

# Neck Pain

## Causes, Symptoms & Treatment

Neck Pain is often unbearable and there can be a number of reasons for it. One must understand the causes and symptoms of neck pain to ensure proper and timely treatment.

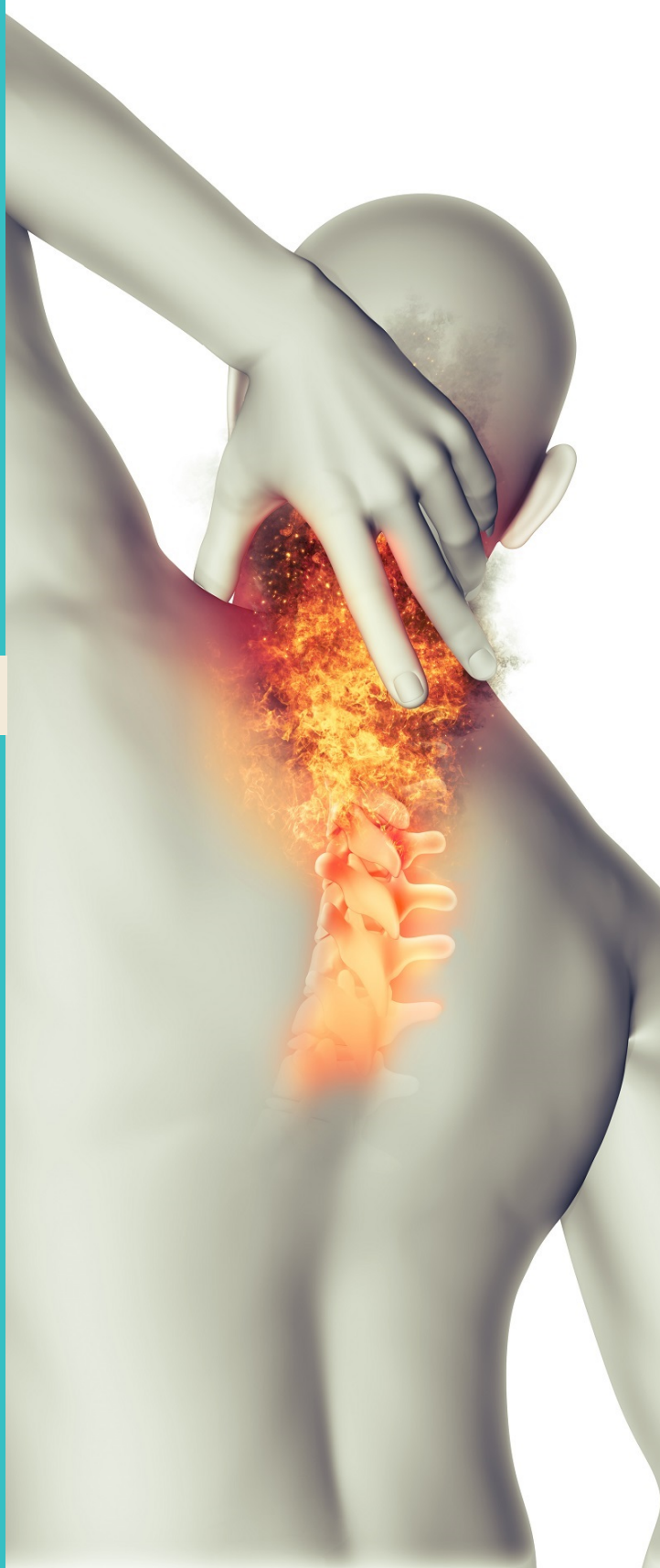
### Symptoms

- Stiff Neck
- Muscle Spasm
- Headache
- Nerve Pain
- Reduced Range of Motion
- Numbness In The Arm
- Trouble In Lifting Objects

### Causes

- Whiplash
- Muscle Stain
- Nerve Compression
- Cervical Spondylosis
- Osteoarthritis
- Herniated Disc
- Degenerative Disc Disease

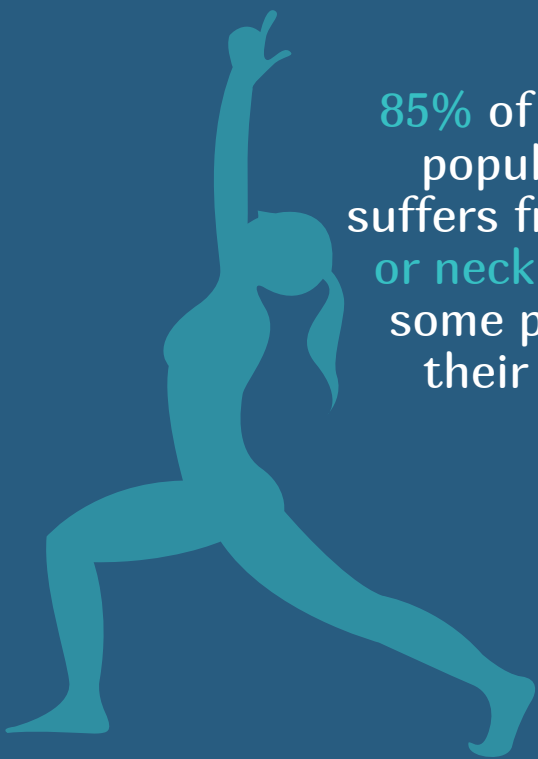
Prevalence of neck pain is estimated to be 12% in adult females and 9% in adult males.



### Treatment

- Stretching & Exercising
- Proper Rest
- Medications
- Cold / Heat Therapy
- Surgery
- Wearing a Neck Collar Temporarily

85% of the US population suffers from back or neck pain at some point in their lives.



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