

# Symptoms, Causes, and Treatments for Neck Pain

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## Introduction

The vertebrae in your neck run from the top of your head to the bottom of your body. Spondylitis, or neck osteoarthritis, is the medical term for this. As a result, the space between the vertebrae may get narrower. It also adds to the wear and tear on your joints. The cervical discs act as shock absorbers between the bones of the neck.

Your neck's bones, ligaments, and muscles support and move your head. Any abnormalities, inflammation, or injury to the neck could cause discomfort or stiffness [1].

Many people experience neck stiffness or soreness on a regular basis.

It can last for a few days or weeks. It can also become chronic at times. Your neck pain could be minor and not interfere with your regular activities, or it could be severe and cause impairment.

The following symptoms may occur as a result of neck pain:

**Neck stiffness:** People with neck pain frequently describe their neck as "stiff" or "stuck." Neck pain can result in a reduction in range of motion.

**Sharp or "stabbing" pain in one region:** Neck discomfort can feel sharp or "stabbing" in one area.

**Pain when moving:** Moving, twisting, or extending your cervical spine from side to side or up and down might aggravate neck pain.

**Numbness or radiating pain:** Your neck pain may spread to your head, trunk, shoulder, and arms. If a nerve in your neck is compressed, you may have numbness, tingling, or weakness in one or both arms or hands. A pinched nerve in the neck can cause a burning or severe pain in the arm that starts at the neck and goes down the arm. Consult a doctor if you're experiencing this symptom [3].

**Headache:** A cervicogenic headache is a headache caused by pain that originates in the neck. Neck pain accompanied by a headache could be a sign of a migraine.

- Nausea
- Vomiting
- Sensitivity to light
- Fever

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Meningitis is a medical issue that can be lethal. If you develop signs of meningitis, visit a doctor very once [5].

## Cervical

- Neck pain can also be caused by the following factors
- Swelling of the joints, bone spurs, and discomfort are all symptoms of rheumatoid arthritis. When they arise in the neck area, they might cause neck discomfort.
- Osteoporosis causes bone thinning and might result in minor fractures. This ailment most commonly affects the hands and knees, although it can also affect the neck.
- Fibromyalgia is a disorder that causes muscle discomfort all over the body, particularly in the neck and shoulders.
- The cervical discs might degenerate as you become older. Spondylitis, or neck osteoarthritis, is the medical term for this. As a result, the space between the vertebrae may get narrower. It also adds to the wear and tear on your joints [6].
- When a disc protrudes due to trauma or injury, it can put additional pressure on the spinal cord and nerve roots. A herniated

cervical disc, also known as a ruptured or slipped disc is the result of this.

- Spinal stenosis is a narrowing of the spinal column that puts pressure on the spinal cord or nerve roots as it exits the vertebrae. This can be caused by arthritis or other illnesses that generate long-term inflammation.

## References

1. Blake P, Burstein R (2019) Emerging evidence of occipital nerve compression in unremitting head and neck pain