

'He Is Pain in Neck' Can Be Real, S. F. Physician Says

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KANSAS CITY, Aug. 10.—(INS)—Dr. S. Charles Freed of San Francisco claimed today there is a physical basis for the saying, "He is a pain in the neck."

Doctor Freed wrote in the official publication of the American Academy of General Practice that anger, anxiety, apprehension and fear cause a contraction of the voluntary muscles of the body, and especially of the head and neck. This results in a headache.

He explained that "persons, like animals, have a 'flight or fight' reaction when alarmed.

"Animals tense their muscles at the moment of decid-

ing whether to fight or flee," he said. "Humans ordinarily do not have that freedom to fight or run, although they undergo the same basic muscular contractions."

Doctor Freed believes, despite claims that persons who develop tension headaches have a specific type of personality, that "practically any one who is subjected to sufficient emotional strain will develop similar head or neck pains."

The doctor said recent experiments showed a combination of aspirin and a sedative proved successful in 64 per cent of a group of severe tension headache cases studied. Other types

of treatment include psychological, involving a discussion of the patient's problems and use of mild hypnosis, and physical therapy — massage, diathermy and heat to reduce the rigidity of the muscles.