

## **Neck Pain**

Imagine balancing a 12 lb. (5.5 kg.) bowling ball on the tips of your fingers.  
All day long.

That's just one of many things your neck must do. Your neck and shoulders work hard. Even the smallest deviation in the relationships of the seven bones of your cervical spine (neck) can cause pain and reduced head and neck mobility.

## **Minor and Major**

Generally, we see two types of neck pain cases. Minor neck and shoulder pain involve sensations of discomfort, stiffness or soreness. If these symptoms last for more than a day or so, occur frequently or were preceded by an accident or some type of injury, we consider it major.

## **Response to Stress**

Physical, emotional or chemical stress can affect the frequency and severity of neck pain. For many of us, the neck and shoulders are the "weakest link in the chain" and so stress shows up here.

Often, emotional stress is the overlooked culprit. Ever hear of something being a "pain in the neck"? Fear, anger or frustration can trigger the tightening of our neck muscles without our even being conscious. In time, chronic muscle spasms set in. Which can lead to headaches.

Some over-the-counter pain reliever might dull the pain, but it ignores the underlying cause!

## **Consult Sampson Chiropractic**

We see this sort of thing all the time. It's almost routine. "Chiropractic care has a history of producing excellent results with those suffering from neck pain. And we do it naturally, without drugs or surgery at Sampson Chiropractic.

Here at Sampson Chiropractic we specialize in reducing interference to the nervous system in the neck. Many of our patients find that chiropractic care gives them relief from both minor and major neck and shoulder complaints.

Call our office or email Dr Sampson with your questions and schedule a no-obligation consultation and find out if you're a good candidate for today's safe and natural chiropractic care.