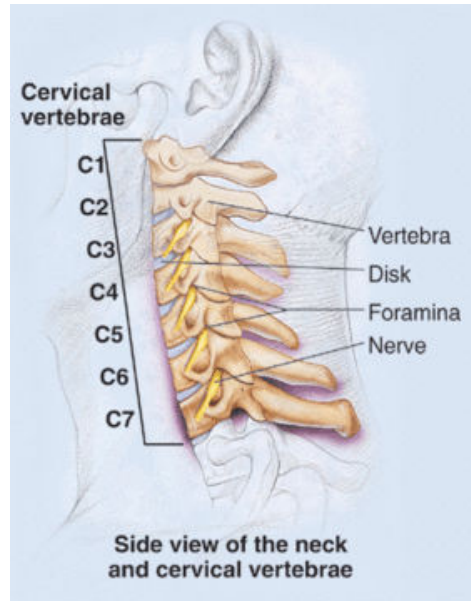


# Cervicalgia (“Neck Pain”)

Cervicalgia is a pain in the neck or cervical spine. The neck muscles are constantly under tension to hold the head up causing tightening of the muscles. This tension can be caused from sustained postures or a sudden sharp movement such as whiplash.

- Anatomy



- Mechanism of Injury

- Overuse
- Age/Degeneration of the area
- Whiplash
- Improper mechanics that cause tightness of the neck muscles

- Treatment

- Manual Therapy to cervical spine
- Joint Mobilizations to cervical spine
- Posture/Body Mechanics Re-Education
- Therapeutic Exercise/Pilates focusing on strengthening scapular/cervical stabilizers and improving posture.
- Ultrasound
- Ice and Electric Muscle Stimulation
- Home Exercise Program