



Chiropractic Care for Neck Pain



Overview

If you have neck pain, you know how much it can affect your daily life. Pain that starts in the upper part of your spine, called the "cervical" spine, can travel through your shoulders, arms and hands. It can cause headaches. It can make it hard for you to stay focused, and it can keep you from being active. But finding the cause of your pain can be tough, because many problems can trigger it. A chiropractor can find out why you are hurting, and can help give you relief.

Exam

Chiropractic care begins with an exam. Your chiropractor will look at the structure of your skeleton and muscles, and see how your body moves. Your chiropractor will examine your spine. X-rays can help show a spinal misalignment or another problem causing your pain or making it worse.

Care and Management

Chiropractic adjustments and exercises may make your neck feel better. Orthotic devices or other options may also help. You may benefit from a continuing care plan. Your chiropractor can create a plan that is right for your needs.

