

Chiropractic Care for Neck Pain



Though chiropractic care won't relieve the figurative pain in the neck such as your boss or a cranky customer, it can help relieve literal neck pain!

The neck is an intricate work of bone, muscles, ligaments, nerves, veins and arteries that has a big job. For starters, it has to support your head, which can weigh 8 pounds or more. It is also responsible for a high degree of movement and has more flexion than any other part of your spine. Your neck *should* have backward motion of 90°, forward motion of 90°, side-to-side motion of 180°, and a tilt to either shoulder of nearly 120°.



The neck contains nerves that are necessary for communication between the brain and your shoulders, chest and arms. Blood flow to the brain and heart is carried out through arteries and veins in your neck. As you can see, the health of your neck is very important to make sure that these functions are not hindered by neck problems or injuries.

The causes of neck pain are vast. Neck pain can be a chronic condition caused by improper posture, occupation, chronic stress and aging conditions such as degenerative disc disease, osteoarthritis and spinal stenosis.

When you've experienced an injury to the neck whether it was from sleeping in an awkward position or being struck by an automobile causing whiplash, you may experience local pain or pain that radiates down one or both arms. You might experience dizziness or a headache. Neck pain varies a great deal from one patient to another.

The pain is often related to a misalignment that is causing the compression of a nerve or it can be a muscle or ligament strain that is inflamed. The pain can also be caused by the degeneration of the cartilage and fusing of bone that lessens mobility and causes further degeneration by rubbing bone on bone.

Chiropractic care can treat neck pain by **restoring alignment through manipulation, improving mobility and relieving the inflammation.** Many people have a very positive response to chiropractic care for neck pain and can avoid invasive surgical treatments or potentially harmful pharmaceutical treatment.