



**S**mith & Thomas  
Injury Rehabilitation Centre

Injury Conditions

Article: 2

Back / Neck Pain



[www.smithandthomas.co.uk](http://www.smithandthomas.co.uk)

07534556343

[smithandthomas@smithandthomas.co.uk](mailto:smithandthomas@smithandthomas.co.uk)

Modern day life has led many of us spending a vast amount of time sitting at a desk with poor posture working on a computer. This can lead to your back and neck muscles becoming over worked and therefore cause excessive tightness and stiffness. This can all lead to headaches developing and shoulder pain.

### **Whiplash**

Common in vehicle accidents as well as contact sports. Heat therapy used in conjunction with soft tissue and joint mobilisations are a very effective way of treating the condition.

#### Symptoms

- The patient does not report pain immediately
- Gradual onset occurs which can increase in intensity over 48-72 hours post injury

### **Muscle Strain**

Caused by direct trauma or by staying in the same position for a prolonged period of time.

#### Symptoms

- Neck stiffness
- Reduced range of motion
- Pain when moving neck

### **Nerve Root Compression**

Can be caused by compression or degenerative disc, bulging or herniated disc, arthritis of the facet joint or even overly tight muscles.

#### Symptoms

- Radiating/shooting pain down the arm

## **Burners/Stingers**

Highly common in contact sports. This occurs at the nerves in the upper arm and neck region. Chronic injuries occur over time and often worsen if left untreated and the activity is continued. This can also occur to people who spend a lot of time seated at a desk causing tightness and stiffness of the muscles.

### Symptoms

- Shooting pain down the arm
- Electric shock sensation
- Constant pins and needles
- Loss of feeling

## **Thoracic Outlet Syndrome**

This is compression or irritation of the blood vessels which travel from the neck to the armpit (the brachial plexus).

### Symptoms

- Neck, arm and shoulder pain
- Numbness in the arm
- Numbness in the hand