



## Neck Pain

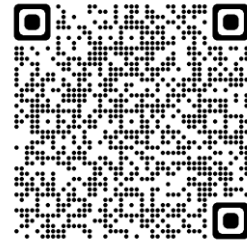
### General advice

<a href="#">Neck problems - Muscle, bone and joint injuries   NHS inform</a>	
<a href="#">Neck pain - NHS (www.nhs.uk)</a>	
<a href="#">Neck pain   Causes, exercises, treatments   Versus Arthritis</a>	

### Exercises FCP

<a href="#">Exercises for neck muscle and joint problems   NHS inform</a>	
<a href="#">NHS Ayrshire &amp; Arran - Neck Pain (MSK) (nhsaaa.net)</a>  <a href="#">NHS Ayrshire &amp; Arran - Neck Pain: Common Spinal Myths (MSK) (nhsaaa.net)</a>	

[NHS Ayrshire & Arran - Neck Pain: Exercises \(MSK\) \(nhsaaa.net\)](https://nhsaaa.net/neck-pain-exercises)



**Mid back**

[NHS Ayrshire & Arran - Mid-Back \(Thoracic\)  
Pain: Exercises \(MSK\) \(nhsaaa.net\)](https://nhsaaa.net/mid-back-thoracic-pain-exercises)

