

# Neck Pain Is A Common Health Complaint. Learning how to Improve it takes only 30 seconds



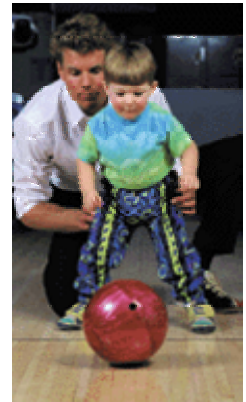
**Your Neck Supports 10-13 Pounds** Is it hard to look over your shoulder? Is there a constant pulling or throbbing pain in your neck? Do you notice a "grinding" sound as you turn your head? Contact a Doctor of Chiropractic for a thorough history and examination.

A popular response to neck pain is taking drugs to cover up the problem (aspirin, analgesics, pain pills) or treating its symptoms (muscle relaxers, massage, hot packs). But neck pain isn't caused by a lack of aspirin or drugs!

**Treat the Symptoms or the Cause?** The chiropractic approach to neck pain is to locate the underlying cause. This begins with a complete case history and thorough examination. Special attention is given to the structure and function of the spine, and its affect

on the nervous system. Is the proper spinal curve present? Are the nerve openings between each pair of spinal bones free and clear? Is the head balanced? Are the shoulders level? These and other considerations are used to create a plan of specific chiropractic adjustments to help improve the motion and position of spinal vertebrae.

With improved structure and function, neck pain often diminishes or totally disappears - without addictive drugs or harmful side effects! One study, published in the Journal of Manipulative and Physiological Therapeutics, found that patients who received chiropractic care reported significant improvement in their neck function and a reduction in their neck pain, whereas those taking painkillers did not.



Your neck has to balance and support the equivalent of a 10-13lb. bowling ball!



Textbook Normal



Loss of Curve

Many patients with neck pain have lost the normal forward curve in their neck. This can affect the brain stem and spinal cord.

While a massage feels good, it doesn't address the underlying structural problems often associated with neck pain.



To find out more about how Chiropractic can work for you, we've produced a guide available right now that addresses many concerns people have. It's titled: **"What Patients Want To Know About Their First Visit"**: A Step-by-Step Guide about what to expect on your very first visit. It will reveal how Chiropractic works and why it is your best choice. Call today and ask for your copy or better yet, go ahead and make your first appointment.

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