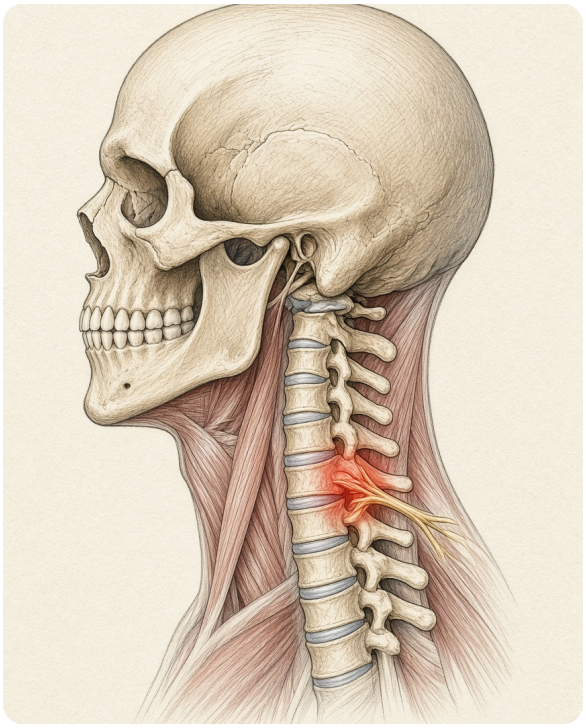
ARMIN PHYSIO



PATIENT GUIDE

Discogenic Neck Pain

Neck pain that gets worse with certain movements? It could be **discogenic neck pain.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is discogenic neck pain?

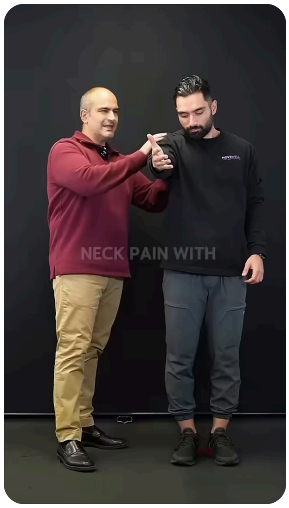
Discogenic neck pain happens when one of the discs between the vertebrae in your neck becomes irritated or painful, sometimes causing symptoms into the shoulder or arm. Gradually improving neck mobility, deep neck flexor strength and shoulder blade stability can help reduce pain, improve function and restore normal movement.

QUICK CHECK

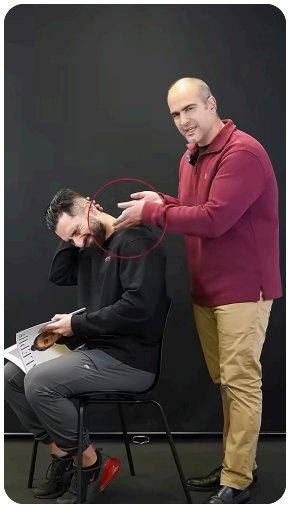
Does this sound like you?

- ☐ **Neck pain with shooting pain** down the arm
- ☐ Neck pain with **weakness in the arm**
- ☐ **Numbness and tingling** in the hands and the arm
- ☐ Pain when the **neck is bent forward**, or with prolonged sitting or looking down
- ☐ Pain that may spread into the **shoulder or upper back**

If you ticked a few boxes, a neck disc could be part of the problem. Try the 3 exercises on the next pages, plus the 3 daily habits after them.



