

Neck Pain – Answers To Your Commonly Asked Questions

Where is your head in comparison to your shoulders? Look in the mirror or ask someone close by. Is your head centered over your shoulders? It should be. If not, you probably either have neck pain now or will have neck pain in the future. Did you know that your head is as heavy as a bowling ball? If you have to carry a bowling ball over your shoulders all day, you need to maximize your biomechanical structure and support – **fancy phrase for you better carry your head centered over your shoulders or you're going to have problems.**

How can you make sure your neck can support your head? Don't mess with your body's natural inborn ability to support that bowling ball weight on top. Here are a few suggestions. Don't bang your head – intentionally or accidentally. Hang on to your inborn natural neck curvature. One of the first things that make people prone to neck problems is the loss of this proper neck curve. Look at a normal three year old. How does the child hold his or her neck? Is he or she having trouble keeping a good posture? Most likely not – unless he's very tired. **Mimic a normal three year old's neck posture.**

Do not ignore neck pain. When you experience neck pain, timing is of the essence. You need to get it checked and get rid of it right away. Some of you have too much damage in your neck that getting rid of the neck pain is too much to ask for. Unfortunately for some, their neck pain has become a permanent condition that needs to be managed. They are in damage control mode. **And this is the worst position to be in for any condition.** Damage control means loss of control.

How do you know when you're in damage control mode? Look at your x-rays for bone spurs, loss of disc height, loss of curvature, etc. How long have you had your neck pain? The longer you've had it, the worse your prognosis. Here's a sad trend – more and more children are developing neck pain earlier in life. **Have you seen the mega backpacks our kids carry nowadays?** Have you seen them sitting in a slouched position in the classroom? How many hours per week do they do this? Teach your children proper posture, lighten up their backpack load to 15% of their body weight or less and make sure they get adequate rest. If your child plays soccer, football, or other contact sports, they need their neck checked by a chiropractor on a regular basis. Participating in contact sports is one of the common causes of neck pain. Imagine putting your head in front of a moving soccer ball – how will your head and neck fare after doing this multiple times per week?

Did you know that when you experience neck pain that your body releases damaging chemicals around the painful area? These chemicals irritate the joints, cause swelling and inflammation and cause damage. How much damage they cause depend on how long these damaging chemicals stick around. Because they cause damage, you will usually feel pain while they're around.

Neck pain is a very serious condition. Don't take it lightly and assume the dangerous stance of “maybe it will just go away.” Most of the time, it doesn't just go away. From our experience, ignored neck pain stays around. **Some may go away temporarily but comes back with a vengeance.** Some neck related problems include dizziness, weakness of hands and neck, neck stiffness and muscle spasm, headaches, allergies, sinus problems, coughing, lung problems, heart problems, etc.

Here' a short list of professions that make you prone to neck pain: hairstylist, secretary, computer related jobs, desk jobs, cashier, dentist, dental hygienist, nurse, mother, farmer, construction worker and jobs that require heavy lifting.

There are activities and exercises you can do to help relieve your neck pain. You might be a candidate for better pillows, home traction unit, home exercises or joint supplements. These will support what we do in the office which is to find and release the pressure on the pinched nerves in the your neck and back. Without first relieving the pinched nerves in your neck, these home exercises etc. will not be effective and may even make your problem worse.

When you hold yourself in a forward posture like a turtle, you are bound to have problems. Not to mention that it doesn't look good. **Want to know a secret to getting that promotion you've always wanted?** Have a great posture. This displays confidence and your boss wants to see confidence. **Want to be more attractive?** Have a great posture. When looking for a mate, people have a natural tendency to be attracted to people with good posture. Why? Again, confidence. This is particularly important if you're a man. Women are attracted to confident men. Also, people equate good posture with good health and for the most part, this is true. So, how's your posture?

Do you know anyone with neck pain who hasn't been scanned and treated with the Pro-Adjuster yet?

From now until noon on March 21st, 2007 anyone in your family (or a close friend) will receive their initial exam, their first chiropractic treatment, and their first heated Hydromassage with a \$10 donation to Jacob's Heart. (This is a \$150 value)

Make sure they mention this offer when they come in.