

## **Shoulder and Neck Pain**

Do you feel like you are carrying a lot of tension in your neck and shoulders? Neck and shoulder pain is a very common and sometimes very painful condition. There is a simple test to determine if you suffer from neck pain. Start by looking down at your chest, now look up at the ceiling, then finally turn your head to the left and the right. If at any time you noticed pain or said "ouch" while performing these simple exercises, you may be suffering from neck pain that could lead to further health conditions down the road. Typically, neck pain can be linked directly to vertebral subluxations or a spinal misalignment. Your chiropractor is specifically trained to diagnose and treat neck pain and shoulder conditions.

Your neck or "cervical spine" starts at the base of the skull and contains seven small vertebrae. These small vertebrae are tasked with supporting the entire weight of the head, which typically averages about 12 pounds. The cervical spine also allows your head to move in nearly every direction, this flexibility also makes the neck susceptible to pain and injury. This susceptibility to injury is in part due to the biomechanics which can be affected by: repetitive movements, normal aging, every day wear and tear, in addition to accidents such as falls and blows to the head and the body. The causes of neck pain can have a variety of causes and the subsequent neck pain can be quite bothersome.