

# Dr. Colin Gage \* Dr. Duane Drobot

---

Nicola Valley Chiropractic  
1949 Quilchena Ave.  
P.O. Box 909  
Merritt, BC  
V1K 1B8

Ph: (250) 378-5456  
Fax: (250) 378-8259  
Email: [info@merrittchiro.com](mailto:info@merrittchiro.com)  
Website: [www.merrittchiro.com](http://www.merrittchiro.com)

*"treating the cause of your problem, not just the symptoms"*

---

## Pain in The Neck?

Although not as common as back pain, neck pain will affect you and everyone you know at some time in your life. It may have been caused by a traumatic event (car accident), poor posture, stress, or even just sleeping incorrectly. Regardless of how it started, the pain and stiffness that comes with it can be quite debilitating.

In my chiropractic practice, neck pain is the second most common thing people receive treatment for. Their symptoms generally include: inability to fully turn their head to the left and/or right without pain, inability to bend their head backwards or forwards without pain, dull achy headaches isolated to the neck, back of the head, and/or forehead. In more serious cases, you may feel pain, numbness, or tingling in your shoulders, down your arms, and even as far as your hands.

When I examine a patient with neck pain, there are a few clinical signs that are almost always present. The first is tight or spastic muscles in the neck and shoulders. The second is when the small joints between the bones (vertebrae) of the neck lose their mobility or potential movement. These stiff joints are usually quite tender to touch when the chiropractor "palpates" or examines them. The third is when specific patterns of pain and/or numbness are present in and around the neck, head, and shoulders.

These three clinical signs are usually present when the nerves exiting the spine are being "pinched" or "irritated". These nerves not only control the contraction of the muscles of your shoulders, neck, and arms, but they also control the sensation of pain and touch in these same areas. Any "pinched or irritated" nerve will remain in a hyperactive or excited state. It is these hyperactive nerves that make your muscles go into spasm and produce pain/numbness in the areas I just described.

I have included diagrams of the patterns of pain or numbness that occur with some of the nerves in the neck. The spastic muscles can also become very sore cause patterns of pain that are slightly different than the ones shown.

The combination of spastic muscles, nerve irritation, pain/inflammation, and a decreased mobility of the joints is what chiropractors call a **SUBLUXATION**. Chiropractors are the only health care practitioner who is specifically trained to do “adjustments” of the joints in the spine to correct these subluxations. By doing this, the chiropractor is able to restore the movement of the joints. Once your sore neck is able to move again, your body’s natural healing process can begin. Only then will the pain/swelling, nerve irritation, and muscle spasm to decrease.



