

Neck Pain: What Causes It And How Can You Prevent It?

Description

Neck pain is one of the most distressing types of pain that you can experience. In some cases, it can feel like you're about to lose your ability to hold your head upright atop your shoulders.

Neck pain usually results from poor posture. People typically develop it when leaning over workbenches or hunched over their laptop computers.



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Older people can also experience neck pain. It typically results from osteoarthritis â€œ the wearing down of the [soft tissue](#) between the vertebrae of the neck.

Neck pain is usually a dull pain in the neck that seems to come from the spine. However, people with the condition can also experience decreased ability to move the head, muscle tightness, and even spasms. And, if the pain is interfering with your daily life, it's best not to ignore it. Instead, consider seeking treatment from a platform like [Next Pain Care Home](#).

So what can you do to prevent neck pain? Let's take a look at some of your options.

Adjust The Position Of Your Chair

90 percent of young people could eliminate neck pain if they only sat in the correct position. Being hunched over a computer might feel convenient, but it places tremendous pressure on the bones in the neck, causing them to grind into one another.

Good posture involves:

- Sitting upright
- Ensuring that your lumbar spine comes into contact with the back of the chair
- Keeping your keyboard and mouse at elbow height
- Allowing your head to rest upright above your shoulders, instead of leaning forwards or back

Take Regular Breaks From Work

Researchers now believe that people need to get up and move around for a couple of minutes every hour to stay healthy. If you remain sedentary for longer than that, joints under pressure don't have time to recover.

Don't Tuck Your Phone Between Your Ear And Your Shoulder

You probably see people tucking their phones between their ears and their shoulders every day so that they can continue using their hands. Don't do this, as it can create neck issues. Instead, use a pair of headphones or a hands-free device.

Get Regular Adjustment



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People with healthy necks visit their [chiropractor](#) for regular adjustments. Keeping the spine aligned reduces the risk of long-term chronic neck pain developing in the future. Professionals can also coach you on how to carry yourself to prevent pain.

Quit Smoking

Smoking seems to be bad for everything, including neck pain. Researchers think that the byproducts of tobacco destroy the blood vessels that serve the bones of the neck, causing the cartilage to break down. So if you smoke, try to quit. Use patches and gums if [necessary to control cravings](#).

Sleep In A Good Position



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Your sleeping position can also determine whether you develop neck pain or not. Putting a small pillow under your neck can help ease pressure on it. Avoid sleeping on your front. Try sleeping on your back and elevate your thighs on pillows to align your body.

Donâ€™t Carry Heavy Bags On One Shoulder

If you have to [carry a heavy rucksack](#), make sure that you bear the weight evenly on both shoulders. Relying on one shoulder only can cause uneven development and muscularity, leading to neck pain.

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