

[IMAGE]

Neck Pain: Think Chiropractic

By Editorial Staff

Neck pain is no laughing matter; depending on the severity, it can ruin your day, week or even longer. But before you turn to the medicine cabinet for your favorite pain reliever, why not consider a more permanent option that doesn't just take away the symptoms of the problem, but actually addresses the root cause of the pain? That's where chiropractic can make a difference.

Common causes of neck pain that can be addressed by your doctor of chiropractic are the result of the aging process (spinal degeneration, osteoarthritis) and daily life, including stress and poor posture. Other potential causes include faulty sleep position and improper movements – and these days, craning our necks to peer into our smartphone screens and other portable devices isn't helping, either.

chiropractic adjustment - Copyright â Stock Photo / Register Mark So, how can chiropractic help? A number of research studies support chiropractic care for neck pain. Here are a few examples from the literature:

- A 2003 study deemed manual therapy (spinal mobilization) more effective than physical therapy and medical care (including medication) in helping patients with neck pain lasting at least two weeks.
- A 2007 review determined "high-quality" evidence supports chiropractic spinal manipulation for chronic neck pain, with patients reporting significant reductions in pain.
- A 2012 study found chiropractic care reduced neck pain to a greater degree than pain medications such as aspirin or ibuprofen. (Even simple exercises performed at home proved more effective than drugs.)

Ready to tackle your neck pain head-on, rather than ignoring it or taking pain meds to temporarily mask the pain? Don't wait any longer. Make an appointment today with your doctor of chiropractic and begin the road to recovery.

Page printed from:

http://www.toyourhealth.com/mpacms/tyh/article.php?id=2360&no_paginate=true&no_b=true