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## **Neck Pain is a pain in the Neck!**

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### Health tip: Having neck pain?

**N**eck pain has a variety of causes, often muscle strain or tension.

Here are some other common triggers, courtesy of the U.S. National Library of Medicine:

- Ⓜ- Sitting at or bending over a desk for long periods, especially with poor posture.
- Ⓜ- Reading, working or watching TV with poor posture.
- Ⓜ- Working at a computer screen that is too high or too low.
- Ⓜ- Sleeping in an awkward position.
- Ⓜ- Injuring the neck during exercise by twisting or straining the muscles.
- Ⓜ- Medical conditions, including arthritis, fibromyalgia, meningitis or a herniated disk.