

# Neck Pain



The neck is comprised of 7 cervical vertebrae and is a flexible and narrow structure that supports a wider and less flexible skull.

This makes the neck more vulnerable to injuries that can cause pain and restrict movement.



## Causes of Neck Pain

- Whiplash
- Increased spinal curvature
- Joint or disc changes
- Nerve or spinal compression, repetitive strain injury
- Postural changes and body mechanics
- Trauma - including head or neck trauma
- Other medical conditions

## Common Symptoms

- Pain and stiffness that may extend into the jaw or upper back
- Decreased range of motion, such as when doing a shoulder check
- Referral headache or tension
- Inflammation
- Numbness or tingling, which may extend into the upper body

## Start Treating Your Neck Pain Today!

Treatment of your pain will vary depending on the cause and severity of your symptoms. This will include a combination of massage techniques, joint mobilizations, thermal therapy and take home exercises. Please consult your doctor if you have any concerns, if your neck pain is persistent or if you have any neurological symptoms such as tingling or numbness.



**Make an appointment with your MTAM registered massage therapist or find one at [mtam.mb.ca](http://mtam.mb.ca)**

Evidence-based research on how massage therapy works for this condition and more is available at [massageforlife.ca](http://massageforlife.ca). Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.