

Office Workers Experiencing Neck Pain



Why do I get neck pain?

Many things can contribute to feeling pain, such as:

- Prolonged sitting
- Improper sitting posture
- Stress and anxiety
- Poor sleep

Will my pain go away?

- Neck pain often resolves within a few weeks or 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

- Range of motion and strengthening exercises^{a,b} ([click here for examples](#))
- Manipulation or mobilization^{a,b}
- Qigong exercises^b
- Iyengar yoga^b
- Clinical massage^b
- Low-level laser therapy^b
- Muscle relaxants^a
- Non-steroidal anti-inflammatory drugs^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

*The most common types of neck pain are Grade I (no signs or symptoms suggestive of major structural pathology and no or minor interference with activities of daily living) and grade II (no signs or symptoms of major structural pathology, but major interference with activities of daily living).

^aNeck pain ≤ 3 months duration | ^bNeck pain > 3 months duration

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 Bussi eres 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.

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Strengthening neck retraction - sitting



Tuck in your chin slightly elevating your head toward the ceiling, as if your ears were the pivoting point. Completing this movement should take two to three seconds. Repeat 10 times.

Scapular retraction - sitting



In a sitting position with your chin tucked in, retract your shoulder blades towards your spine. Do not raise your shoulders, especially if you have a shoulder condition. Maintain the contraction for 2-3 seconds. Do 2 series of 10 repetitions.

Isometric strengthening in flexion - standing



Tuck your chin in and place the palm of your hand over your forehead. Without any head movement, gently push your forehead against your hand. Maintain the contraction for 2-3 seconds. Do two series of 10 repetitions daily. Remember to keep your chin tucked in before each repetition.

Trapezius Stretching



In a sitting position, keep your chin retracted and tilt your head to one side. Take care not to lift your shoulder on the side you're stretching. You may use the hand on the opposite side to increase the stretch. Maintain this position for 30 seconds and repeat on the other side.

For more exercises and videos, visit the [patient resources](#) on our website

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