

Bonus Supplement!

★ **“My spouse gets neck pain frequently.
Can anything be done to help him?”**

Dear Patient,

Welcome to this special **Bonus Supplement** included with our monthly newsletter. On the bonus insert I focus on little-known benefits of chiropractic. This month it's about... **how to end neck pain with the benefits of chiropractic.**

Question: How frequently do you wake up in the morning and feel stiffness or pain in your neck? How often do you engage in some activity such as golf, tennis, or rough-housing with your child, only to feel like you “strained” your neck shortly afterwards? These are all typical symptoms of neck problems caused by **misalignments of the spine.**

Let's start with the common causes of neck pain:

- (1) **Watching TV can cause neck soreness.**
- (2) **Sitting in front of a computer for hours.**
- (3) **Talking on the telephone with poor posture. Even reading a book!**
- (4) **Auto accidents from years ago that went untreated.**

Sometimes neck pain just goes away if it was due to a particular activity that isn't repeated. The problem comes when the neck pain becomes “chronic.” By chronic we mean the neck pain doesn't go away or keeps coming back more than once or twice per week. This kind of neck pain can be a more serious problem and needs your attention. Solutions to neck pain run the gamut from pain relief medications to massage or chiropractic adjustments. Stretching exercises targeting the neck can work as well which is one reason we ask patients to do home stretching exercises. What I'd like to focus on here is the incredible effectiveness of chiropractic care in reducing neck pain:

In a recent study, **76 people with chronic neck pain** received various treatments. Patients who actively received chiropractic treatment reported greater satisfaction, reduction in pain severity, and improvements in working ability at three and twelve months. Why does neck pain occur? When you move your neck your vertebrae are being pushed out of place which forces your muscles to stretch too far. This gives you neck pain! This also puts pressure on the nerves which leads to the stiffness or pain reoccurring. Until the misalignment is corrected you will most likely continue to experience this neck pain.

What to do about your neck pain! Chiropractic has been proven effective, it's all-natural, does NOT involve drugs, and costs 90% less than surgery. If you or someone you know experiences frequent neck stiffness or pain and needs my help, please let them know what chiropractic has done for you. We'll take good care of them when they come in.

Interested in learning more about how chiropractic can help ease the aches and pains of neck pain? Call (801) 569-1141 today. We're here to help!