

## **Neck Pain? Pinched Nerve? When Do You Need to See A Doctor IMMEDIATELY!**

We are going to break this information down into two categories:

1. When should you schedule an office visit to see a doctor?
2. When should you see a doctor immediately?

### ***Schedule an office visit:***

Call your doctor if you have neck pain that:

- Worsens despite self-care
- Radiates down your arms or legs
- Is accompanied by headache, numbness, or tingling
- Is so bad it interferes with normal activities or sleeping
- Gets worse or lasts for several weeks despite home treatment
- Comes with tingling in any part of your body
- Comes with urinary or bowel incontinence
- Coincides with the development of headaches
- Muscle weakness. Weakness in an arm or leg or trouble walking may be a sign of a more serious problem

### ***Seek emergency medical care:***

Call 911 or your local emergency number or have someone drive you to the emergency room if you have severe neck pain that is associated with:

- Traumatic injury. Examples include car collisions, diving accidents, head injuries, or falls. You need to rule out a possible bone fracture.
- High fever. If you have severe neck pain with a high fever, you might have meningitis, an infection of the membrane covering your spinal cord and brain.
- Severe, persistent headache. Or a headache accompanied by nausea and weakness.
- Nausea or vomiting
- Rash
- Sensitivity to light
- Racing or irregular heartbeat
- Difficulty breathing

- Pain or numbness radiating down the arms
- Pain in the chest or jaw