

What a pain in the neck

Neck pain ... it's a problem.

About 15% of the population is experiencing it right now, and about a quarter of the world will experience it at some time this year.

While about one-third of people will recover from an "episode" of neck pain within 1 year, most people will continue to experience it over the course of a lifetime.

Pain receptors are widespread over the skin, bone, arteries, and joints and can be stimulated by mechanical forces, heat, or chemical stimuli such as inflammation. Depending on the type of stimulus, pain can be described as sharp, pricking, acute, electrical, burning, aching, throbbing, or chronic.

When these receptors are triggered, messages travel from the nerves, up the spinal cord, and to the brain, where pain is perceived.

Your chiropractor is trained in analyzing these specific nerves and assessing for tension, damage, and interference that can relate to this pain. By providing specific scientific adjustments, your chiropractor can help address the cause of various aches, pains, and dysfunctions, rather than continuing to simply treat the symptoms!



Two thirds of people with neck pain will continue to experience it throughout their life if the cause is not corrected!

Herman, C., DC, & Rallings, A., DC. (2017). Resolution of cervicgia following blair upper cervical technique: a case study & review of the literature. J. Upper Cervical Chiropractic Research, 2017(4), 58-64.



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