

CASE STUDY 1

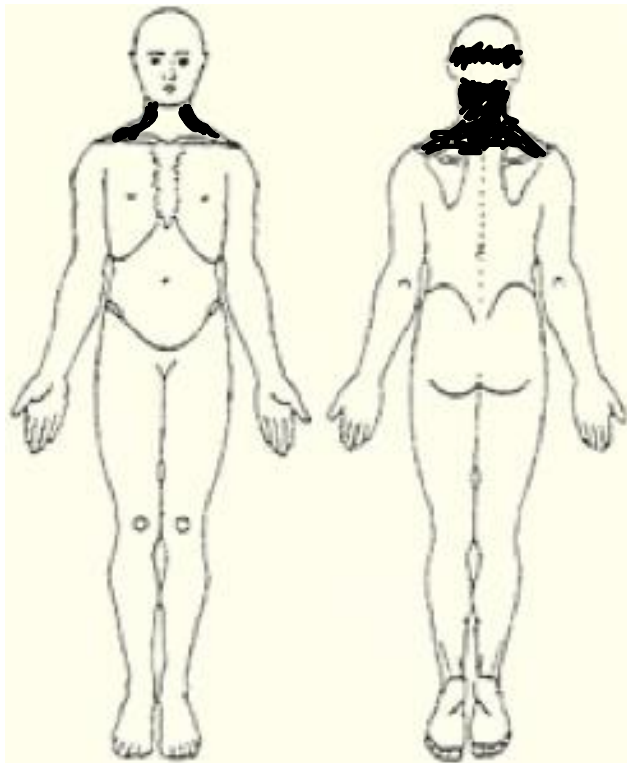
Angus 55-year-old journalist radio and tv

Male. Running 3 x week 5km with the dog (large dog- wears lead around waist)

Married with 2 sons aged 16 and 18

C/O ACUTE SEVERE NECK PAIN EPISODE 2 days ago.

EPISODIC NECK PAIN every 6-8 weeks



NRS 9/10; worse on right; Neck pain into scapula and headache ++
Anxious and exhausted

AGG; Lie supine, Walking, being cold, turning head, worse to the left.

EASE; sitting supported with pillow under neck

Nurofen 400mg helped a bit

Onset;

New Year's eve party- vibrant dancing, air guitar and possibly head banging!
Next day neck very sore. Went for a long walk in the cold with shoulders hunched. Pain became much worse.

Now cannot move head, lie down, change position. Had to sleep in chair last night. No arm symptoms.

Special questions; No dizziness. Gait and balance normal. Speech, swallow, vision normal

General Health. Usually fit and well but Covid October 2021 and subsequent Post covid symptoms- lack of smell, taste, and fatigue. Not brain fog.

Had just started running again and done x 2 with dog before Christmas- with running belt- has to run faster and felt very demanding. Was yanked a few times by the lead.

Christmas 2021 had migraine +++ with aura First time that severe 2 days- and felt exhausted

Past History: Nil trauma but migraine and episodic neck pain which manages with regular visits for hands on treatment. Never had rehab of muscles. No upper body exercises in usual routine.

Work; Varying stress levels. Works from home and office (BBC) and field work reporting

I; Has injured something structurally in neck.

C: Severe pain will not ease because of damage. Cannot cope with the pain

E: Pain relief strategies and guidance as to whether Investigation is necessary