**Know about the neck pain, the causes and the treatments**

Pains in the neck can origin from varied ranges of diseases, also the disorders that can include the neck tissues. For instances, the common conditions that can cause the pain in the neck, are actually the straining in the neck area, the degenerative disc illnesses, osteoarthritis, spinal stenosis, cervical spondylysis, injuries in the neck, poor posture, etc. The **neck pain** might hamper the daily workings of an individual.

**Swelling in the neck**

The **neck pain** can originate from the common infections, for instances, the virus infections in the throat area, which might lead to the swelling of the lymph nodes. Pain in the neck might also come from atypical infections, for instances, Tuberculosis of neck area, the spine bone infections as well as Meningitis. The neck pain is a very common medical problem.

**Uncomfortable positioning of neck**

The **neck pain** might also originate from other conditions and can affect the neck muscles, for examples, the Polymyalgia Rheumatica and the Fibromyalgia, also from the uncomfortable neck positioning, while sleeping with the head resting on the pillow.