



## **Treatment of neck pack via physiotherapy: How it helps**

*Neck pain treatment can be brilliantly done with the help of physiotherapy. Any Chronic pain treatment center you visit for the therapeutic treatment will follow certain guidelines for the treatment of neck pain.*

The spine and neck are connected, and you often experience pain in those areas. The neck-pain is a common symptom which many young people these days complain about. Young people like you complain because of a common factor of maintaining the same posture for prolonged hours. That's why you might find them visiting a chronic pain treatment center. But apart from that, there are other reasons as well which makes it a common cause of pain among people. Physiotherapy is one of the most effective means to treat neck pain and does it without inflicting further damage to the existing rather eases off in a very therapeutic fashion. To understand how that happens, read the following.

**Neck pain is caused by a variety of reasons here is a list of them:**

- Improper posture
- Whiplash
- Text neck
- Osteoporosis
- Muscle strains
- Nerve compression
- No change in one's position
- Sudden jerks

Physiotherapy is a brilliant healer for any type of neck pain whether acute or chronic. It tries to heal it in a legitimate way that doesn't interfere with the natural healing process.

### **Body evaluation and responsive exercises**

The very first step a therapist take is the evaluation of the body. He/she needs to find out the point from the where the pain is arising and then take the necessary steps. After determining the nature of the problem, the therapist will provide Range of Motion (RoM) exercises, strengthening exercises, posture correction techniques, palpation tenderness and body mobility. These separate set of exercises helps your therapist to realise how your body responds to the pain. It is recommended to get treated from a pain management specialist since all of this is quite sensitive.

**The following treatments may be performed by the expert:**

**Heat an Ice pack application-** This traditional yet effective method is a brilliant approach to neck pain. The cold therapy slows down any swelling, inflammation or spasm. Its hotter

counterpart tends to lower the pain in the epicentre also increasing the blood flow as it conveys more O<sub>2</sub> and nutrients in that zone.

**Deep Tissue message-** This is an impact making technique for the muscles, ligaments and tendons as the pressure from the soft tissues in those areas are released. This helps to release pain and stress.

**Traction-** Traction is a type of decompression therapy that is related to the spine. This spine mobilisation is done to relieve pain and eradicate the problems related to the spine. This is done either manually or via a mechanical device.

**TENS-** Transcutaneous Electrical Nerve Stimulation or TENS, although optional but is a powerful method of pain relieving. It requires the passing of electrical current of low voltage through your body by placing electrodes near the source of pain. It's absolutely safe. The method releases signals to the brain that tamper the pain receptors giving you momentary relief. TENS is temporary.

The aforementioned methods are also the [best treatment for back pain](#).

Neck pain can be very painful at times therefore, it's better to avoid it at all costs. Regular exercising and keeping a check at your posture once in a while are the key methods to prevent the unwanted condition. Accidents or sprains make physiotherapy the foremost means for treatment.

Visit Vardan a health institute set up by the Times Group that practices advanced therapy methods including FMT or Functional Manual Therapy which is the [Best treatment for lower back pain in Delhi](#).