Neck pain with pain down the arm


Pain when the neck is bent forward

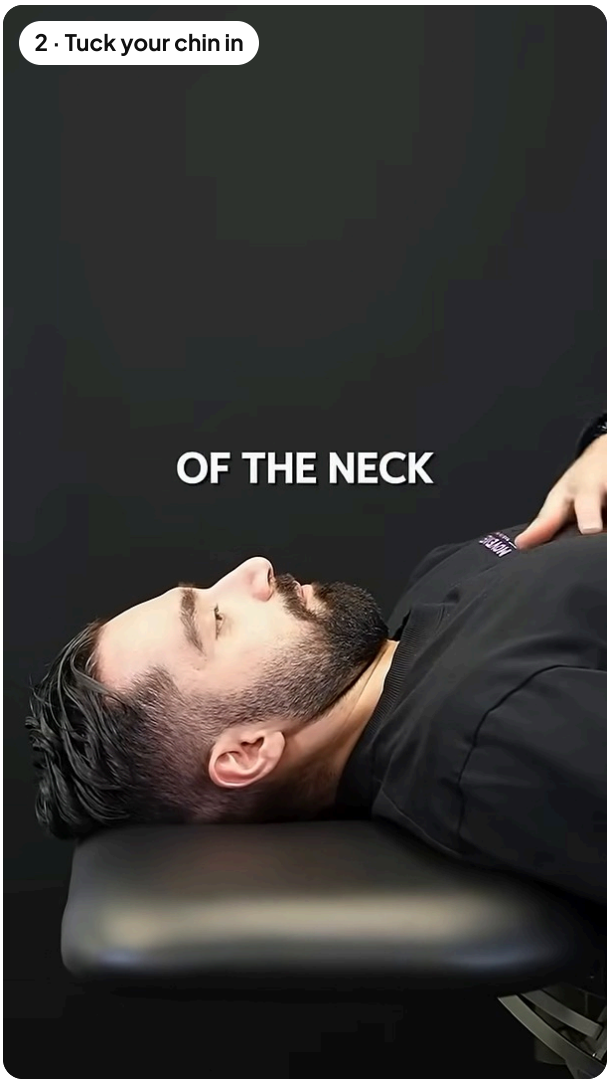
YOUR 3 EXERCISES

Try these exercises

1 Chin tuck lying down

Activates the deep muscles at the front of the neck





1. **Lie flat on your back.**
2. Place your **tongue at the roof of your mouth**. That'll activate the little muscles in the neck.
3. From here, **tuck your chin in all the way**, pressing the back of the neck into the bed.
4. **Hold it for three seconds**, relax and repeat.

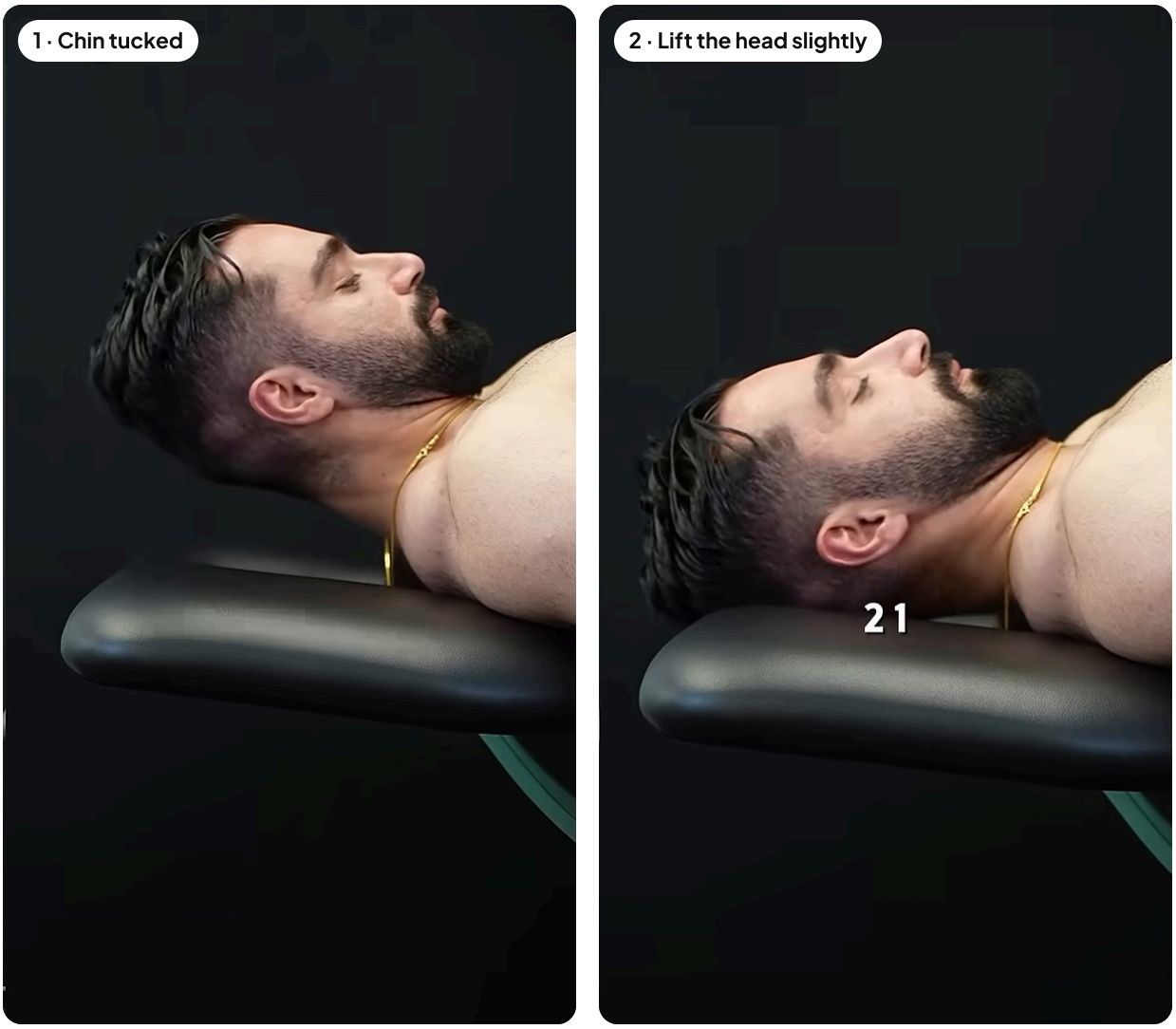
3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

