

# Sprain- Cervical

## What is it?

- **Sprain-Cervical**– one of the most common musculoskeletal problems, the strain affects ligaments, cervical is the most mobile segment of the spine



- **Sprain**- an injury to the ligaments of the neck and structures connecting the cervical facet joints and vertebrae have been damaged
- **Strain**- an injury to the muscles of the neck are stretched or overloaded

- **Symptoms:**

- **Symptoms**- sharp pain, stiffness, difficulty moving, swelling, headache, dizziness, difficulty chewing & swallowing, burning sensations, shoulder discomfort



## Facts:

- **Caused by**- whiplash injury, pain, spasms, stiffness related to tearing or stretching of the soft tissue of the neck (joints, ligaments, muscles); neck sprains or strains, accidents, lifting improperly, excess computer use, poor positioning of the arm and neck; holding a phone between the shoulder and ear, sitting in a chair that offers no support, working at an ill-designed computer station, rear-end collision, sporting or biking injuries
- **Accident**- neck pain and spasm begin immediately after the injury or may develop within 24 hours; made worse by activity, usually improves with rest, pain does not radiate to the shoulder, hand or neck, the head weighs 11 lbs., as much as a bowling ball
- **Prevention**- try and avoid by maintaining excellent strength and flexibility of the upper back muscles and neck through conditioning; stay in good aerobic shape by riding a bike, walking, swimming, or jogging, learn proper lifting techniques and computer positioning techniques

## What can I do?

- **See your Health Care Provider**- for more information
  - **Treatment**- x-rays, MRI, CT scan, icing, rest, heating pad for 48 to 72 hours, stretching and strengthening with physical therapy with a comprehensive rehabilitation program; ice, heat

