


## Comprehensive Clinical Review of Neck Pain: NURS 6512 Week #9 Case Study of a 30-Year-Old Woman



**i-Human Case Week #9**

30 y/o  
5' 5" (165 cm)  
120.0 lb (54.5 kg)

**Reason for encounter**  
Neck pain

### Case Instructions

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#### H&P+Dx CASE PLAY SETUP AND INSTRUCTIONS

**MODE:**

This assignment is in [Learning Mode](#). Feedback appears after submitting each section, and a final performance overview generated after completing the case.

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## Comprehensive Clinical Review of Neck Pain: NURS 6512

### Week #9 Case Study of a 30-Year-Old Woman

#### Patient Profile:

- **Age:** 30 years old
- **Gender:** Female
- **Chief Complaint:** Persistent neck pain for the past three weeks

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#### Subjective Data

##### History of Present Illness (HPI):

The patient reports a **gradual onset of neck pain** that started three weeks ago. The pain is described as **dull and aching**, with **intermittent sharp sensations**, particularly when turning the head. The pain **radiates slightly to the upper back and shoulders** but does not extend to the arms. The patient rates the pain as **6/10 on a numeric pain scale**.

- **Aggravating factors:** Prolonged desk work, looking down at a screen, and sleeping in certain positions.
- **Relieving factors:** Gentle stretching, heat application, and NSAIDs.

- **Duration:** Persistent throughout the day, worsening by evening.

### **Associated Symptoms:**

- Occasional **tension-type headaches** that start in the neck and extend to the temples.
- Mild **stiffness in the morning**, improving with movement.
- **Fatigue and eye strain** after long hours of screen time.
- No **numbness, tingling, or weakness in the arms** (no radiculopathy).
- No **fever, chills, night sweats, or recent infections**.
- Reports **mild sleep disturbances** due to discomfort, particularly when sleeping on her stomach.

### **Past Medical History (PMH):**

- No significant chronic illnesses.
- No history of musculoskeletal disorders or previous neck injuries.

### **Medications:**

- Occasional **ibuprofen (400 mg as needed)** for pain relief.
- No prescription medications.
- Occasionally takes **multivitamins**.

### **Family History:**

- **Mother:** History of migraines.

- No known **rheumatoid arthritis, autoimmune disorders, or spinal conditions.**

### **Social History:**

- **Occupation:** Software engineer, working at a desk for 8+ hours daily.
  - **Exercise:** Yoga and walking **twice a week**, but no strength training.
  - **Lifestyle:** Increased screen time due to work responsibilities.
  - **No smoking**, occasional alcohol use.
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### **Objective Data**

#### **Physical Examination:**

- **General:** Well-appearing, no acute distress.
- **Vital Signs:** BP: 120/80 mmHg | HR: 72 bpm | RR: 16/min | Temp: 98.6°F.
- **Inspection:**
  - No visible **deformities, swelling, or erythema** of the neck.
  - **Forward head posture** with slight **rounded shoulders** noted.
- **Palpation:**