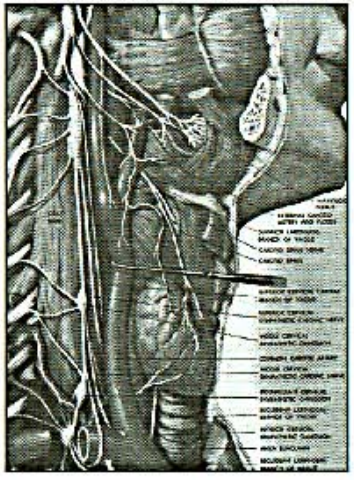
CHIROPRACTIC APPROACH TO HEAD AND NECK PAIN



In viewing the human skeletal structure, it is awesome to contemplate the body's ability to hold itself upright. We are amazed at the various weight-bearing joints in the body and the number of pounds that these joints support. We see that some skeletal bones act as support structures while others, such as the ribs or skull, protect the internal organs.

Doctors of chiropractic direct their attention to the spinal column because it is, in every sense, the "backbone" of the body. It literally anchors, directly or indirectly, every other bone in the body.

The neck is comprised of seven individual small bones collectively known as the cervical spine. Your neck gives full support to the head, which contains twenty-two bones of its own and has an average weight of fourteen pounds. It would be difficult for any of us to imagine ourselves carrying the weight of a bowling ball around with us all day long, yet this is the average load that our neck, with its intricate mixture of bones and muscles, supports constantly. The bones of the neck are arranged in a pattern and structure to fully support the head. A delicate curvature must be maintained at all times to allow a clear channel for the passage of the vital spinal cord which travels through the center of the neck bones, and the equally important nerves which exit the cord between these bones. The curve of the neck also plays a part in determining the overall shape and structure of the rest of the spine, affecting the entire skeleton and its ability to maintain balance.

In daily life, our cervical spine sustains a variety of insults. These may range from a small jarring slip on the sidewalk to a whiplash incurred by the impact of a collision. Even our posture as we sit and stand, and the way we carry our head in general will demand very specific actions of the neck muscles and bones. Often stress and tension will cause tightening of the shoulder and neck muscles. These various insults and actions may cause the bones of the neck to move slightly out of proper alignment with one another, thus affecting the normal curve.

EARLY DETECTION OF HEAD AND NECK PAIN

1. Do you have frequent headaches?
2. Do you have numbing or tingling of the arms or hands?
3. Do you have chronic tension in the shoulder area?
4. Do you have blurred vision or dizziness?
5. Do you feel unspecified pain in the region of the chest?
6. Do you have pain in between the shoulder blades?
7. Do you have sore throats frequently?
8. Are you frequently irritable or depressed?
9. Do you wake up with stiff and sore muscles?
10. Do you have jaw pain?
11. Do you have hearing problems?
12. Do you have poor posture?

If your answer to several of these questions is YES, you may be suffering from a misalignment or subluxation in the head or neck areas. All the above are symptoms of head & neck problems, but are also common to other disease conditions. A chiropractic spine and nerve test are advisable to determine where the problem lies.