

Patient Resources: Neck Pain

Neck Pain

Neck Pain Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf>

Neck Pain Exercise Pamphlet (Versus Arthritis)

<https://www.versusarthritis.org/media/3092/neck-pain-exercise-sheet.pdf>

Neck Pain Exercise Sheet (Versus Arthritis)

<https://www.versusarthritis.org/media/21788/neckpain-exercise-sheet.pdf>

Three reasons you have neck pain – and why ‘bad posture’ probably isn’t one of them by
Chris Worsfold

<https://theconversation.com/three-reasons-you-have-neck-pain-and-why-bad-posture-probably-isnt-one-of-them-121159>

Neck pain explained and red flags

<https://www.physiofastonline.co.uk/pain--neck.html>

Manual Therapy and neck pain

<https://watsonheadache.com/about-watson-headache-approach/>

Neck pain advice – versus arthritis

<https://www.versusarthritis.org/media/1257/neck-pain-information-booklet.pdf>

Neck Pain Exercise Phamplet

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