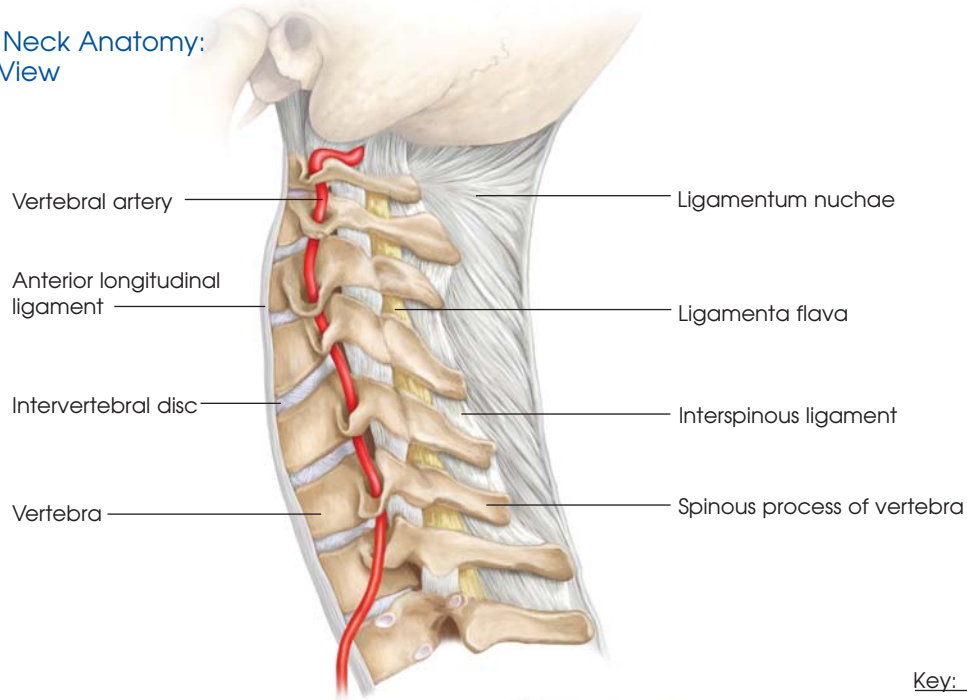


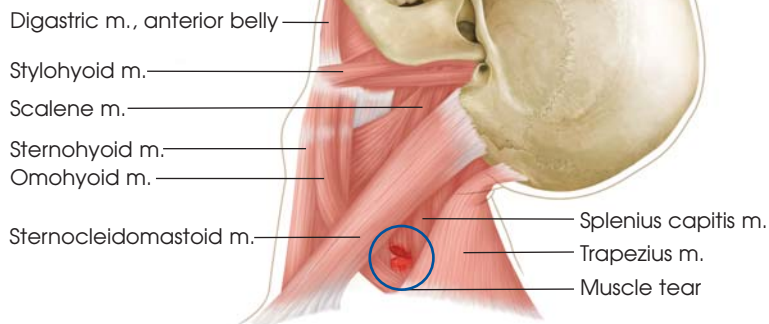
Neck Muscle Injury

Normal Neck Anatomy:
Lateral View



Key: _____
m.- muscle

Neck Muscle Injury



Neck Muscle Injury can occur when the head is thrust forward, backward or sideways beyond its normal range of motion. The muscles can incur a range of injuries from minor strains to severe tears. Neck muscle injury can occur during contact sports, diving, falls or vehicle accidents. Symptoms include neck pain and stiffness and muscle spasms.

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 anti-inflammatory such as ibuprofen or naproxen.
- Wear a cervical collar.
- When given the OK by your doctor, do exercises to increase the range of motion of the neck.

