



Neck Pain (Grade III)



Why do I get neck pain?

Many things can contribute to feeling pain, such as:

- Injuries such as whiplash, herniated disc, or a pinched nerve
- Strained neck muscles
- Stress and anxiety
- Poor sleep

Will my pain go away?

- Neck pain often resolves within a few months
- Treatment can speed up recovery while reducing pain and improving function

What can I do?

To help speed up your recovery:

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Stretching and relaxation exercises ([click here for exercises](#))
- Supervised graded strengthening exercises^a ([click here for exercises](#))
- Multimodal care which may consist of manual therapy, education, and exercises^b

Contact your healthcare provider if you experience any of the following

- Recent head injury
- Sudden and intense headache or neck pain
- Inability to perform movements
- Sudden weight loss or loss of appetite
- Pain at rest
- Fever/ chills/ feeling ill
- Loss of feeling in the shoulders, arms, or hands

*Neck pain with evidence of neurological involvement with no signs or symptoms of structural pathology, including decreased or absent reflexes, decreased or limited sensation, or muscular weakness.

^aRecommended for people with Grade 3 neck pain | ^bRecommended for people with Grade 3 whiplash

Côté P, Wong JJ, Sutton D., et al. Management of neck pain and associated disorders: A clinical practice guideline from the Ontario Protocol for Traffic Injury Management (OPTIMa) Collaboration. Eur Spine J. 2016; 25:2000-2022 and Bussièrès AE, Stewart G, Al-Zoubi F., et al. The treatment of neck pain-associated disorders and whiplash-associated disorders: a clinical practice guideline. J Man Physiol Ther. 2016; 39(8): 523-564.e27.