Shoulder & Neck Pain

Sudden or unexpected pain can make your muscles swell and tighten. If you don't take care of it, the pain can last a long time. To stop the pain and keep it from coming back, you need to treat what caused the tight muscles and swelling. If the pain is from an injury, move carefully to let your muscles heal while keeping them strong.

The first two weeks



Use a heating pad
Place the heating pad on the painful area for 20–30 minutes, three times a day. Do not put the heating pad directly on your skin or over a pain patch.



Stretch your body
Gently stretch the painful area for 5–10 minutes, three times a day. Stretch both sides of your body, even if only one side hurts (see separate stretching handout).



Take meloxicam
Take 15 mg of meloxicam every morning. It will reduce the pain and let your body stretch and heal.



Massage
Get a massage, preferably from a professional. You can also do a massage at home using a lacrosse ball in a doorframe (like we showed you during your visit).



No lifting heavy objects
Avoid lifting heavy weights or groceries, while you heal. This will give your shoulders and neck a chance to rest.

After the first two weeks

- Continue stretching every day.
- If the pain comes back, use the heating pad and take meloxicam for 3–5 days.
- Use a lacrosse ball to work out knots in your muscles to prevent new pain.
- Get a massage once a month, even from a friend or family member.
- Slowly start exercising again while continuing to stretch and move your muscles. Walking for 30 minutes a day is a good way to stay active.

Important: Only taking medicine without following the other steps will not fix the pain.

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CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT