

# What to Do When Common Neck and Back Pain Remedies Are Not Working

When neck or back pain persists despite plasters, gels, supplements, or manual therapies, reassessment may be needed. Diagnosis-led care using medical assessment, physiotherapy, imaging, and non-invasive options helps clarify causes and guide next st



**New York City, New York Jan 28, 2026 (Issuewire.com)** - Neck and back pain are among the most common musculoskeletal (MSK) complaints in Singapore, affecting office workers, manual workers, active individuals, and older adults alike. Many people begin with simple remedies such as plasters, gels, supplements, stretching exercises, massage, or traditional and complementary approaches. While these may help in mild or short-term cases, a growing number of patients experience persistent or recurring pain despite trying multiple treatments.

Neck and back pain can arise from a wide range of causes, including disc degeneration, disc bulges or herniation, facet joint irritation, muscle or ligament strain, nerve compression, postural overload, degenerative spinal changes, or referred pain. When symptoms persist, recur frequently, or interfere with daily activities, reassessment becomes increasingly important.

## When Initial Approaches Do Not Provide Relief

Patients commonly seek further guidance when neck or back pain continues despite:

- Topical plasters or pain-relief gels
- Supplements or nutraceuticals
- Home exercise or stretching programmes

- Massage or manual therapy
- Traditional Chinese Medicine (TCM)
- Chiropractic or osteopathic care
- Natural or holistic approaches

Ongoing pain may indicate that the underlying cause has not been clearly identified, or that multiple contributing factors are involved.

#### Frequently Asked Questions

##### **What should I do if neck or back pain does not improve with plasters, gels, or supplements?**

If symptoms persist, medical assessment can help clarify whether the pain is related to disc changes, joint degeneration, nerve irritation, posture-related strain, or soft-tissue injury.

##### **What if physiotherapy, TCM, or manual therapy only provides short-term relief?**

Temporary improvement may suggest that reassessment is needed to review the diagnosis and guide more targeted next steps.

##### **When should imaging such as MRI be considered for neck or back pain?**

When clinical examination and initial care do not sufficiently explain ongoing symptoms, MRI with formal radiologist reporting may help clarify structural contributors, when clinically indicated.

#### Integrated Neck and Back Pain Management Options

Modern neck and back pain management often involves a **combination of approaches**, selected based on diagnosis, severity, and response to prior care. These may include:

- **Physiotherapy** to address posture, movement patterns, strength, and spinal stability
- **Injection-based options**, when clinically appropriate, such as steroid injections for selected inflammatory or nerve-related conditions
- **Shockwave therapy** for certain soft-tissue or myofascial contributors
- **Supportive measures**, such as bracing or activity modification when indicated
- **Nutritional correction** to support musculoskeletal health
- **Weight management** to reduce spinal load

These options are considered within a structured, diagnosis-led care pathway rather than as isolated treatments.

A Practice Supporting [First and Second Opinions for Neck and Back Pain](#)

**[The Pain Relief Clinic](#)** is a **Ministry of Health-licensed medical clinic in Singapore** that has been providing MSK consultations and care since **2007**.

For individuals with neck or back pain, the clinic supports both **first assessments** and **second opinions** through an integrated care model that includes:

- Doctor-led neck and spine assessment
- In-house AHPC-licensed physiotherapists
- Prompt access to diagnostic imaging, with the clinic aiming to arrange **spine MRI scans within one working day** when clinically indicated
- MRI pricing typically in the **S\$950–S\$1,000** range
- **Up to S\$600 MediSave** may be used for eligible outpatient MRI scans
- Applicable insurance plans (e.g. personal accident or travel insurance) may help offset costs, subject to policy terms
- Structured reassessment when progress does not meet expectations

The clinic also provides an **MSK clarity consultation** for individuals seeking a clearer understanding of their neck or back condition after trying multiple treatments.

### Looking Ahead

As patients become more informed and less willing to live with ongoing neck or back pain without clear answers, care models that prioritise clarity, reassessment, and proportionate escalation are becoming increasingly relevant. Knowing **when to reassess rather than repeat** is central to modern spine pain management in Singapore.

### Media Contact

The Pain Relief Clinic

\*\*\*\*\*@painrelief.sg

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