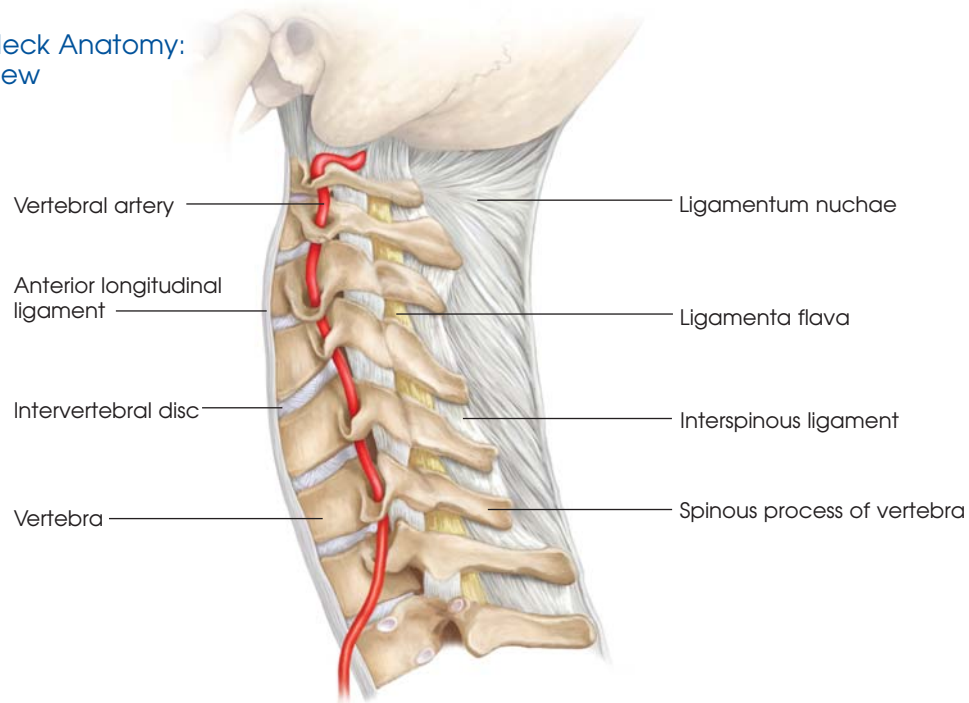
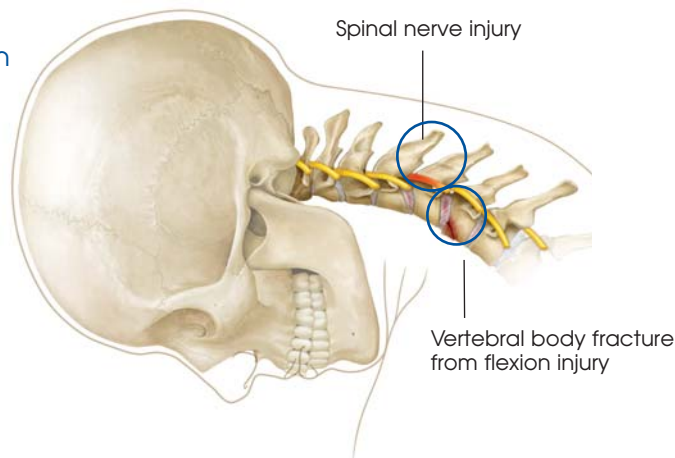


Neck Hyperflexion

Normal Neck Anatomy:
Lateral View



Hyperflexion



Neck Hyperflexion occurs when the head is propelled forward and downward, pushing the neck beyond its normal range of motion. The soft tissues of the neck can be injured, vertebrae could fracture and intervertebral discs may be damaged, leading to irritation of the spinal nerves. Hyperflexion can occur during contact sports, diving, falls or vehicle accidents. Symptoms of neck hyperflexion include pain and stiffness in the neck or shoulders, headache and dizziness.

Common Treatment Options

- All neck injuries should be evaluated by a physician to rule out more severe problems.
- Radiographs are commonly performed to rule out fracture or instability.
- Any new or worsening symptoms of numbness or weakness to the arms must be evaluated by a physician as soon as possible.
- Ice the neck area to reduce inflammation. Once inflammation is gone, use heat packs.
- Your doctor may prescribe or recommend pain medication such as acetaminophen or an anti-inflammatory such as ibuprofen or naproxen.
- Take muscle relaxants as prescribed by your physician.
- Wear a cervical collar.
- When given the OK by your doctor, do exercises to increase the range of motion of the neck.

