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PAIN in the NECK?

by Dr. Mary Watkins

How many times do you see people rolling their head and twisting their neck to try and get relief? When this happens it is time to make an appointment at Watkins Chiropractic and let us help you. Far too often, people attribute neck pain to stress. Worse, they take medication to cover up the pain, which only masks the symptoms.

Chiropractic treatment is a far better and safer way to treat your neck. After all, it holds up your head, which houses the computer that runs your body!

I am betting there are many people who have had neck pain for years, but really can't pinpoint when it all started. Usually that is because there is often no single cause of neck pain of course unless you had an accident of some kind. Many of us with neck pain simply go on day-to-day with our activities of daily living, which doesn't have to happen.

ARE YOU HURTING? WE CAN HELP.

It is estimated that 70% of patients with neck pain who seek treatment report immediate favorable responses to chiropractic care. About ninety-five percent of patients with specific neck-related complaints such as headaches, shoulder or arm pain report immediate improvement. That doesn't mean "fixed" in one treatment, it means a lot better than when you came in.

Do you have neck pain that interferes with living? Possibly you have neck pain associated with a "pinched nerve," causing radiating pain, weakness or numbness in the arm? This is not the time to "self-diagnosis".

Doctors of Chiropractic are specially trained to examine, diagnose and treat neuromuscular conditions that often start as a pinched nerve at the spine. At Watkins Chiropractic our doctors are focused on YOU, the patient. Doctors of Chiropractic are recognized as the experts in neck pain and are best trained to make a determination on the best treatment plan for you. Dr. Watkins actually was a contributing author to a published book on neck pain. The name of the book is Neck Pain, authored by Dr. Pete Fernandez.

In the March/April issue of the Journal of Manipulative and Physiological Therapeutics (JMPT), Canadian scientists have shown that arthritis in the neck might affect balance. Think about it, if you don't have good balance you will fall down. Falls account for more than 60% of the injuries among the elderly.

If you are experiencing neck pain, don't just accept it as that is the way it goes. Wishing your neck pain would go away won't make it happen, but seeing a chiropractor chances are high it will.

Making an appointment at Watkins Chiropractic is easy. We can usually see you the very day you call us. Our initial Intake Paperwork is available on line, which will save you time when you come to the office for your first visit.

Don't live with neck pain. No one deserves to live with a "pain in the neck"!

No one should live with unnecessary pain. If you are experiencing pain, an examination is necessary to diagnose your problem and recommend treatment. There is no charge for this initial examination at Watkins Chiropractic. Simply call our office at 770-534-0656 and schedule an appointment.