

People with neck pain do not experience a complete resolution of condition.

Much like an episode of lower back pain consumers who have a bout of neck pain don't simply all resolve with time and simple rest. Neck pain is common with typical 12 month prevalence estimates of 30%-50% in adults and within children and adolescents 21%-42%. Neck pain in the general population is frequently persistent and recurrent with research suggesting that between 50% and 85% will have symptoms again in 1-5 years. This is the first systematic review of the prognosis of idiopathic neck pain and validates that the prognosis of acute idiopathic neck pain is markedly worse than previously recognized and resolution is incomplete.

Hush JM, PhD, et al. Prognosis of Acute Idiopathic Neck Pain is Poor: A systematic review and meta-analysis. Arch Phys Med Rehabil 92:824-9, 2011