

What a PAIN in the NECK!!



of Americans will experience **NECK PAIN** in their life

Chiropractic Care is a viable and great health option for all people, especially those with chronic or acute neck/back pain.



Risk Factors

Risk factors that contribute to neck pain:

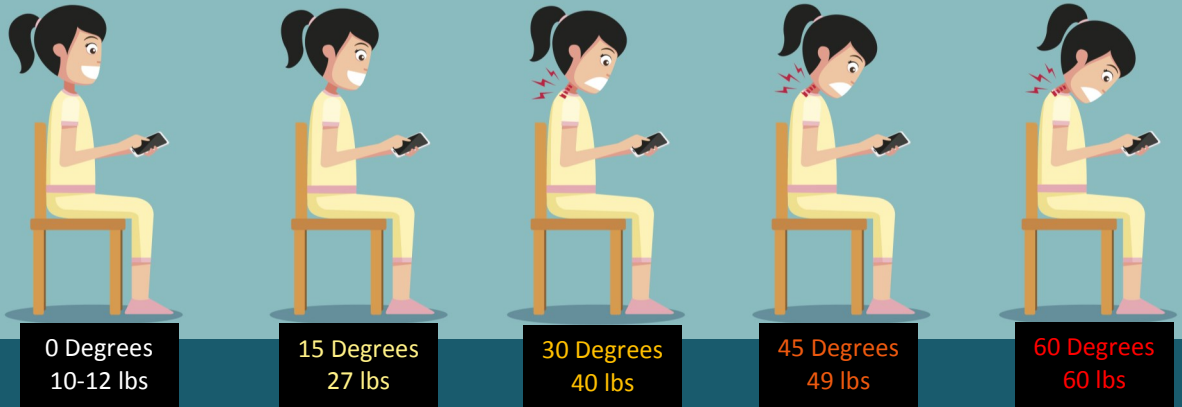
- ✓ Daily life, poor posture.
- ✓ Pillow support
- ✓ Workplace ergonomics
- ✓ Accidents
- ✓ Aging

Chiropractic Care for Neck Pain

A neck adjustment, is a precise procedure applied to the neck. A neck adjustment works to improve the mobility of the spine and restore range of motion without the use of drugs and/or surgery. Patients typically notice improved range of motion, and an overall reduction in pain, soreness and stiffness. Your Chiropractor will create a specific treatment plan to fit your particular need, which may also include massage, rehabilitative exercises and other therapies.

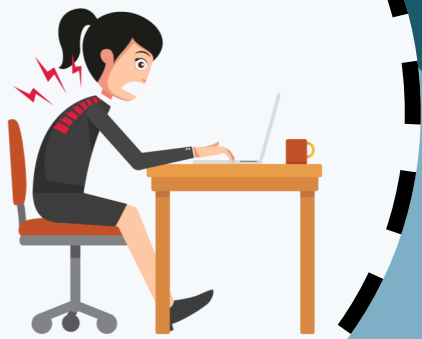
TEXT NECK

An overuse syndrome involving the head, neck, and shoulders, usually due to looking forward and down at a mobile devices causing excessive strain on the spine.



Holding the head forward while watching TV, reading, or working can cause neck pain.

On average, smartphone users spend an average of 2 to 4 hours per day looking at their device. That adds up to 700 to 1,400 hours per year of extra stress on the cervical spine. This extra stress can contribute to headaches, neck pain, tension headaches, shoulder and arm pain, and even breathing issues.



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