

## Is it Bad to "Crack" Your Neck or Back a Lot?



This question is often asked of chiropractors because people associate the cracking or popping of one's neck with a chiropractic adjustment. The two are not the same thing. If a person has a desire to pop his neck or back it's usually because a part of his spine is fixated or jammed causing another part to move too much and pop a lot, sometimes by itself. It's the jammed or fixated part that must be properly adjusted by a chiropractor so that the rest of the spinal column will stop being so movable and noisy.

When you crack or pop your neck you're relieving tension for a little while, but not giving yourself an adjustment. After a while the urge to pop and crack reappears because the cause of the spinal tension, the fixated or jammed vertebra hasn't been corrected.

Old wives' tales say popping and cracking your joints causes arthritis or makes your knuckles get bigger. There isn't any research supporting that, but if tension keeps building up in the joints because of spinal imbalance it may not be popping or cracking that's so bad for you, but the spinal stress and imbalance causing it.

### **Do Chiropractors Have Medical Degrees?**

No, chiropractors have chiropractic degrees from chiropractic colleges. The education is similar to that of a medical doctor in some aspects and different in others. The letter D.C. after a chiropractor's name stand for doctor of chiropractic.

### **Can You Tell If You Have a Subluxation on Your Own?**

Generally, no. A subluxation or spinal nerve pressure can be likened to dental cavity: you may have one developing for a long time with no noticeable symptoms. That's why periodic spinal examinations by a chiropractor are so often recommended.

However, after a period of time under chiropractic care some people become much more spinal conscious and can actually be able to tell when they've lost their adjustment. Oftentimes the effects of spinal nerve stress are gradual and slowly eat away your well-being in tiny increments, little noticed until they've accumulated for a while.

It's been said that although it may be possible to know when you have spinal nerve stress, it's rarely possible to be sure you don't have any. For that reason, an occasional check-up by a chiropractor is advised.

### **Is a Spinal Adjustment Dangerous?**

Chiropractic is among the safest of healing arts. Nearly a century of medical attacks accusing chiropractic of all kinds of horrible things have proven baseless. As proof one merely has to compare malpractice rates between chiropractors and other health care professionals. Chiropractor's malpractice premiums are a small fraction of those for medical doctors, especially orthopedists and surgeons.

With all the iatrogenic (medical doctors cause) disease running rampant, people dying from unnecessary surgery and medical malpractice, the medical profession would do better to clean up its own house instead of picking on chiropractors.

***Worry no more and visit Dr. Adam Nachmias at Nachmias Chiropractic to release your spinal stress by the best chiropractor in NYC and Brooklyn.***

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