

WHERE IS THE PAIN FELT

The sites of pain caused by neck problems vary from one person to another. In a first attack pain is usually felt at or near the base of the neck, in the centre (*Fig. 2:9*) or just to one side (*Fig. 2:10*). Usually the pain subsides within a few days. In subsequent attacks pain may reach across both shoulders (*Fig. 2:11*), to the top of one shoulder or the shoulder blade (*Fig. 2:12*); and later still to the outside or back of the upper arm as far as the elbow (*Fig. 2:13*); or it may extend below the elbow to the wrist or hand and pins and needles or numbness may be felt in the fingers (*Fig. 2:14*). Some people experience headaches as a result of neck problems. Often these headaches are felt at the top of the neck and the base and back of the head, on one or both sides (*Fig. 2:15*); but they can also spread from the back of the head over the top of the head to above or behind the eye, again on one or both sides (*Fig. 2:16*).

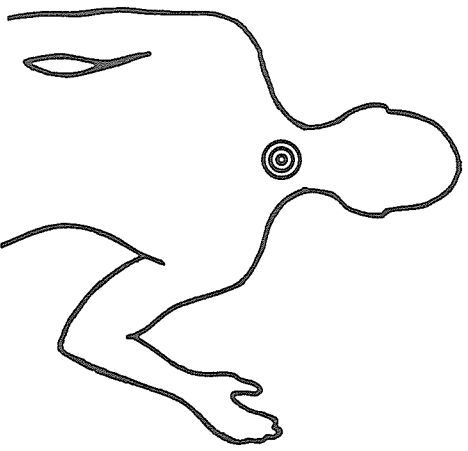


Fig. 2:9

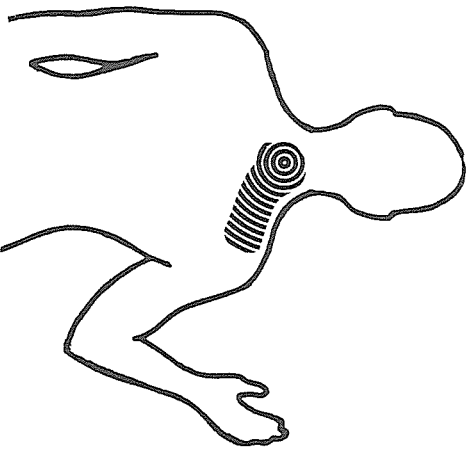


Fig. 2:10

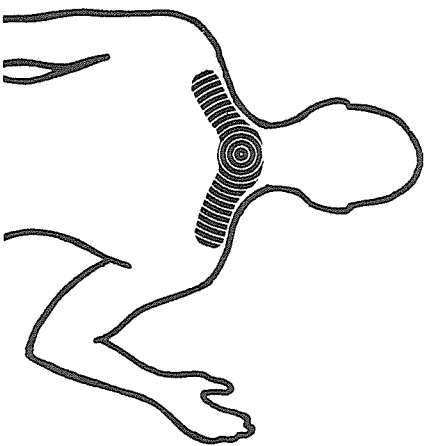


Fig. 2:11

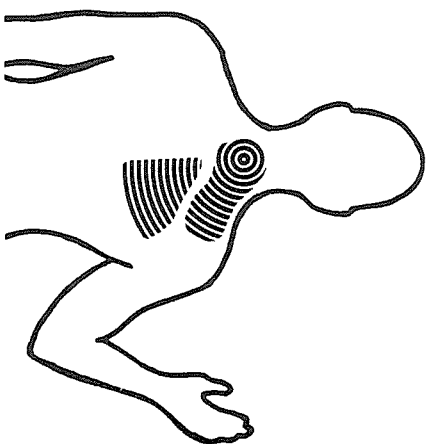


Fig. 2:12

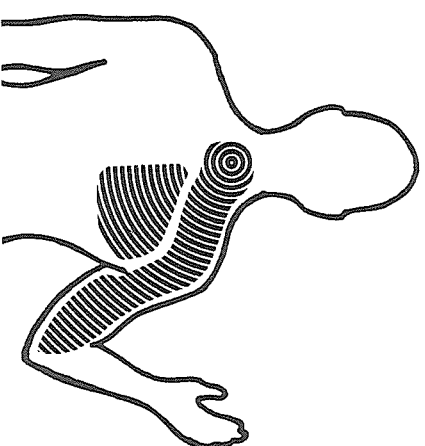


Fig. 2:13

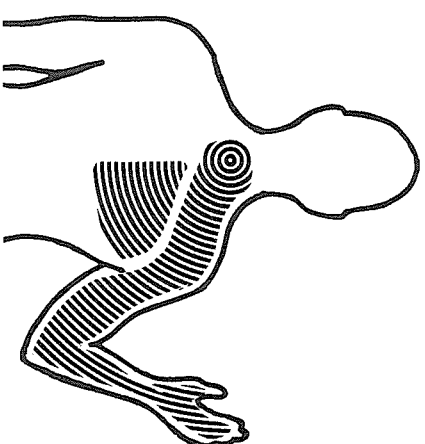


Fig. 2:14

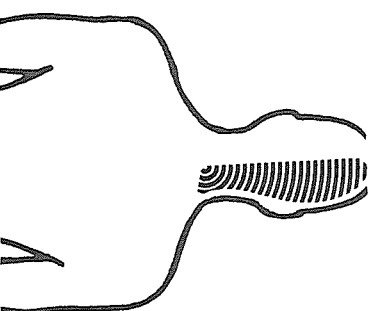


Fig. 2:15

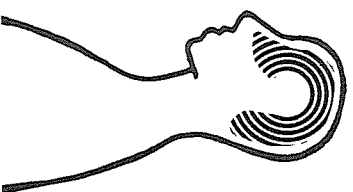


Fig. 2:16