

Neck pain

How would you like to be a giraffe? That's a lot of neck. Do you know how many neck vertebrae do they have? Read on.

Neck pain can be debilitating (been there, done that). Neck pain caused by trauma that doesn't ease up after a few treatments, needs to be checked out with medical tests for structural damage, if not done before treatments. Whip lash is a common trauma to the neck usually caused by an vehicle accident. If you have or had whip lash some words of caution.

Pain associated with whip lash injuries may appear to go away after a few days only to manifest itself again months down the road. Here's what happens: The injured muscles lock up after the accident to protect you. Your neck feels stiff. In a few days, they start to relax and you could feel ok. BUT, if the circulation and muscle damage is not addressed, the muscles may become weak and you may have neck pain again in 6 - 12 months.

Types of neck problems:

- Whip lash to upper back and neck areas
- Stiff neck/can't turn head
- Pinched nerve (you might wake up with it)
- Pinched nerve with pins and needles down the arm
- Tightening of the neck with headache

All of the above neck problems are treatable using the SLM bodywork technique. Your pain can be gone in a few treatments. As with all the pain problems we have discussed in other emails, the sooner you see me after an accident or after the symptoms show up, the fewer the number of treatments are necessary for you to be pain free.

Oh yes; I almost forgot. The giraffe? They have as many vertebrae in their necks as you do. Seven! Sure am glad I don't have giraffes as clients.

Please forward this email to someone you know with neck pain. It might just be their pain free ticket.

Next week's problem pain will be shin splints.

Thanks for your support.

