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Please contact either:

### Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours.

Email: [pals.hchs@nhs.net](mailto:pals.hchs@nhs.net)

### Patient Experience Team

Tel: **01707 388036**

9.30am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: [complaints.hchs@nhs.net](mailto:complaints.hchs@nhs.net)

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# Neck Pain

## Self-Management Information for Patients



*This leaflet has been produced by staff working in our Outpatient  
Physiotherapy teams, part of our Musculoskeletal Service*

## Neck Pain

Neck pain or a stiff neck is a common problem and generally nothing to worry about. The pain and stiffness usually gets better after a few days or weeks, and is rarely a sign of a more serious problem.

## Causes

You can get a painful or stiff neck if you sleep in an awkward position, use a computer for a prolonged period of time, or strain a muscle because of bad posture.

Anxiety and stress can also sometimes cause tension in your neck muscles, which can lead to pain in your neck.

You can normally manage your symptoms at home by following the advice below.

## Treatment

For the types of neck pain described above, the advice is generally the same: carry on with your normal daily activities, keep active, and speak to your pharmacist for appropriate over-the-counter remedies.

You can also take these steps to manage your pain:

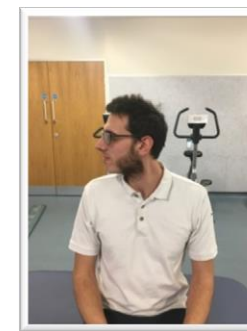
- Try holding a hot water bottle or heat pack to your neck – this can help reduce the pain and any muscle spasms, although some people find cold packs offer better relief
- Sleep on a low, firm pillow at night – using too many pillows may force your neck to bend unnaturally
- Check your posture – bad posture can aggravate the pain, and it may have caused the pain in the first place
- Take regular breaks from a sustained sitting position, including sitting at a computer and driving

## Suggested Exercises:



### Flexion

Take your chin to your chest as far as you can. Hold for a few seconds. Repeat 10 times.



### Rotation

Turn your head as far as you can to one side. Hold for a few seconds. Return to middle and repeat to other side



### Chin Retraction

- Draw your chin in
- Make sure you are still looking straight ahead
- Hold for 5 seconds
- Repeat 10 times



### Scap Squeeze

Take arms out to the side, palms facing outwards. Squeeze shoulder blades together. Hold for 5 seconds and repeat 10 times

Many people experience clicking, grinding or crunching sensations in their neck whilst moving. These are normal and typically do not represent anything serious.

**If your symptoms are particularly severe or do not improve please see your GP.**