

## Neck pain

1. Muscle sprain and strain
2. Trauma/whiplash injury
3. Cervical spine degenerative disease
4. Cervical disc prolapse
5. Cervical disc tears and fissures
6. Cervical facet syndrome
7. Cervical spinal stenosis
8. Nerve entrapment/radiculopathy
9. Muscle tension and stress
10. Deconditioning of core muscles.
11. Poor ergonomics and poor posture
12. Postlaminectomy syndrome
13. Medical conditions such as arthritis, infection, malignancy, benign tumor, fibromyalgia, osteoporosis, multiple sclerosis, coronary artery disease, esophageal spasms, carotid artery dissection
14. Referred pain from shoulders, esophagus, heart, and myofascial triggers