



Symptoms of Neck Pain

01

Pain in the middle or on either side of your neck, that may extend to the shoulder or the upper chest

02

Pain that often worsens by holding the head in one place for long periods, such as when driving or working at a computer

03

Tension headaches

04

Muscle tightness and spasms

05

Restricted head movement, especially when you are reversing a car

Neck Pain

Yi-Tong Ma



Neck Pain:

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