

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

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

The Goods on Neck Pain

What is neck pain?

Neck pain can be so mild that it is merely annoying and distracting. Or it can be so severe that it is unbearable and incapacitating. Most instances of neck pain (and stiffness) are minor and commonly caused by something you did. That is, if you keep your head in an awkward position for too long the joints in your neck can "lock" and the neck muscles can become painfully fatigued. The price you pay for carelessness in how you position your head and neck (say, while working, watching TV, using a computer, reading a book, or talking on the phone with the receiver held against your shoulder and under your chin), is a pain in the neck. You may be one of the many unfortunates who, after a long and tiring day, has "harmlessly" fallen asleep in a chair or in bed with your head propped up, only to awake with a stiff and painful neck. Fortunately, most minor, posture-induced neck pain episodes clear up quickly with rest, some chiropractic treatment, and efforts not to repeat the offending stresses on the neck.

But neck pain that just won't go away after a day or so is a more serious matter. Neck pain that lasts for many days or keeps coming back is a signal that something isn't right. Disease, an injury (such as whiplash in an auto accident), a congenital malformation, or progressive degeneration that can come with age may be responsible for the more significant pain you experience. An expert must determine the underlying causes of such neck pain. Examination, diagnosis and treatment by a doctor of chiropractic can relieve your mind and may quickly relieve your pain.

Who suffers from neck pain?

Almost everyone experiences some sort of neck pain or stiffness at one time or another. Because you are human and walk upright, your head is "balanced" atop your spinal column. If the muscles that support your head are not kept strong and in good condition, the upper part of your spinal column is vulnerable to strains and injuries.

Older people, whose joints have been worn by much use over time, are subject to osteoarthritis. When this form of arthritis hits your back and neck, you feel it as neck pain that gets worse over time. The pain may radiate into your shoulders and arms, and you may feel numbness or tingling in hands and fingers. Arthritis can also involve symptoms including headaches, dizziness, and even a grating/grinding feeling when you

move your head. It is very important for your chiropractor to examine you to rule out osteoarthritis or identify it and see that it is properly treated.

What can chiropractic do?

Doctors of chiropractic have the training and skills to relieve your neck pain, overcome stiffness, and restore the mobility and range of motion of any “locked” neck vertebrae. They are devoted to helping you get back to your normal pursuits and start feeling like yourself again.

Perhaps their most important contribution is their ability to bring their specialized diagnostic skills, techniques, and equipment to bear in assessing what is causing your neck problems. Your chiropractor can determine if you have a relatively minor and treatable condition or a more serious underlying condition (from disease, degeneration, or trauma) that may require more intensive, extended treatment or referral to a specialist.

Once your normal feeling and function is restored, your chiropractor will be available to keep the muscles and joints of your neck and back in optimum condition to prevent recurrence of neck pain and related life-restricting symptoms.