

# What Causes Neck Pain and Can Chiropractic Help?

The neck is the most vulnerable part of the spine. It supports your head (which weighs about what a bowling ball weighs), has a forward curve (giving it strength and stability), allows for movement of the head, and free flow of nerve energy to the face, hands, head, as well as the entire body.

Everyday activities can cause repetitive motion injuries. These can occur anywhere: doing yard work at your home, cleaning the car, playing sports, lifting children, carrying groceries, slips/falls, running and exercise.

A consultation and thorough examination can help determine if chiropractic can help you. X-rays may also be indicated to view the underlying structure of your spine. At that point, your chiropractor will be able to tell you what's wrong and if they can help you.

The most common cause of neck pain is misalignments of the spine, or vertebral subluxations. These subluxations are seen in cases of reverse cervical curve, joint instability, and whiplash. The body responds to these imbalances by contracting the muscles around the area to protect you. Eventually these misalignments cause enough abnormal stress to the joint that the body starts to wear down and joints begin to degenerate. The most common symptom in the beginning, is NO symptom at all. Don't neglect your spine, waiting for symptoms to show up. Chiropractic care can help!

Gentle chiropractic adjustments to the neck area can help reduce or even eliminate neck pain..... no drug necessary!

A study published in the journal, Chiropractic and Osteopathy, on July 9, 2010 looked at 3 types of chiropractic adjustments and how patients responded to care. At the same time, the study looked at the safety of these procedures by checking to see if there were any adverse reactions among the study's participants.

All participants showed significant improvement over a 12 month period and no serious adverse reactions or events were recorded. It appears that all three methods of treating mechanical neck pain had a long-term benefit for subacute neck pain, without moderate or serious adverse events associated with any of the treatment methods

The same journal also reviewed a large study done in Canada, where they reviewed 109,020,875 person-years of cases over a period of 9 years. The results of this study showed that the odds of a vascular adverse event occurring within 24 hours of visits to a primary care physician was virtually the same as the chances of it occurring with 24 hours of a visit to a chiropractor.

Please consider an approach that finds the cause of the problem and enjoy optimal health with safe and natural chiropractic care.