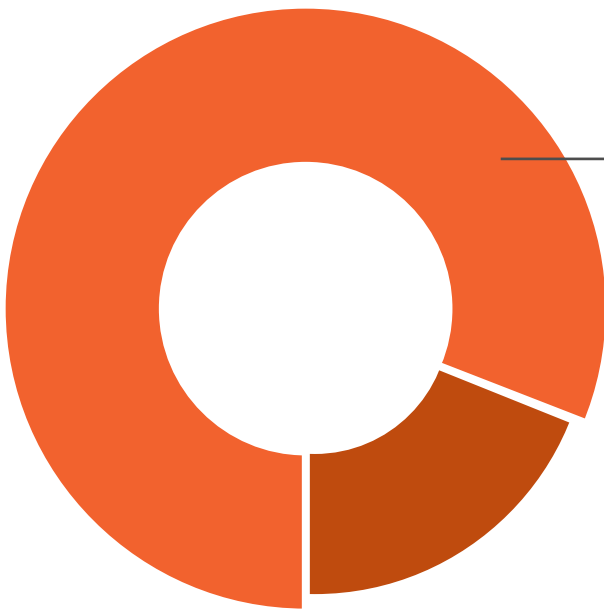


## NECK PAIN

# WHEN TO SEE A DOCTOR



**80%** OF NECK PAIN WILL RESOLVE ITSELF



ANTI INFLAMMATORY MEDICATION



HEAT & COLD APPLICATION



BE CAUTIOUS OF ACTIVITIES

### RED FLAG SYMPTOMS



UNBEARABLE PERSISTENT PAIN

INFECTION, TUMOR OR CANCER

X-RAY SHOWS SLIPPAGE OF BONES

PAIN DOWN THE ARM

NUMBNESS, WEAKNESS OR TINGLING IN ARM AND/OR HAND

Lost feeling or strength in arms & legs may never be recovered.  
It is important to see a doctor right away if you experience these symptoms

### ASK DR. JOHNS



#### WHAT IF MY PAIN PERSISTS BEYOND CONSERVATIVE TREATMENT?

As a general rule, pain persisting longer than 6 months despite the use of anti inflammatory medication and therapy should be evaluated by a physician.

MORE INFORMATION AT [WWW.TIMJOHANSMD.COM](http://WWW.TIMJOHANSMD.COM)