

Chiropractic Care for Neck Pain

Chiropractic care is a nonsurgical treatment option that may help reduce your neck pain and related symptoms.

4 OUT OF 5 NECK PAIN DIAGNOSES ARE FOR PERSONS BETWEEN THE AGE 18-64.

Treatments:

Cervical intervertebral disc injuries that don't require surgery

Cervical sprain injuries

Degenerative joint syndrome of the neck (eg, facet joints)

Facet joint sprain

Whiplash

Spinal manipulation techniques:

Flexion-distraction technique is a gentle, hands-on spinal manipulation that involves a pumping action on the intervertebral disc instead of direct force.

Specific spinal manipulation helps restore joint movement using a gentle thrusting technique.

Instrument-assisted soft tissue therapy uses special instruments to diagnose and treat muscle tension.

Manual joint stretching and resistance techniques can help reduce neck pain and other symptoms.

Therapeutic massage can help relax tense muscles.



IN 2006, 13.2 MILLION PATIENT VISITS OR MORE THAN 1 PERCENT OF ALL HEALTH CARE VISITS TO HOSPITALS AND PHYSICIAN OFFICES, WERE FOR NECK PAIN.

Before deciding which approach to try for your pain, the chiropractor will do a thorough examination to diagnose the specific cause of your neck pain.



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