

WHAT DO YOU MEAN “DOES MY NECK HURT?”



Special thanks to Active Health Chiropractic and Nutrition

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At first glance you might think me to be just another pretty face with a long neck. At 16 feet, 2600 pounds it is hard for me to get lost in a crowd.

But honestly, the jokes about *my neck* are really getting old. No my neck doesn't hurt. Sure it is long, but it works very well. I snack from the tops of the trees. Believe me when I say I am truly a “free range” kind of guy, though there are days I would kill for a burger and fry.

Besides, I take care of my neck. I always stand tall, watch how I bend, never ever cross my legs, rarely sit, take lots of “power naps”, exercise properly and always move through the trees carefully so as not to hurt myself.

How about you?

I see you sitting scrunched at your desk, like a pretzel, rocking back and forth, with your legs crossed and your head sticking out at all kinds of weird angles trying to read that itty-bitty-tiny computer screen eight hours a day.

You never take a break. You rarely get up and stretch and when you do stretch, you don't do it correctly.

Your posture is a cry for help. Your breathing is just awful ... it is a wonder you haven't brained damaged yourself.

Of Course Your Neck Hurts.

I am a giraffe, not a doctor, but I did a bit of research and found some pretty interesting findings worth sharing:

There are many treatment options for those suffering from neck pain. There is conventional medical care where the family doctor will usually prescribe a muscle relaxant, anti-inflammatory, and/or pain killer to help patients through episodes of acute neck pain. However, many patients with neck pain cannot tolerate the adverse side effects of stomach pain common with anti-inflammatory drugs. Others don't like the groggy, drunk-like feelings associated with pain killers or the sleepiness associated with muscle relaxants. Therefore, these patients oftenturn to complementary/alternative care.

INTERESTING TO NOTE:

- In the US, 54% utilized complementary (alternative) treatment approaches compared to 37% that obtained conventional medical care.
- Neck pain was the 2nd most common reason Americans obtained chiropractic care.
- Chiropractic was found to be the most frequently reported form of treatment for upper back or neck pain (ahead of massage therapy, therapy, acupuncture).
- For both whiplash and non-traumatic neck pain, supervised exercise with or without manual therapy was favored over usual medical care or no care.

What does all this mean?

Simple!

Everyone who is suffering from neck or upper back pain should consider chiropractic care which includes manipulation, mobilization, exercise training, and activity modifying advice, as these approaches have been found to be more effective than usual medical care!

If you, a friend, or a loved one is struggling with neck or upper back pain, we will properly

assess your condition and administer the appropriate care that is required. We will coordinate care with other health care services when necessary.

This recommendation may represent one of most significant acts of kindness you can offer those that you truly care about.

Take care of yourself. Find a doctor who can see you soon and provide some immediate relief without an annual contract.

