

# Neck Pain Information

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## Health Alert:

### Common Causes of Neck Pain

Many people experience an episode of neck pain at least once in their lifetime. Check out this list of the most common causes of neck pain to determine if you are at risk:

- Degenerative changes can alter the biomechanics of the neck putting you more at risk for neck discomfort. Your risk increases dramatically if you have ever had an injury to the neck or participated in a contact sport.
- Improper posture allows the head to jut forward causing extra stress on the cervical spine. Over time the neck muscles become weak and more susceptible to injury. To practice better posture, imagine a string is pulling you straight up from the top of your head. This will relax your shoulders down and reduce the head from shifting forward.
- Poor sleeping positions, such as sleeping on your stomach with your head turned, will tighten the neck muscles. Sleeping on your back with a pillow that supports the natural curvature of the spine is the best position to avoid neck pain.
- Whiplash injuries cause structural damage to the soft tissue surrounding the spine. Even minor auto accidents or old injuries can cause severe pain years later. The best way to avoid future neck pain after an auto accident is to have a proper evaluation by a chiropractor.

## Chiropractic:

### Neck Pain Eliminated with Adjustments

Chiropractors are specially trained to align the spine to improve range of motion, reduce muscle tension, and eliminate irritation on the nervous system. Neck pain is a very common complaint that is seen in chiropractic offices. This is because it is one of the most effective treatments available today.

A study in the May 2006 Journal of Manipulative and Physiological Therapeutics showed that chiropractic care for acute neck pain had an overall patient satisfaction rate of 94%. Most participants of the study indicated that they noticed less pain and disability after treatment.

If you have ever experienced neck pain before or have any risk factors, please talk to a chiropractor to learn how you can improve your health and avoid future episodes of pain.

## **One Decision Can Change Your Life.**

*Our approach to medicine, healing, and wellness is a little different at Desired Health Chiropractic. We do not care for people's problems; instead we care for the person. We know you are looking for an answer to your health concerns. We know you may be frustrated, confused, and angry at your current state of health.*

*Regardless of where you have been, we can offer you a new beginning that can and will change your life. Consider Desired Health Chiropractic as your haven for healing.*

**Know someone you care about with pain?  
Share this newsletter when you are done  
and you may help change their life!**

## **Exercise:**

### Strengthen Neck Muscles to Avoid Pain

You know the importance of getting regular chiropractic adjustments to correctly align the spine and ensure proper motion. Now you must strengthen the neck muscles you use most often. Here is a great exercise that only takes two minutes a day!

- Lie on your back on a supportive surface without a pillow. Tuck your chin in towards your spine much like making a "double chin."
- Keeping your chin tucked, lift your head 1 inch off the surface and hold in place for 10-30 seconds. Don't hold your breath.
- Once your neck starts shaking, slowly lower your head and relax for 10-30 seconds.

Repeat this process five times every day for strong neck muscles that will improve your posture and prevent neck pain.

## **Mental Attitude:**

***The greatest wealth is health. ~Virgil***