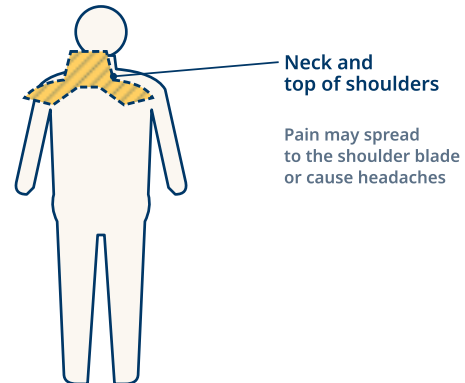


Neck Pain

What it is

Neck pain can come from tight muscles, worn joints or discs, or a pinched nerve. Poor posture and long hours at a screen can add to it. Most neck pain gets better with simple care.



Common symptoms

- Stiffness or aching in the neck
- Headaches starting at the base of the skull
- Pain spreading to the shoulder blade
- Arm pain, tingling or weakness

Self-care tips

- Keep screens at eye level and take a break every 30 minutes.
- Gentle neck and shoulder stretches may help. Stop if pain gets sharp.
- Heat or ice for 15 to 20 minutes may ease pain. Put a towel between it and your skin.
- Use a pillow that keeps your neck in line with your body.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- Pain that keeps getting worse, or does not get better with care
- New numbness, tingling or weakness in an arm or leg
- Pain with fever, chills or weight loss you cannot explain
- Pain that keeps you from sleeping or doing daily tasks

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/neck-pain/



Scan for the full web page

This handout is general information and is not a substitute for medical advice.