

Common Causes of Neck Pain and the Chiropractic Approach



Your neck, also called the cervical spine, begins at the base of the skull and contains seven small vertebrae. Incredibly, the cervical spine supports the full weight of your head, which is on average about 12 pounds. While the cervical spine can move your head in nearly every direction, this flexibility makes the neck very susceptible to pain and injury.

Common Causes of Neck Pain:

Injury and Accidents

A sudden forced movement of the head or neck in any direction and the resulting “rebound” in the opposite direction is known as whiplash. The sudden “whipping” motion injures the surrounding and supporting tissues of the neck and head. Muscles react by tightening and contracting, creating muscle fatigue, which can result in pain and stiffness.

Growing Older

Degenerative disorders such as osteoarthritis, spinal stenosis, and degenerative disc disease directly affect the spine:

- Osteoarthritis, a common joint disorder, causes progressive deterioration of cartilage. The body reacts by forming bone spurs that affect joint motion.
- Spinal stenosis causes the small nerve passageways in the vertebrae to narrow, compressing and trapping nerve roots. Stenosis may cause neck, shoulder, and arm pain, as well as numbness, when these nerves are unable to function normally.

- Degenerative disc disease can cause reduction in the elasticity and height of intervertebral discs. Over time, a disc may bulge or herniate, causing tingling, numbness, and pain that runs into the arm.

Daily Life

Poor posture, obesity, and weak abdominal muscles often disrupt spinal balance, causing the neck to bend forward to compensate. Stress and emotional tension can cause muscles to tighten and contract, resulting in pain and stiffness.

The Chiropractic Approach to Neck Pain

During your visit, chiropractic exams are performed to locate the source of your pain and Dr. Adam Nachmias will ask you questions about your current symptoms and remedies you may have already tried.

Physical and neurological exams will also be executed. In the physical exam, Dr. Adam observes your posture, range of motion, physical condition, and is observing movement that causes pain. Furthermore, your spine has to be examined to note its curvature and alignment, and also to look for muscle spasm.

During the neurological exam, Dr. Adam will test your reflexes, muscle strength, other nerve changes, and pain spread. In some instances, tests like x-rays and MRI's need to be ordered, to help diagnose your condition.

To treat the source of pain, a neck adjustment (also known as a cervical manipulation) might be needed. Neck adjustment is a precise procedure applied to the joints of the neck, usually by hand. A neck adjustment works to improve the mobility of the spine and to restore range of motion; it can also increase movement of the adjoining muscles. Patients typically notice an improved ability to turn and tilt the head, and a reduction of pain, soreness, and stiffness.

Stop suffering from constant headaches, neck stiffness and pain. Dr. Adam at Nachmias Chiropractic will be happy to lend you a helping hand. You will feel much better from one treatment only.

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Welcome to start feeling pain free and flexible with the help of Nachmias Chiropractic!