

## What is it?

Acute, excessive stress causing injury to muscles and/or tendons in the neck

## What causes it?

Sudden twisting motion in the neck

## Symptoms

Pain in neck, shoulder and head. May result in swelling, tension and tightness. Crunching or popping feeling in neck during movement. Reduced mobility and strength in the neck

## Top Tips

Keep neck fully supported at all times where possible, to stop further injury and discomfort. Seek advice on an exercise programme.

## How to Treat it

If swelling is present, use cold packs. If muscles are tight and tense, without inflammation, use heat packs. Painkillers. Depending on severity, a neck brace may be required. If a total rupture has occurred, surgery may be necessary.



## Rehab

Possible neck brace. After period of healing, physical therapy to promote increased range of movement, flexibility and strength.

## Definitions

**Strain** – injury to muscle or tendon. Classed as first degree, second degree or third degree increasing in severity

**Tendon** – flexible, inelastic connective tissue attaching muscle to bone

**Acute** – sudden injuries. Classified as mild, moderate or severe.

**Rupture** – total tear and disconnection of muscle or tendon.

## Associated Conditions

- Whiplash,
- Cervical Nerve Stretch Syndrome/Burner Syndrome,
- Wryneck/Acute Torticollis,
- Spur Formation (Cervical Spondylosis),
- Pinched Nerve,
- Slipped Disc/Acute Cervical Disc Disease

## Get Help Now

### Products

Purchase sports injury products from Physique - neck brace, [ice packs](#) or [gels](#), [heat packs](#) or [creams](#)

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### Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com