

Why do neck and neck aches hurt in the winter? How to reduce pain and prevent?

The cold season is a time when shoulder and neck pain tends to occur more frequently and more seriously. Let's find out what causes this situation and how to reduce and prevent neck and neck pain effectively in the winter!

In this article, TipsMake.com will explain why neck and neck pain is so common in the winter, as well as share some pain relief and effective prevention of neck and shoulder pain, helping you protect your neck and neck. Good health during this cold season!

Shoulder and neck pain is a fairly common disease that can occur at different ages, manifested by the symptoms of muscle and joint pain in the neck and neck, making it difficult or impossible to turn the neck of the neck or neck. pain increases when standing up, walking, exercising, coughing . and leading to obstacles to daily tasks and activities. Shoulder and neck pain can occur due to various causes such as sleeping in the wrong position, carrying heavy objects, sitting for too long in a position, suffering from bone and joint diseases such as herniated disc, spinal degeneration . In addition, when the weather is cold, especially in the days of low temperatures, rain to the point of severe cold, cold, shoulder and neck pain becomes more and more common.

Shoulder and neck aches in the winter

1. Why is winter prone to shoulder and neck pain?
2. What to do when the back neck ache in the cold season?
3. How to prevent neck and neck pain in the winter?



Shoulder and neck aches are common during the cold season.

Why is winter prone to shoulder and neck pain?

In the winter, when it is cold, due to changes in temperature, pressure, humidity in the air, cold air is more likely to penetrate into the body, causing blood vessels to constrict, reducing blood circulation. , oxygen in the body, leading to the muscles, nerves of the neck and neck in particular and other areas of the body in general are prone to anemia, spasticity, causing inflammation and pain.

In addition, in cold weather, poor circulation fluid will also make the joint dry, making neck and neck pain more pronounced and especially serious in people who already have osteoarthritis.

In addition, in the winter, most people tend to be sedentary so the joints become less flexible, the blood circulation and blood flow in the body also decreases, leading to shoulder fatigue. more nape.



Neck and shoulder aches cause pain, discomfort and affect life.

What to do when the back neck ache in the cold season?

Having shoulder and neck pain in general and cold weather in particular not only makes the body feel uncomfortable but also greatly affects work, study and activities. When detecting neck and neck pain, you should go to the hospital to determine whether the pain is caused by trauma or bone disease . caused or not, from which is indicated to treat a the most suitable way.

With the neck and neck pain caused by the common cold, you can apply a number of heat treatments or gentle massages to heat the painful area, helping to increase blood circulation, oxygen, soften muscles to relieve pain. You can refer to some ways to do the following:

1. Apply high oils, squeeze the oil to the pain in the neck of the neck, then gently massage to heat up the oil and relieve pain.
2. Roasted, starved mugwort, ginger, salt and wrapped in a towel to apply heat to the neck and shoulder neck pain.
3. Gently massage the neck and shoulders and use a soft towel to dip warm water about 50 degrees Celsius to apply heat.
4. While you are suffering from cold neck and shoulder pain, you also need to pay attention to hot showers, keep the body warm and limit vigorous exercise, avoid tilting your head, turning your head to get faster.

When applying heat, be careful not to apply it at high temperatures and apply it for too long to avoid burning your skin. In addition, with massage, you need to do so gently, avoiding massaging the wrong acupuncture points to not make the pain worse.



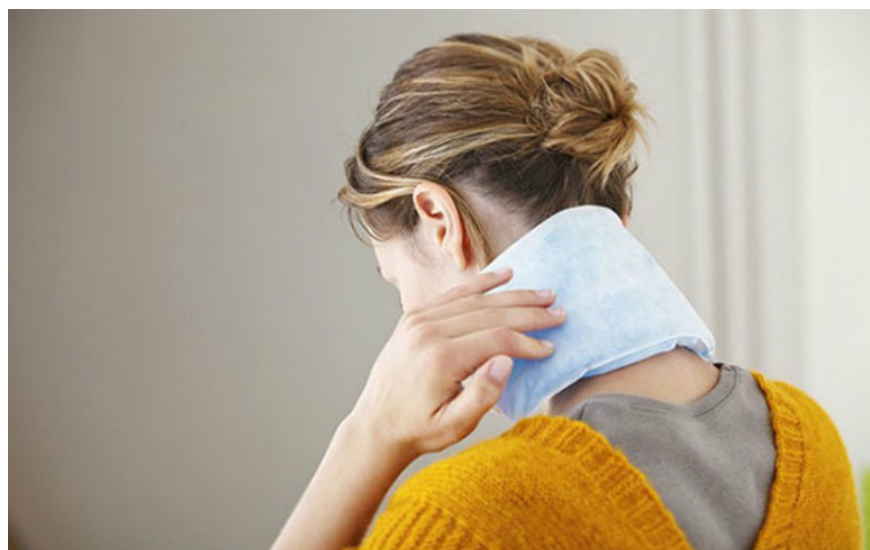
Need to treat neck and neck pain in a timely manner to protect the health.

With hot compresses to relieve neck and neck pain in the winter, if you are afraid of using a squeeze or plaster, it will leave an unpleasant smell or inconvenience, many herbs throughout the day can use hot compresses. Apply directly to the neck of the neck and neck so that you don't have to be prepared and worry about unpleasant odors sticking to the body after treatment.

If you choose to use a hot compress to treat neck pain caused by the cold, you can buy hot compresses specific to the neck and neck. This type has the same effect as regular hot compresses, but due to its soft design, fits well around the neck of the neck, it will feel extremely comfortable when applied.

In particular, most of these bags are non-electric and some also have a pleasant herbal scent, so you will not worry about electrical safety as well as the feeling of relaxation, forgetting the effective pain of therapy. . You can also use the bag to apply other areas of your body or to apply cold compresses as needed. The price of the product is about VND 300 - 700 thousand, generally not too high compared to traditional compresses.

In addition, you can also prepare salt bags, herbs; When applying, place a salt and herbal bag under the heating pack to provide effective and faster pain relief.



Hot compresses are an effective way to reduce neck and neck pain caused by cold weather in the winter.

How to prevent neck and neck pain in the winter?

As the grandparents say, 'prevention is better than cure, please do some of the following to prevent the risk of neck and neck pain during the winter:

1. Always wear warm, pay attention to wear a scarf, nose, socks, wear a windproof jacket and mask when going out.
2. Bath, shampoo, personal hygiene . with hot water to prevent the body from getting cold.
3. Eat enough nutrition, supplement enough vitamins and minerals to increase the body's resistance.
4. Sit, study, work, sleep . correct posture.
5. Regular exercise, walking, gentle exercise, avoid sitting in one place for too long to improve blood circulation and relax the muscles and joints.
6. Use the necessary heating equipment, especially in families with the elderly, children.

See also : Assessing the pros and cons of some winter heating devices

Hopefully the above information will be helpful, help you better understand the neck and neck pain in the winter and can prevent the disease effectively, ensuring daily life is not affected by uncomfortable aches and pains. this.

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