

"Key Considerations"

"Most patients treat neck pain with rest, immobilization, exercise and therapies"

References:
Fejer R., Kyvik K.O., Hartvigsen J. The prevalence of neck pain in the world population: a systematic critical review of the literature. Eur Spine J. 2006;15:834-848.
Braz J Phys Ther., Prevalence and factors associated with neck pain: a population-based study

"16 to 75%
of populations worldwide experience neck pain"

10 to 20%

of people report incidents of neck pain

40%

of men have a higher percentage of disc problems in individuals age 55-64!

"Factors that influence neck pain include ergonomics at work, physical activity, repetitive movements, fitness related factors like body weight, diet and hydration and injury or illness"