

# How Neck Pain Starts

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**Situation:** Neck pain is a common problem that can start at an early age.

Environment, diet, genetics, and injury are a few factors that result in neck pain. Neck pain can last days, weeks, or years depending on the damage caused.

**Causes:** Neck pain originates most often with misalignments in the neck called *chiropractic subluxations*. Subluxations are small misalignments in the vertebrae of the neck, producing neurological interference to the muscles of the neck. Subluxations can be an accumulated effect from the daily activities of life. Something as innocent as sleeping in an awkward position may bring on pain or discomfort from subluxations. Other diagnoses such as herniated discs, arthritis, and ligament damage from acute trauma can also cause nerves to become irritated, resulting in pain in the shoulders, arms and hands.

**Symptoms:** Symptoms from chiropractic subluxations produce stiffness, achiness, headaches, and may result in a decrease in range of motion in the neck. If subluxations go untreated this can hasten other diagnoses such as degenerative disc disease. Other serious symptoms such as shoulder pain, arm pain, tingling in hands, and arm weakness may be from progression of subluxations affecting other structures of the spine.

**Treatment:** Early detection of chiropractic subluxations in the neck is crucial. Chiropractic care, massage therapy, acupuncture and physical therapy can all be utilized once the correct diagnosis is made. The chiropractor may take x-rays to make a correct diagnosis.