

## Safe and Natural



Chiropractic is a team approach to better health. As you enjoy results, tell those you love. Explain how millions enjoy relief and better health by restoring the integrity of their spines and nervous systems with safe and natural chiropractic care.



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# neck pain



WHAT PATIENTS WANT TO KNOW ABOUT NECK PAIN

Improper telephone use is but one of many causes of neck pain. A thorough examination can reveal its likely cause(s) and suggest the best approach for optimum results.



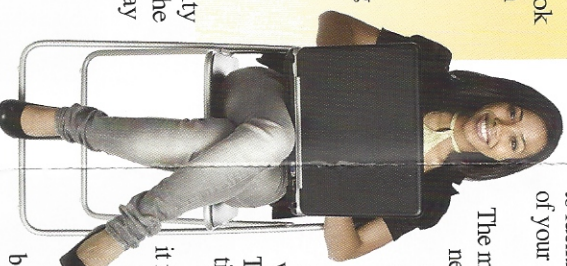
Your neck is the most vulnerable part of your spine. Not only does it support your 10- to 12-pound head, maintain a gentle forward curve, and permits head rotation, but it must also allow the free flow of nerve impulses to the head, face, hands and the rest of your body. Besides discomfort and annoyance, chronic neck pain is a sign that something is wrong.

# What Causes Neck Pain?

# Chiropractic Care Improves Function and Structure

Many everyday things can cause neck pain, such as watching TV, using your computer, reading a book or falling asleep in a chair or on an airplane. The temporary pain that results can resolve on its own, especially when the offending activity is discontinued. When it doesn't, a more serious underlying problem may be indicated.

A thorough examination can determine if you're a good candidate for chiropractic care. These tests may involve your ability to turn and bend. Muscle tone of the supporting muscles in the neck may be tested. Diagnostic imaging to reveal the underlying structure of the spine may be requested.



These and other tests are designed to identify the cause and location of your neck pain.

The most common cause of neck pain is functional distortions in the spine resulting from vertebral subluxations. These subluxations are seen in cases of reverse cervical curve, whiplash and joint instability. The body responds by tightening muscles in the neck, "splinting" the joint to protect it from further insult. Chiropractic care can help. Most of the pain-sensing nerves in the neck are located in the pairs of facet joints on the back side of each vertebra.

## How long will I need chiropractic care?

Some patients see quick improvement and then immediately discontinue their care. They often suffer a relapse since muscles and soft tissue have not had time to fully heal. Others discover that degenerative changes to their spines make periodic checkups a worthwhile investment. We'll make recommendations, but how long you benefit from chiropractic care is up to you.



## Why did the chiropractor take pictures of my lower back?

Many patients are surprised when their chiropractic examination involves other areas of their body besides the local site of their symptom(s). Some neck pain cases can be a compensation to problems in the feet, knees, hips and lower back. Your chiropractor sees you as a whole person, not just a collection of "parts."



These smooth, interlocking surfaces allow you to rotate your head and bend your head up and down. If these joints become locked or fixated, neck pain can result. Chiropractic care can help restore proper joint motion.

A more difficult problem to correct is the degenerative changes that result from neglect. Years of uncorrected spinal problems can cause bone spurs, disc thinning and other forms of spinal decay. These types of problems respond more slowly, and some type of on-going supportive chiropractic care may be necessary.

Our response to stress is another common cause of neck pain. Deadlines. Rush-hour traffic. Over commitments. Work pressures. Family obligations...

## Will I have to have neck adjustments?

If your problem is the result of abnormal motion or position of spinal bones in the neck, cervical adjustments can be effective. There are many ways to adjust the neck, and your chiropractor has become an experienced master. Years of practice make these spinal adjustments safe and effective. Much safer than common aspirin or muscle relaxers!



Your cervical spine (neck) consists of seven small interlocking bones. Neck pain can be associated with a loss of forward curve

Ever meet someone who was a "pain in the neck"? Each of us is susceptible to our body's unconscious response to people and circumstances. These perceptions can show up as episodes of neck pain. If the weakest link in our bodies is our neck, stress shows up there. While chiropractic care cannot reduce the stress of your busy life, it *can* help improve your ability to handle and tolerate it.

Without drugs or surgery!

