

# Neck Pain



Imagine balancing a 12 lb. Bowling ball on the tips of your fingers.... ALL DAY LONG

That's just one of the many things your neck must do. Your neck and shoulders work hard. Even the smallest deviation in the relationships of the seven bones of your cervical spine can cause pain and reduced head and neck mobility.

Generally, we see two types of neck pain cases. Minor neck and shoulder pain involve sensations of discomfort, stiffness or soreness. If these symptoms last more than a day or so, occur frequently or were preceded by an accident or some type of injury, we consider it major.

Physical, emotional or chemical stress can affect the frequency and severity of neck pain. For many of us, the neck and shoulders are the "weakest link in the chain" and so stress shows up here.

Often, emotional stress is the overlooked culprit. Ever hear of something being a "pain in the neck"? Fear, anger or frustration can trigger the tightening of our neck muscles without us even being conscious. In time, chronic muscle spasms set in. Which can lead to headaches.

Some over-the-counter pain reliever might dull the pain, but it ignores the underlying cause!

**Don't continue to suffer....Try Chiropractic.**