

TAKE
FOR YOUR
FRIENDS AND FAMILY

Neck Pain

AND THE CHIROPRACTIC LIFESTYLE



Neck pain is a common health complaint.

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REAT THE SYMPTOMS OR THE CAUSE?



While a massage feels good, most causes of neck pain involve more than just muscles.

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.

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).

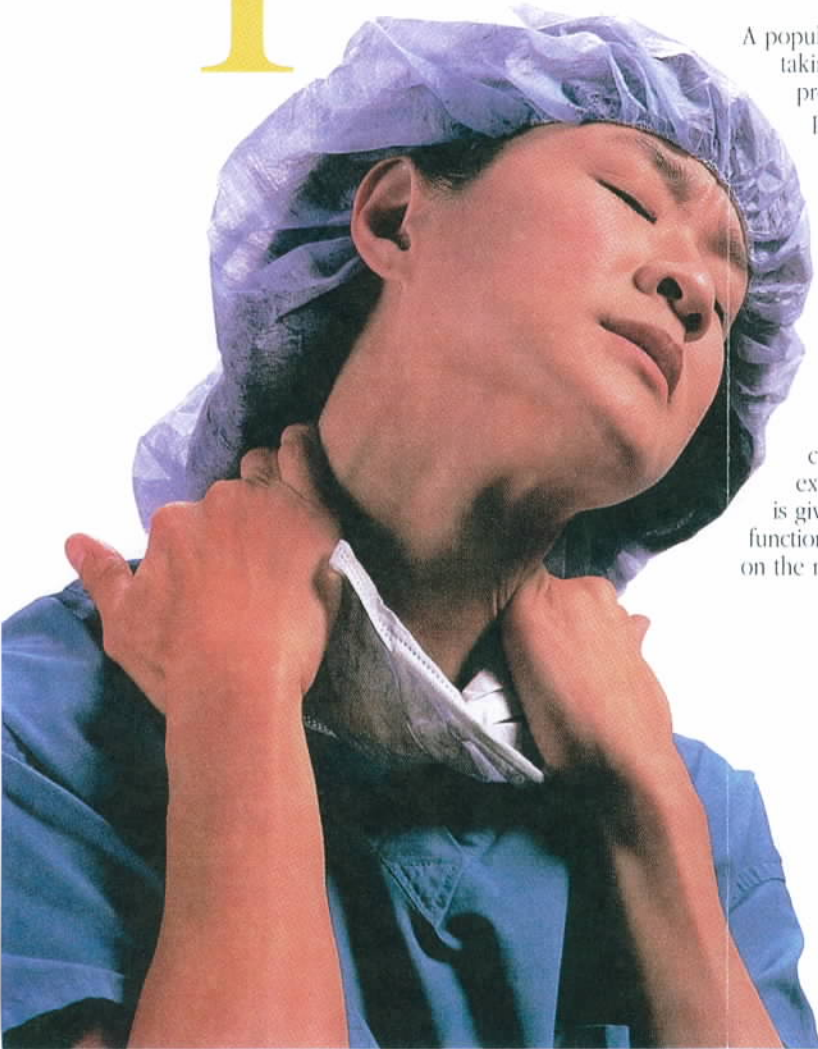
But neck pain isn't caused by a lack of aspirin or drugs!

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.

With improved structure and function, neck pain often diminishes or totally disappears—without addictive drugs or harmful side effects!



Your chiropractic doctor is an expert at using specific chiropractic adjustments to help restore spinal function.



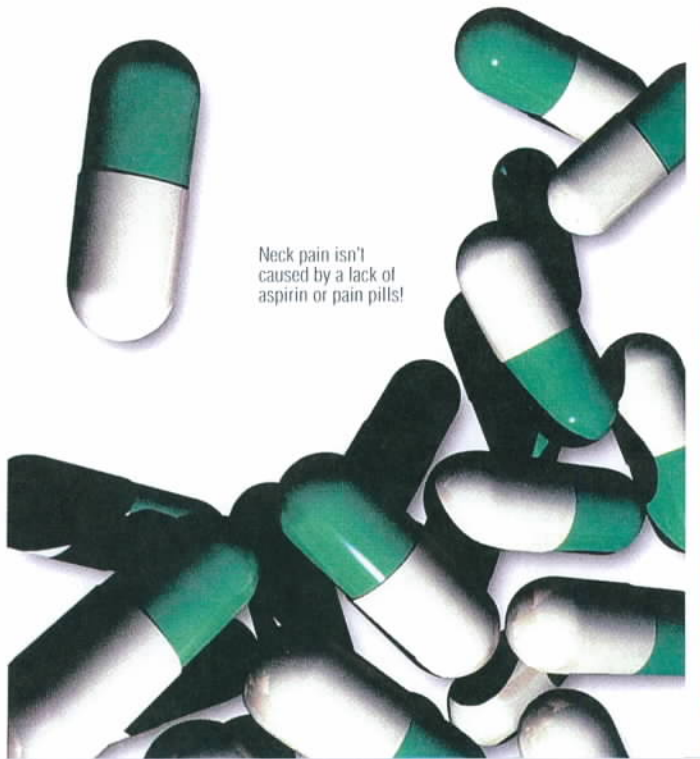
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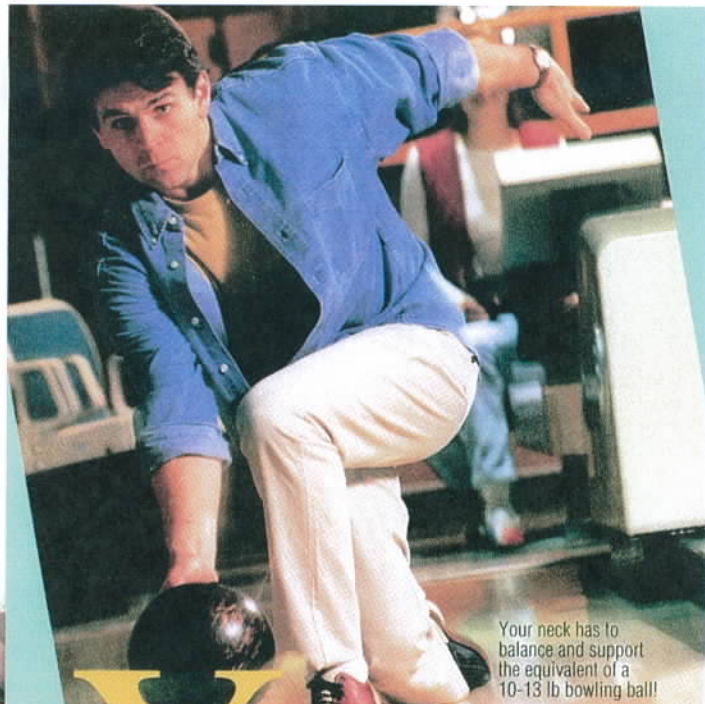
LOSS OF CURVE



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



Neck pain isn't caused by a lack of aspirin or pain pills!



Your neck has to balance and support the equivalent of a 10-13 lb bowling ball!

Y OUR NECK SUPPORTS 10-13 POUNDS!

Is it hard to look over your shoulder? Is there a constant throbbing in your neck? Do you notice a “grinding” sound as you turn your head? Sounds like you need a thorough chiropractic examination.