AdvaCare Clinics
Advanced Healthcare Solutions

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AdvaCare Clinics: Chiropractic Treatments Relieve Neck Pain

The neck, also medically known as the cervical spine, supports the entire weight of your head. Which is pretty impressive considering the average head weighs about 12 pounds. In addition to supporting your head, the neck also allows your head to turn freely from left to right, up to down and pretty much every other direction. A person requires a lot from their neck and constantly, which is why neck pain can be so discouraging and unceasing. AdvaCare Clinics, in Bloomington, MN offers multiple healthcare solutions that can relieve your neck pain. We use a combination approach that includes Chiropractic Care, Physical Therapy and many other effective Holistic Treatment Methods.

What Causes Neck Pain?

- Tight Muscles and Ligaments
- Joint Damage
- Disk Injuries
- Stress
- Degeneration due to a Health Condition
- Whiplash
- Improper Posture
- Pinched Nerve
- Past or Recent Injuries due to an Accident

How can Chiropractic Care Help Neck Pain?

Chiropractic care for neck pain is effective, gentle and corrective. Adjusting the neck properly results in restored movement and decrease pain, stiffness and discomfort. These results are felt immediately and continue to improve with every visit. It's important that the whole spine is adjusted as well and not just the neck, to ensure a proper balance throughout the body, which can prevent the reoccurrence of neck pain. Chiropractic Adjustments loosen up joints that are painful, stiff and have decreased mobility, bringing your neck back to a comfortable state.

Benefits of Chiropractic Treatment for Neck Pain

Instead of just taking pills to hide your neck pain, do something more and seek out a treatment that can actually offer long-lasting, remedial results. AdvaCare Health Clinic offers a multitude of neck pain relief options that you can use along with over-the-counter

or prescribed pills and even our more encouraging treatment options, such as massage therapy, acupuncture, physical therapy, neck exercises or even unaccompanied by another treatment. We treat the cause, not just the symptoms.

Neck Pain Relief in Bloomington MN

At your first visit to AdvaCare, our medical staff that's made up of licensed chiropractors, doctors of medicine, physical therapists and other healthcare field professionals will evaluate your pain; how long it's existed, the exact feeling you experience from it, what makes it better or worse and it's not unlikely for us to complete some imaging and other tests to determine the exact cause of your neck pain. From there, we will work as a team towards your best path to recovery, using one or many of the treatments our office provides.

If you're dealing with a pain in the neck that you can't get rid of, contact AdvaCare via email at drdennis@advacaremn.com or call us at (952) 835-6653 today!