

How to Treat Neck Pain that Just Started (Recent Onset)

The following are guidelines that pertain to most forms of recent neck pain.

1. With the onset of neck pain, it is important for you to obtain and maintain good neck and head posture throughout the day while sitting, standing, or performing activities.
2. Take note of the positions of your neck throughout the day. Avoid those positions that increase your discomfort or pain. You must allow the neck to heal.
3. Do not “crack” your own neck with sudden movements. Avoid rolling your head around your neck.



4. Avoid head and neck postures where you are continually looking down. Adjust your computer screen and keyboard to appropriate heights.



5. Avoid using excessive pillows when lying on your back in bed or on a couch. The pillows can place your neck in a harmful position. A bed wedge can provide support for good reading posture in bed.



- a. Avoid sleeping on your stomach when in bed. This places the neck at end-range rotation which can be stressful to the neck.



6. Avoid forward head posture while driving.



7. As most injuries we recommend using an ice pack for pain control in the first 24-48 hours. After that time, an ice pack or heating pad can be used. See which one is effective.
8. Begin exercises as recommended in this video series.