



# Dr. Shane Explains...

## Neck Pain

Neck pain is a common complaint. Many students, computer users and business people have neck pain because of poor posture while they work or study. But that is not the only cause of neck pain. Wear and tear, stress and injuries can damage the muscles and joints of your neck and lead to pain.

Chiropractors are specialists at treating neck problems. Neck pain is one of the most common complaints at Chiropractor's offices. In fact, a study has shown that people that see chiropractors for neck pain have better results than those people that see medical doctors.

Chiropractors treat neck pain by gently adjusting your spine to relieve the irritation on the nerves, joints and muscles. Misalignments of the joints in your neck can lead to pain by irritating the sensitive nerves that come out from your spine. Chiropractic is a natural approach that treats the cause of neck pain.



Chiropractors also treat neck pain by using physical therapy to relax tight muscles and help promote healing. This combination of treatment is effective at treating neck pain, even if it has been there for a long time.

If you have neck pain and would like more information or a free consultation with Dr. Shane, please call (909) 598-2111.

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