



# Neck Pain Treatment

## Understanding Neck Pain

Neck pain can profoundly impact daily life, causing pain with daily activities, desk work, exercise, and even the simplest of movements. At Desert Spine and Sports Physicians, we understand the importance of having freedom of movement and relieving pain. Our team of Board-Certified Physical Medicine and Rehabilitation (PM&R) specialists is dedicated to providing comprehensive, [non-surgical solutions](#) tailored to your unique needs.

A prevalent condition, neck pain can range from mild discomfort to debilitating pain. It can be acute, coming on suddenly and lasting a few days to weeks, or chronic, persisting for months or even years. Common types of neck pain include:

- Cervical strain or sprain
- [Cervical spondylosis \(neck arthritis\)](#)
- Cervical radiculopathy (pinched nerve)
- Cervical stenosis (narrowing of the spinal canal)

## Causes of Neck Pain

Neck pain can arise from various sources, including:

- Poor posture, especially from prolonged computer use or smartphone usage
- Injuries from accidents or sports
- Degenerative disc disease
- [Herniated discs](#)
- Arthritis
- Muscle strains or ligament sprains
- Whiplash
- Stress and tension

## Symptoms of Neck Pain

Common symptoms associated with neck pain include:

- Stiffness and difficulty moving the neck
- Sharp or dull aching pain in the neck
- Pain that radiates to the shoulders, arms, or hands
- Numbness or tingling in the arms or hands
- Weakness in the arms or hands
- Headaches

Neck pain causes more than just discomfort — it can affect sleep, work productivity, and overall well-being. Addressing your symptoms promptly and effectively is our priority.

## Diagnosing Neck Pain

As physicians of function, we believe the most effective treatments come from taking a whole-person approach to care. This begins with a [comprehensive diagnostic exam](#) to understand the root cause of your neck pain. At Desert Spine and Sports Physicians, our expert Physiatrists provide:

- Thorough physical examination and medical history review
- Advanced imaging studies, including:
  - X-rays to assess bone structure and alignment
  - MRIs to evaluate soft tissues, including discs and nerves
  - CT scans for detailed bone imaging
- [Electrodiagnostic testing](#), such as EMG (electromyography) and nerve conduction studies, to assess nerve and muscle function

Our state-of-the-art diagnostic tools allow us to pinpoint the exact source of your pain, ensuring targeted and effective treatment.

# Non-Surgical Treatment Options for Neck Pain

At Desert Spine and Sports Physicians, we specialize in [non-surgical treatments for neck pain](#), offering a wide range of options:

## Physical Therapy

We collaborate with [expert physical therapists](#) to create [customized exercise programs](#) to:

- Strengthen neck muscles
- Improve flexibility and range of motion
- Correct posture
- Reduce pain and prevent recurrence

## Non-Surgical Treatments

We also utilize advanced, minimally invasive procedures, including:

- **Cervical [epidural steroid injections](#):** This procedure delivers anti-inflammatory medication directly into the space around the spinal nerve, reducing inflammation and [alleviating pain caused by compressed or irritated nerves](#) in the neck.
- **Medial branch blocks:** This diagnostic procedure targets the nerves that carry pain signals from the facet joints, the small joints on either side of the spine. They can provide temporary pain relief and help determine if a more long-term treatment, like radiofrequency ablation, would be beneficial.
- **Radiofrequency ablation:** This innovative procedure uses heat to target the specific nerves that innervate the facet joints to block pain signals going to the brain. It can provide longer-lasting pain relief for chronic neck conditions.
- **Facet joint injections:** Facet joints can become painful due to arthritis or injury. These injections combine a local anesthetic for immediate pain relief with a corticosteroid for longer-term inflammation reduction. Platelet-rich plasma, or PRP, can also be injected for longer-term pain control.

All procedures are [performed under fluoroscopic guidance](#), ensuring precision and safety.

## Non-Opiate Medication Management

When appropriate, we may recommend:

- Pain relievers
- Anti-inflammatory medications
- Muscle relaxants
- Topical treatments

## Why Non-Surgical Treatments for Neck Pain?

Our Physical Medicine and Rehabilitation (PM&R) specialists prioritize non-surgical treatments for neck pain because:

- They can be highly effective in managing and resolving neck pain
- They have fewer risks compared to surgical interventions
- They allow us to treat the underlying cause of pain instead of simply masking symptoms
- They can help patients avoid unnecessary surgery and its associated risks
- They often lead to faster recovery times and return to normal activities

We aim to provide long-lasting relief and improved function without the need for invasive procedures.

## Why Choose Desert Spine and Sports Physicians for Neck Pain Treatment?

When you choose Desert Spine and Sports Physicians for your [neck pain treatment](#), you're choosing a team of [Arizona-based, board-certified Physiatrists](#) with specialized expertise in non-surgical care. With decades of combined experience, we excel in diagnosing and treating complex neck conditions using a comprehensive, whole-person approach. Our state-of-the-art diagnostic and treatment technologies allow us to create customized plans tailored to your needs and goals, and we're committed to providing long-term pain relief and improved mobility. Together, we can help you return to a fully functional, pain-free life.

At Desert Spine and Sports Physicians, we go beyond just treating symptoms — we empower you to reclaim your life from neck pain.

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