

CHIROPRACTIC RATES SUPERIOR FOR PAIN IN THE NECK

Neck pain represents a major public health concern. Over half of all people will experience an episode of neck pain at some point in their lifetime. Most neck pain sufferers will rely on symptom-numbing medications for relief. Medications intend to simply mute the pain signal without ever resolving the source of the pain. The lack of permanent healing often leads to the cause of the neck pain getting worse. The key to achieving short and long-lasting results from the effects of neck pain comes from addressing the underlying cause. The type of provider first chosen by a patient turns out to be the most important decision in achieving positive results.

Recent research shows that chiropractic proves superior to other forms of treatment for neck pain. Chiropractic care produced the best outcomes in a number of categories including lowest rate of opioid prescriptions, lowest use of advanced imaging, lowest referrals for injections, and the lowest rate for surgery. In fact, the number of surgeries needed for those who utilized chiropractic care remained non-existent. Chiropractic not only improves neck pain outcomes for those suffering, but also accompanies a host of added benefits through the scientific application of the adjustment.



The purpose of chiropractic goes far beyond simply alleviating pain. The primary focus of chiropractic focuses on achieving advanced levels of overall body health by improving mobility and reducing stress in the nervous system. Alleviation of many unwanted symptoms and conditions that seem unrelated to the spine occur through chiropractic because of the vital relationship between the spine and central nervous system. Chiropractors focus on improving essential spinal alignment and mobility that allows the nervous system to more clearly communicate with the rest of the body.

Research compiled over the last three decades continues to produce evidence supporting the history of chiropractic care and the results seen in clinics all over the world. Pain relief represents just one of the many benefits that result from the influence of chiropractic adjustments. Other functions known to be positively impacted by a chiropractic adjustment include improved breathing, better sleep, stronger immunity, increased mobility, better heart function, and much more.

Neck pain signals an indication that an underlying cause exists in the spine that must be addressed. Pain medications represent the most popular form of treatment for people experiencing neck pain. Unfortunately, pain medications never treat the cause of the problem. Research proves that one of the best approaches for short- and long-term neck pain relief is chiropractic care. More and more people continue to make their healthcare decisions based on the amount of evidence and research behind each intervention. People want a natural approach to pain relief and health care that does not depend on the consumption of drugs and pills. Chiropractic not only achieves uniquely successful results compared to other options, but the evidence also continues to show the validity and value of chiropractic care for all ages. The future of proactive health care starts with chiropractic.