

Neck Pain and Headaches

With a **lifetime prevalence of around 50%**, most people are likely to experience neck pain at some point in their life.¹ However, that doesn't mean you have to suffer. Chiropractic care has shown to be effective at managing both neck pain and headaches, both of which we regularly see in our clinic.²

While there are many different causes of neck pain, it often originates from the **joints and muscles in our neck**. This pain can arise due to altered loading of weight due to 'poor' posture or from trauma/microtrauma. Common culprits include slumping over your computer keyboard, working in physical trades that require **forward-flexed positions**, acute trauma like **whiplash**, or microtrauma from repetitive movements like **lifting and sustained awkward postures**.

How can chiropractic help?

There are a variety of techniques we can utilise to help reduce your pain. So, even if you're hesitant about having your neck adjusted, there's still plenty we can do! Some of these methods include:

- ***Joint mobilisation & manipulation***
- ***Massage, trigger point therapy & dry needling for muscular pain***
- ***Stretches & postural/ergonomic education***
- ***Strengthening exercises to help reduce future episodes of neck pain and headaches***

Don't let your neck pain hold you back. Visit us at Hilton Chiropractic and see what chiropractic can do for you.

Dr Giveney How (Chiropractic)

REFERENCES: 1. Cohen, S. P. (2015, February). Epidemiology, diagnosis, and treatment of neck pain. Mayo Clinic Proceedings (Vol. 90, No. 2, pp. 284-299). <https://doi.org/10.1016/j.mayocp.2014.09.008>

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