2 Chin tuck head lift

Progresses the chin tuck to build more neck strength



1. **Tuck that chin in.**
2. **Just lift the head up**, bringing the chin just closer to the chest.
3. **Hold it** 3, 2, 1.
4. **Go back down slowly** and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

3 Band neck retraction

Strengthens the neck while you keep it stable





1. **Loop a band around the neck.** Stabilize the neck and the mid-back.
2. From here, **push against the arms**, coming right back.
3. **Stabilize the neck** throughout the process.
4. **Hold it** 3, 2, 1, go right back and repeat.

3 sets of 10–15 reps, slow and controlled

From Armin's video description

Stop if you get pain, numbness or tingling spreading down your arm, dizziness, or pain that keeps building.

DAILY ROUTINE · ABOUT 10 MINUTES

Put it together

01
Activate
Chin tuck lying down, 3 sets of 10–15

02
Progress
Chin tuck head lift, 3 sets of 10–15

03
Strengthen
Band neck retraction, 3 sets of 10–15

Sets and reps are from Armin's video description; doing it once a day is a suggestion. Move slowly and with control.

3 HABITS ARMIN WOULD CHANGE

Daily habits for neck disc pain

1. Fewer pillows. If your chin is pushed toward your chest when you lie down, remove one of the pillows so your neck is nice and flat.

2. Don't lean into your screen. Bring your screen closer and raise it so you can sit comfortably without craning your neck forward.

3. Support your arms. Place pillows under your forearms when you rest. It takes a lot of stress off your neck.

From Armin's "Neck disc pain? Here are 3 habits I'd change" video.

Stop the exercise if you notice

- Pain, numbness or tingling spreading down your arm
- Dizziness, or pain that keeps building as you go
- Pain that lingers or is worse the next day

If you notice worsening arm weakness, numbness, or persistent radiating pain, stop and get a professional assessment.

SAFETY FIRST

Get checked right away if you have

- Neck pain after a **car accident, fall or hit to the head**, especially with **severe pain** or not being able to move your neck
- A **sudden, severe or unusual headache** ("the worst headache of your life")
- **Dizziness, double vision, trouble speaking or swallowing**, drooping of the face, or fainting
- **Numbness, tingling or weakness** in your arms or hands that is **getting worse**, or in **both arms**
- **Clumsy hands, trouble walking or poor balance**, or new **bladder or bowel** changes
- A **stiff neck with a fever**, constant pain at night, or **unexplained weight loss**

Call 911 for a sudden severe headache, trouble speaking, face drooping or weakness on one side. For the others, see a doctor right away or go to the nearest emergency department. If your neck isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

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Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

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Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

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