



STRIDES

— HEALTH GROUP —

Helping people move towards what matters most.

ADULT PHYSIOTHERAPY

Neck pain

A practical guide to easing symptoms and moving with confidence.

Neck pain is common and often manageable.

Pain does not always mean damage. A clear plan can help you keep moving and return to what matters.

01 UNDERSTAND YOUR NECK

What may contribute

Muscle or joint irritation, a change in activity, stress, sleep, or injury can all play a part. Arm symptoms may relate to nerve irritation.

Pain and posture

Pain is real, but it does not mean damage is happening with every movement. There is no single perfect posture; regular position changes can help.

02 A PRACTICAL PLACE TO START



Keep moving

Continue comfortable daily activity and gentle movement.



Adjust the load

Modify tasks that cause a strong flare, then build back gradually.



Build strength gradually

Start with tolerable movement or light strengthening.



Make sleep easier

Choose a comfortable pillow and position; change as needed.

03 USE SYMPTOMS AS A GUIDE

A small, short-lived increase can happen. Reduce the range or effort if symptoms become sharp, keep building or stay substantially worse afterwards.

04 HOW PHYSIOTHERAPY CAN HELP



Start with an individual assessment.

Your physiotherapist considers how symptoms began, neck and arm movement, strength and your goals. Your plan may include education, activity adjustments and progressive movement or strengthening.

05 WHEN TO GET HELP



Call 000 for emergency symptoms.

Sudden neck pain with chest pain, shortness of breath, fainting, facial droop, difficulty speaking or sudden one-sided weakness.

Seek urgent medical advice for:

Significant trauma; new or worsening arm or leg weakness; difficulty walking or loss of coordination; or new bladder or bowel problems. Arrange a GP or physio review if pain is not improving or limiting daily life.

A physiotherapist can assess your neck and build a plan around your goals.

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General information only. It does not replace individual assessment or medical advice.