

Non-Specific Neck Pain

Presentation

Mechanical pain non-segmental distribution
Limited range / muscle spasm
Sudden or gradual onset
No red flags
May be associated with parasthesia, head, dizziness

1. < 4/52 duration

GP explanation / reassurance. Postural advice. Encourage to remain active.

No Better

2. > 4/52 duration

Physiotherapy with considered Analgesia

No Better

Referral to chronic pain management team / CBT approach / Multidisciplinary management