



## **SPINAL COLUMN**

Newsletter

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## **NECK PAIN (TREATMENT)**

**Evaluation:** On the first visit the doctor will take a health history, asking about your general health, your neck symptoms, any prior neck injury and treatment, some questions may focus on your type of work, physical activities and diet. Then a physical examination is performed, using a technique called motion palpation, (can evaluate the joints) to uncover stiffness, pain, muscle spasm and limited range of motion. Sensation, reflexes and muscle strength may also be tested.

Special tests may be needed in some cases to evaluate neck problem fully, these may include X-rays, lab. Tests, urinalysis, MRI to confirm or rule out other health problems that chiropractic is the best method of treatment for your problem.

### **The Chiropractic Treatment**

After evaluation the doctor can begin an individualized treatment program. Your chiropractic treatment may include spinal adjustment, soft tissue manipulation and related treatment such as traction, a cervical collar, ice or heat, and learning about neck hygiene and overall wellness.

#### **Spinal Adjustment.**

The doctor will perform the spinal adjustment (cervical joint manipulation) to realign the vertebrae and restore joint mobility. To relieve nerve irritation and pressure and to relieve pain during this special chiropractic treatment gentle pressure is applied with the hands or sometimes an adjusting instrument to specific joints. You may hear a popping sound during the adjustment, a natural result of opening the joints quickly. After the adjustment you may feel more relaxed.

#### **Soft Tissue Manipulation.**

Soft tissue manipulation helps reduce spasm, increase mobility, and restore alignment. The doctor may knead the trigger point in the tissue muscle to dissipate any accumulated waste product in it.

#### **Related Treatment.**

Depending on your neck problem, the chiropractor may use additional treatment techniques, Traction or a cervical collar may help relieve pressure on your joints. Cold or hot packs, painless electrical stimulation, sound waves, or acupuncture may be used to help reduce pain and inflammation and increase circulation and healing in the neck area.

#### **Good Neck Hygiene.**

Your chiropractor is concerned about you and your health, and is specially trained to teach you about neck hygiene. Good neck hygiene includes healthy posture, neck exercises and wellness through regular exercise and a balanced diet. Learning about and practicing good hygiene helps you get the full benefit of the chiropractic treatment as well as to help prevent future neck problems.