

Q&A – Neck & Shoulder Pain

Ask the Physical Therapist

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Q: The muscles between my neck and shoulders are knotted and ache constantly. I've tried massaging them, but only end up with neck pain and a headache. What can I do?

A: What you are experiencing is most likely the result of trigger-points. These painful “knots” develop in response to overuse or trauma. In addition to pain, they place displacement stress on nearby joints, which can lead to additional problems. Trigger-points can cause headaches as well as pain in areas away from the trigger-point. They can even mimic the arm and leg symptoms often associated with a disc herniation. You should seek an evaluation from a physical therapist specializing in the treatment of trigger-points and related joint dysfunction.

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