheumatoid arthritis causes pain, swelling of the joints, and bone spurs. When these occur within the neck area, neck pain may result.

• Osteoporosis weakens bones and should cause small fractures. This condition often happens in hands or knees, but it can also occur within the neck.

• Fibromyalgia could also be a condition that causes muscle pain throughout the body, especially within the neck and shoulder region.

• As you age, the cervical discs can degenerate. This is often often mentioned as spondylosis, or osteoarthritis of the neck. This may narrow the space between the vertebrae. It also adds stress to your joints.

• When a disk protrudes, as from a trauma or injury, it's getting to add pressure on the spinal cord or nerve roots. This is often often called a herniated cervical disk, also mentioned as a ruptured or slipped disk.

• Spinal stenosis occurs when the spinal column narrows and causes pressure on the spinal cord or the nerve roots because it exits the vertebrae. This may be due to long-term inflammation caused by arthritis or other conditions.

How neck pain is treated

You doctor will perform a physical exam and take your complete medical history. Be prepared to tell your doctor about the specifics of your symptoms. You need to also allow them to understand all prescription and over-the-counter (OTC) medications and supplements you've been taking. Even if it doesn't seem related, you need to also let your doctor realize any recent injuries or accidents you've had.

Treatment for neck pain depends on the diagnosis. Additionally to a radical history and physical exam by your doctor, you'll also need one or more of the next imaging studies and tests to help your doctor determine the reason for your neck pain: Blood tests, X-rays, CT scans, MRI scans

Depending on the results, your doctor may refer you to a specialist. Treatment for neck pain may include:

- Ice and heat therapy, Exercise, stretching, and physiotherapy, Pain medication, Corticosteroid injections, Muscle relaxants, Neck collar, Traction
- Antibiotics if you've an infection
- Hospital treatment if a condition like meningitis or attack is that the cause
- Surgery, which isn't necessary

How to cite this article: Fathima N. "Neck Pain: Possible Causes and therefore to Treat It". *Physiother Rehabil* 6 (2021):228.