

Neck pain/Back pain

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About Neck Pain and Back Pain

Neck pain and back pain are two of the most common conditions that Americans see healthcare providers for today. Neck pain and back pain can occur seemingly without warning or after specific accidents or injuries. Neck pain and back pain can last only a short time in some people and for others it can become a chronic issue that they face every day for years and decades. These issues can change from being an inconvenient discomfort to a debilitating life changing problem.

What causes Neck Pain and Back Pain?

The spine (the neck, back and hips) by nature is a very complex system of structures with many different components. The spine consists of a complex arrangement of bones (vertebrae), joints, muscles, discs, ligaments (connective tissue), and blood vessels that surround the nerves and spinal cord. The most common cause for neck pain and back pain is damage caused by accidents and traumas to the spine that affect these various structures causing them to break down (degenerate, become arthritic). These injuries weaken the connective tissue that holds the bones in place and causes them to shift from their correct position. The misaligned (subluxated) bones (as well as the damaged muscles and ligaments) begin to pull, pinch, irritate and strain the nerves in area and will eventually begin to cause neck pain and back pain.

Depending on which of these structures are more irritated, patients can have different types of neck pain and back pain. For example, a patient with a muscular sprain from a whiplash will have different neck pain than that of a patient who has chronically been misaligned and suffers from neck pain (nerve pain) that radiates down into the arm. Similarly, a patient with back pain and spasm is different than one with disc damage and numbness in the legs.

How neck pain and back pain start and progress over time

muscles and ligament damage from trauma→ bones shift out of proper position→ affects nerve transmission→ tightens muscles→ overtime causes joint arthritis, disc degeneration, and bone damage.→ more nerve damage (pain, tingling, numbness, loss of muscular control)→ organ dysfunction→ disease

Besides being chronically misaligned, neck pain and back pain can also be caused by other disorders such as: bone and joint disorders (from fractures, disease such as cancer, or inflammation caused by diseases such as arthritis); soft-tissue disorders involving the muscles or ligaments; nerve damage or compression, or; disc abnormality or damage. In addition, stress and anxiety may lead to muscle tension, which often results in chronic aches and pains in the back, neck, and shoulders.

NUCCA chiropractic treatment and Neck Pain and Back Pain

Neck and back pain in their many forms are some of the most common conditions NUCCA chiropractors see on a daily basis. The NUCCA chiropractic correction addresses virtually every component of neck pain and back pain. The correction takes stress off the brain, spinal cord and spinal nerves. By removing the tension on the spinal cord, the NUCCA chiropractic correction restores balance to the hips, untwists the spine, and causes the patient to stand up straight. The act of balancing the hips and back, and the healing of the nerves releases tension on the muscles of the spine as well lessening the pressure on discs. This specific correction has an amazing ability to address the many facets of neck and back pain. Why cover up neck pain and back pain with pain killers and muscle relaxers when you can correct the cause?

If you or someone you know is suffering from Neck Pain or Back Pain call and schedule an appointment today. A higher quality of life awaits you.

Testimonials:

“After the first adjustment, which was absolutely painless, the relief from pain and new freedom of motion was immediate. But initially, I could not hold the adjustment, so the relief was only relatively short lived for a few days at a time. I took my back a series of adjustments over 6-8 week period before the adjustments would hold for more than a few days. Now I go in every two weeks, the pain has been reduced by 70-80% and I have resumed most of my favorite activities, including running, weight lifting, and gardening.”- **Joe**

“My spinal problems began 44 years. My symptoms included cervical (neck) and lumbar (low back) pain, stiffness, decreased range of motion, TMJ problems and very sore dermatomal areas. I tried standard physical therapy, Rolfing, Hellerwork, and standard chiropractic treatments. Nothing helped and my symptoms only worsened over time. Then I saw an orthopedic spinal specialist who concluded that I had the spine of a 95 year old and the situation was hopeless. His only suggestion was to have pain blocks because the pain became unbearable.

I was introduced to NUCCA chiropractic care about 6 months ago and the results have been dramatic! I have experienced a complete reduction in neck pain and restriction, I can now extend and rotate my neck without pain, my shoulders are much more relaxed, my TMJ pain is gone and the sore dermatomes are no longer tender. I have returned to doing activities I thought impossible including running and lifting weights. I truly thought these changes were not possible!”-**Sharon, Physical Therapist for 27 years**

“A number of years ago, I was hurt playing football. A lower back injury forced me to be in a wheelchair for 18 months. From that time on there have been back issues. I had tried PT and Chiropractic for years with minimal short lasting success. My life style and golf game had both suffered due to the injuries.

The first adjustment I had was quite significant. My wife noticed as soon as I walked into the room that I no longer was limping and in pain. I also was standing up much straighter.

It's been about three months and I still have the occasional bad day, however, even those are much less painful than they used to be.

The biggest improvement has been in my range of motion- most noticeably in my golf game/swing and score!

I have and will continue to recommend NUCCA and Drs. Bagnaro to anyone who is serious about better health and quality of life.”-**Richard**

“I have had several whiplash injuries as well as a motorcycle accident in my teen years. I have gone on and off to several chiropractors over the years. My neck pain and stress between my shoulder blades has definitely interfered with my range of motion and ability to fully enjoy my life.

After five short weeks of care from Drs. Bagnaro, my pain is reduced by about 60% and I held my last correction for over two weeks! I feel much

more comfortable and am excited about the changes I can already see on my x-rays.

My confidence in NUCCA care has allowed me to get my husband and two sons to come to the good doctors as well. NUCCA care cannot be topped in the variety of chiropractic services I have experienced, and the professionalism in the office is also unmatched.

Thank you so much Drs. Nick and Christie!!” -**Lisa K.**

At **Redmond Spinal Care** in Redmond, WA. we specialize in Upper Cervical chiropractic care. The most common symptoms treated at this office are neck/back pain, sciatica, headaches, migraine headaches, asthma, fibromyalgia, TMJ/TMD and high blood pressure/hypertension. For a complete list of conditions that respond to NUCCA chiropractic visit our website at www.redmondspinalcare.com.