

Neck Pain & Upper Cervical Chiropractic

Neck pain may involve **tightness and spasms in the muscles of the neck** resulting in a decreased range of motion. Pain may grow worse when you hold your head in one position for long periods of time – for example, when you have to spend long hours looking at a computer monitor. Neck pain can also lead to tension headaches.

What Causes Neck Pain?

If you sleep in an uncomfortable position, you may wake up with a stiff neck. If you spend long hours driving in a vehicle or working at a desk, poor posture may become an underlying problem. People who frequently use mobile technology may suffer from what has been termed “text neck” or “tech neck.” **Nerve compression can result in radiating pain** that enters the shoulders and may even extend down the arms. Stress is another major factor as it can provide the basis for tension in the neck.

Tips for Preventing Neck Pain

If you often wake up with a stiff neck, you may need to get a new pillow or change the position you sleep in. If you spend long hours driving or sitting at a desk for work, take regular breaks to get up and stretch a little. Quit smoking. **Practice good stress management techniques.** This will help reduce the amount of stress that ends up trapped in your neck and shoulders.

Can an Upper Cervical Correction Help?

The most common misconception about Upper Cervical care is that it only helps back and neck pain.

Upper Cervical care is based on the universal law of cause and effect. For every effect or symptom, physical or mental, there must be a cause.

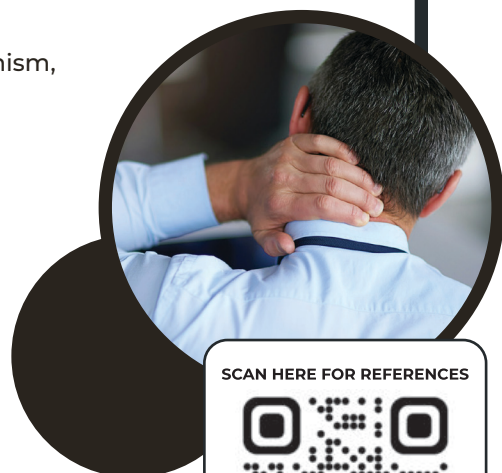
Upper Cervical doctors recognize that the body is a self-healing organism, controlled and coordinated by the central nervous system, which is protected by the skull and spine.

Using a gentle technique, Upper Cervical doctors locate and remove interference to the nervous system, allowing the body to heal itself naturally without drugs or surgery.

Align Your Spine!

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

Misalignments of the upper cervical spine (neck) can cause chronic neck pain. **When the top two bones are in alignment, communication between the brain and body is restored,** and the body has a greater chance to heal itself naturally and keep the pain away.



SCAN HERE FOR REFERENCES



If you currently suffer from neck pain and would like to seek advice from an Upper Cervical Chiropractor, please schedule an appointment today!
onetemplewellness.com