

**ICE
POWER**

Treating neck pain



Neck pain is increasingly common among young people, and particularly among people of working age. Among 30-year-olds, 40 percent of women and 20-30 percent of men have suffered from neck pain over the last year. Neck pain is most commonly muscle-related. Even though the origin of the neck pain can occur in a specific area, the pain can often radiate also to the back or head.

What causes neck pain?

Muscle-related neck pain is becoming increasingly common due to static working positions, working with computers and screens, and the heavy use of mobile devices. Other work-related factors such as high workloads, stress and poor job satisfaction, can also contribute to the emergence of neck pain.

Preventing neck pain

The most effective way to treat muscle-related neck pain is to prevent it. You can prevent neck pain by avoiding positions that place stress on the upper body and limbs, both at work and during leisure time. You should also pay attention to the position of the neck and shoulders, and ensure that the neck is not bent too far forwards or too far backwards. Regular exercise, stretching, and muscle strength training are key methods of preventing muscle-related neck pain.

Stretching and exercise help with neck pain

Activating the muscles and joints in the neck is recommended for the treatment of muscle-related neck pain, even if it causes slight pain. Stretching and exercises activate the muscles and increase blood flow in the neck area. Muscle strength training strengthens and activates all muscles in the upper body while stretching focuses on the mobility and flexibility of the upper neck and spine.

If bothersome muscle-related neck pain persists for a long time, it is worth trying physiotherapy or massage. In the short term pain can also be relieved by using painkillers.

Ice Power Cold Gels and Creme are a non-pharmacological treatment for neck pain

Ice Power Cold Gels and Creme provide an effective and non-pharmacological treatment for muscle-related neck pain. They contain menthol, which reduces the sensation of pain. Applying the gel and rubbing the cream into the skin causes physical cooling effect and activates the circulation in the area, which relaxes the muscles. In particular, Ice Power Cold Creme is easy to apply to sore muscles during the workday, as it absorbs well and does not mess your clothes. Ice Power Roll can also be applied easily without getting your hands messy. Ice Power Cold Gels and Creme can be applied to sore and tense muscles several times a day. Ice Power cooling patches are a great option if you would like an effect that lasts for several hours.

