



BodyZone Physiotherapy for Neck Pain

Introduction



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Welcome to BodyZone Physiotherapy patient resource about Neck Pain.

Neck pain is a common reason people visit their doctor. Neck pain typically doesn't start from a single injury. In most cases, the problem usually develops over time from the stress and strain of daily activities. Eventually, the parts of the spine degenerate. The degeneration can become a source of neck pain.

Knowing how your neck normally works and why you feel pain are important in helping you care for your neck.

Patients are often less anxious and more satisfied with their care when they have the information they need to make decisions about their condition.

This document will give you a general overview of neck pain. It should help you understand:

- what parts make up the spine and neck
- what causes neck pain
- what tests your doctor may run
- how to decrease your pain and increase your mobility

Anatomy

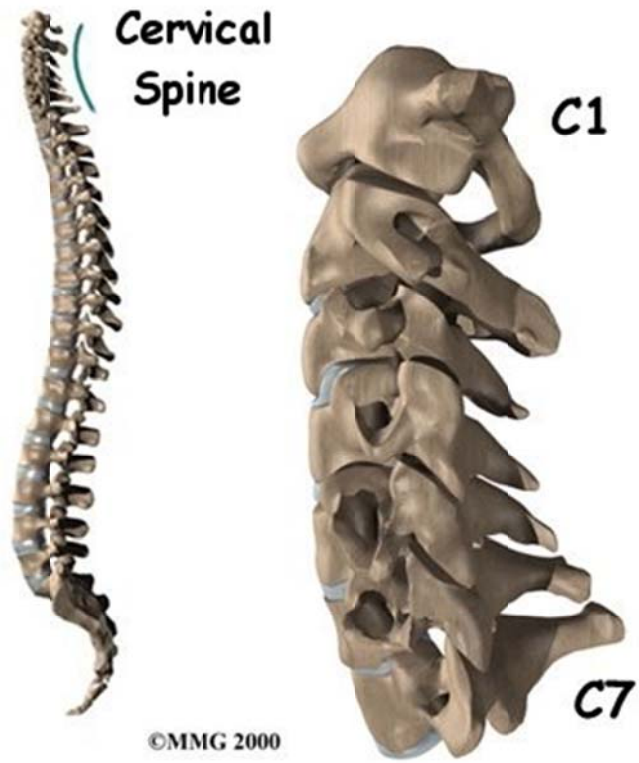
What parts make up the cervical spine, and how do they work?

The **human spine** is made up of 24 spinal bones, called *vertebrae*. Vertebrae are stacked on top of one another to form the *spinal column*. The spinal column is the body's main upright support.

Human Spine



The **cervical spine** is formed by the first seven vertebrae. Doctors often refer to these vertebrae as C1 to C7. The spine starts where the top vertebra (C1) connects to the bottom edge of the skull. The cervical **spine curves** slightly and ends where C7 joins the top of the *thoracic spine*. This is where the chest begins.



Cervical Spine

Spine Curves



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