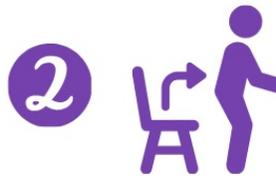


# NECK PAIN

## WHAT TO KNOW

- 1 DO NOT PANIC!** Neck pain is very common and most cases improve with time and movement.
- 2** Your neck is strong and adaptable, even when it feels stiff or sore. Movement and gentle exercise are **SAFE** for the neck.
- 3** Imaging findings like disc bulges or arthritis are common and often seen in people without pain.
- 4** Feeling sore with movement does not mean you are damaging your neck. Think: “**SORE** but **SAFE**.”
- 5** Regular movement and posture variation can help reduce stiffness and improve comfort.

## WHAT TO DO

-  Move your neck regularly. Gentle movement throughout the day can reduce stiffness.
-  Avoid holding one position too long. Frequent posture changes are helpful.
-  Strengthening the neck and upper back can improve support and reduce strain.
-  Gradually return to normal activity. Avoiding movement for too long can increase sensitivity.
-  Stay active and positive. Most neck pain improves with time, movement, and gradual strengthening.

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(503) 415 0349  
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