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Neck pain in adults: Symptom Checker

**DocID**

No DocID – not contained in FarCry

**Title**

Neck pain

**Feature Title**

Neck pain

**List Title**

Neck pain

**Content is Contracted**

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**MCV Main tag**

**MCV Other tag(s)**

Content Packages > Symptom checker mobile > Adult > Head and neck

**MCV Related tag(s)**

**Primary Location**

Diseases and Conditions

**Tease**

Neck pain may be a short-term problem or a chronic disability. Identify possible common causes based on symptoms you're experiencing.

**Abstract**

Find possible causes of neck pain in adults. See our Symptom Checker.

**Benefit Summary**

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**FeatureID**

**Gender**

**Age**

Adult

**ENTER IN FARCRY:**

**When to get medical help** (1, 2, p. 5)

Get medical attention immediately if your neck pain:

Is severe

Follows an accident or injury

Is accompanied by pain radiating to your arms or legs

Is accompanied by numbness, tingling or weakness in your limbs

Is accompanied by headache

Is accompanied by an unexplained fever

**Self-care strategies**

The following tips may help relieve mild to moderate neck pain: (1)

Use an ice pack to reduce pain and inflammation.

Gently stretch or massage your neck.

Avoid activities that are painful.

Take an over-the-counter pain reliever, such as ibuprofen (Advil, Motrin, others), naproxen (Aleve, others) or acetaminophen (Tylenol, others). Use only as directed on the label, and do not take combinations of pain relievers.

**More Information**

Neck pain MY00117

**END OF FARCRY TEXT**

Find possible causes of neck pain based on specific factors. Check one or more factors on this page that apply to your symptom.

**Pain started**

Gradually

Suddenly

**Triggered or worsened by**

Injury

Physical exertion

Poor posture

Stress

**Accompanied by**

Change in personality, behaviors or mental status

Confusion or difficulty concentrating

Decreased range of motion or stiffness in neck

Fever

Headache

Loss of balance or coordination

Loss of bowel or bladder control

Muscle weakness

Nausea or vomiting

Numbness or tingling in limbs

Pain in a number of joints throughout the body

Seizures

Shoulder, arm or chest pain

**Possible causes**

These diseases and conditions match at least one of the factors you selected. Those with the most matches are listed first.

DS00697 Cervical spondylosis (4)

Pain started gradually

Accompanied by decreased range of motion or stiffness in neck

Accompanied by headache

Accompanied by loss of balance or coordination

Accompanied by loss of bowel or bladder control

Accompanied by muscle weakness

Accompanied by numbness or tingling in limbs

Accompanied by shoulder, arm or chest pain

DS00893 Herniated disk (5, 6)

Pain started gradually

Pain started suddenly

Accompanied by decreased range of motion or stiffness in neck

Accompanied by numbness or tingling in limbs

Accompanied by shoulder, arm or chest pain

DS00118 Meningitis (7)

Pain started suddenly

Accompanied by change in personality, behaviors or mental status

Accompanied by confusion or difficulty concentrating

Accompanied by decreased range of motion or stiffness in neck

Accompanied by fever

Accompanied by headache

Accompanied by nausea or vomiting

Accompanied by seizures

DS00020 Rheumatoid arthritis (2, p. 2; 8)

Pain started gradually

Accompanied by decreased range of motion or stiffness in neck

Accompanied by pain in a number of joints throughout the body

DS00515 Spinal stenosis (9)

Pain started gradually

Accompanied by loss of balance or coordination

Accompanied by loss of bowel or bladder control

Accompanied by muscle weakness

Accompanied by numbness or tingling in limbs

Accompanied by shoulder, arm or chest pain

DS00343 Sprains and strains (10)

Pain started suddenly

Triggered or worsened by injury

Triggered or worsened by physical exertion

Accompanied by decreased range of motion or stiffness in neck

DS00304 Tension headache (11)

Pain started gradually

Pain started suddenly

Triggered or worsened by poor posture

Triggered or worsened by stress

Accompanied by headache

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