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## Things to look out for

**You should seek urgent medical attention if you notice any of the following:**

- A severe headache unlike any that you have experienced before
- Severe dizziness or blackouts
- Visual disturbances e.g. double vision or loss of vision
- Sudden weakness or numbness in your arms or hands

**Also, if you have any of the following then please make an urgent appointment with your GP:**

- Worsening of the pain, especially if it spreads further down the arm
  - Gradually worsening weakness or numbness in your arms or hands
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## Further information

For further information about neck pain, please see our advice pages  
**[www.citycarephysio.org.uk](http://www.citycarephysio.org.uk)**

**[www.nottinghamcitycare.nhs.uk](http://www.nottinghamcitycare.nhs.uk)**

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# Neck Pain

Your guide to managing your pain  
and relieving your symptoms

Neck pain is very common and rarely caused by a serious problem.

If it happens to you, then there are things you can do which will help. Most people with neck pain make a full recovery within a few weeks.



**NHS**

## What causes neck pain?

Neck pain can start for no apparent reason or sometimes after an injury such as a car accident.

Symptoms are usually pain and stiffness in the neck but occasionally pain, numbness and tingling may also be felt in the arm.

Most neck pain can be diagnosed and treated without any special tests. An X-Ray is not usually needed.

## What can I do to help?

### ● Activity and Movement

Gentle movement and exercise is important when you have neck pain. This can help reduce the pain and improve your overall health. Try and stay active and avoid long periods of resting as this can make it harder to get going again. Gradually increase your usual activities.

### ● Posture

Try to vary your posture as much as possible. Avoid staying in one position for too long e.g prolonged sitting or standing or with your head bent forward.

You can relieve the strain by standing up, stretching and moving regularly.

### ● Lifestyle

Factors such as stress, anxiety and mood, depression and lack of sleep and fitness can all influence how we interpret pain. Addressing these can help reduce your symptoms.

Tension of the muscles at the back of the neck due to stress can cause neck pain and headaches. Relaxation and exercise can help ease the tension.

### ● Medication

Taking pain relief can help you keep active. Discuss with your GP or Pharmacist to find out what you could take to help.

## Simple Exercises

Movement of your neck will help reduce pain and stiffness.

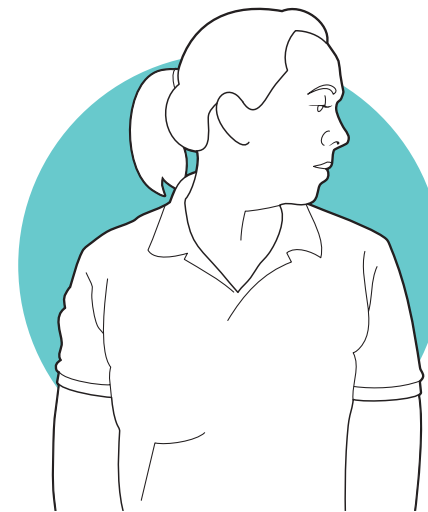
**Try these exercises several times a day:**

### Neck Forward Bends

Bend your head forward until you feel a stretch behind your neck.

Hold for 5-10 seconds.

**Repeat up to 10 times.**



### Neck Turns

Turn your head to one side until you feel a stretch.

Hold for 5-10 seconds.

**Repeat up to 10 times.**



### Neck Side Bends

Tilt your head toward one shoulder until you feel the stretch on the opposite side.

Hold for 5-10 seconds.

**Repeat up to 10 times.**