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NECK PAIN

What is Neck Pain?

Neck pain refers to discomfort or stiffness in the neck area, which may spread to the shoulders, arms, or upper back. It is a common condition that affects people of all ages, whether they live in urban or rural areas. Neck pain can range from mild and temporary to severe and persistent.



Causes of Neck Pain

- **Poor Posture:** Sitting for long hours, especially with poor back support or while looking down at phones or computers, is a major cause in urban settings.
- **Strain and Injury:** Heavy physical work, lifting, or sudden jerks can lead to neck strain, often seen in rural populations engaged in labor-intensive activities.
- **Degenerative Changes:** Conditions like cervical spondylosis or arthritis develop with age and can affect anyone.
- **Accidents:** Whiplash from vehicle accidents is a frequent cause of neck pain.
- **Stress and Tension:** Emotional stress can cause tightness in the neck muscles.



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- **Underlying Medical Conditions:** Herniated discs, infections, or even tumors can result in persistent neck pain.

Symptoms of Neck Pain

- Dull, aching pain or stiffness in the neck.
- Pain that worsens with movement or after physical activity.
- Numbness or tingling in the arms or hands (in severe cases).
- Headaches, especially at the base of the skull.
- Difficulty turning the head or moving the neck fully.

When Should You See a Doctor?

Consult a doctor if:

- Pain lasts longer than a week or keeps coming back.
- There is severe pain or stiffness without any clear reason.
- You experience numbness, weakness, or tingling in your arms or hands.
- Pain follows an injury or accident.
- Neck pain is accompanied by fever, weight loss, or difficulty swallowing.

Diagnosis of Neck Pain

Dr. Shankar Acharya, a senior spine surgeon at Sir Gangaram Hospital in New Delhi, emphasizes the importance of accurate diagnosis to address the root cause. Diagnostic methods include:

- **Physical Examination:** Checking movement, posture, and muscle strength.



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- **Imaging Tests:** X-rays, MRI, or CT scans to identify structural issues.
- **Nerve Tests:** To detect nerve compression or damage.

Treatment Options

Treatment depends on the severity and cause of neck pain. Common options include:

1. **Self-Care:** Rest, applying ice/heat packs, and gentle stretching.
2. **Lifestyle Adjustments:** Improving posture and using ergonomic furniture.
3. **Medications:** Pain relievers, muscle relaxants, or anti-inflammatory drugs.
4. **Physical Therapy:** Exercises to strengthen neck muscles and improve flexibility.
5. **Injections:** For severe pain, corticosteroid injections can help reduce inflammation.
6. **Surgery:** In rare cases, when pain is due to conditions like herniated discs or bone spurs, surgical intervention may be needed.

Preventing Neck Pain

- **Maintain Good Posture:** Sit upright and keep screens at eye level.
- **Take Breaks:** Avoid sitting for long periods; stretch your neck and shoulders regularly.
- **Strengthen Muscles:** Exercises and yoga can help keep your neck strong.
- **Use Proper Support:** Choose a pillow and mattress that support your neck.
- **Avoid Heavy Loads:** Don't carry heavy bags on one shoulder.



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Why Choose Dr. Shankar Acharya for Your Neck Pain?

With 30 years of experience as a spine surgeon and senior consultant at Sir Gangaram Hospital, Dr. Acharya offers advanced and patient-centered care. Whether your neck pain is mild or severe, he ensures a personalized treatment plan to help you recover and regain mobility.

Take the First Step Towards a Pain-Free Neck!

If you or your loved ones are struggling with neck pain, don't wait. Visit Dr. Shankar Acharya's clinic for expert diagnosis and treatment. A healthier, pain-free neck is just a consultation away!



SIR GANGA RAM HOSPITAL *Trust of Generations*

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