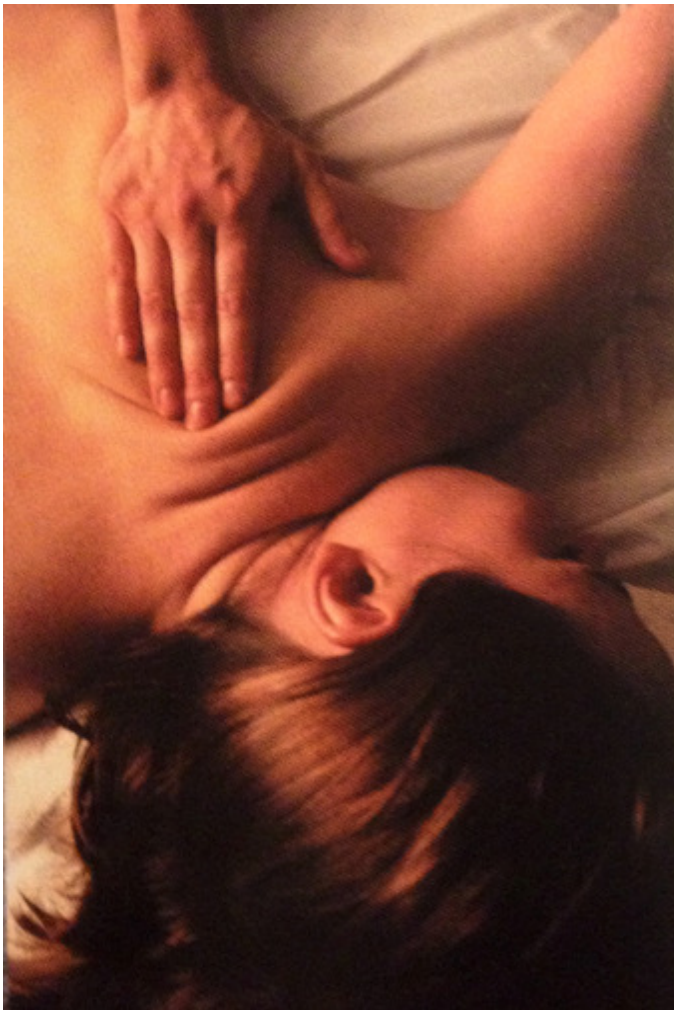


Neck Pain and the Chiropractic Lifestyle

Reducing symptoms – correcting the cause

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!



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

The chiropractic approach to neck pain is to locate its 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!

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

Textbook Normal



Loss of Curve



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 pain-killers did not.

You don't have to suffer from neck pain any longer! Book an appointment with Dr. Adam and start feeling better right away.

Call any of the offices at:

Manhattan: 212-924-1700 or

Brooklyn: 718-832-7300

Welcome to Nachmias Chiropractic!