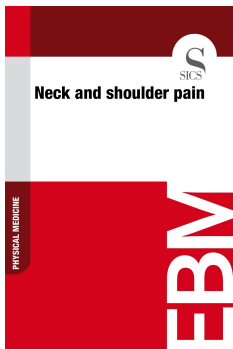


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NECK AND SHOULDER PAIN EBOOKS 2019



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Acute neck pain usually has a good prognosis and recovers spontaneously. Any factors which may aggravate the condition should be identified and alleviated. In the treatment of localized neck pain (e.g tension neck), continuation of normal activities and safe analgesic medication are the primary measures. In the treatment of chronic localized neck pain, active therapeutic exercise which improves muscular strength and endurance is beneficial.

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