

## What is Causing Your Neck Pain?

We approach most neck pain issues with the thought that something in the neck or upper body is not working or moving quite right. This may be due to tightness, weakness, inactivity, and/or poor positioning. The resultant dysfunctional movement or position is causing the pain. An obvious exception would be an injury to the neck from a motor vehicles accident, fall, or some type of sports or physical trauma.

Our first goal is to get your neck positioned right, working, and moving right. This is done mainly through specifically designed exercises and proper posture. We hope this will eliminate the root cause of your pain. We want your neck working as well as it can be expected.

Our second goal is to eliminate or lessen the neck pain makers in your life. In our world, a pain maker is an action, a position, or thing that causes pain. Hopefully, this will help you manage your pain while you work on the root cause.

Our third goal is to strengthen the posture muscles of the neck and upper back so the neck will remain in correct position, work correctly, and remain pain free. We want your neck to be able to handle the stresses of work and everyday living.

There are a lot of reasons and causes for neck pain. In the videos that follow, we will try to address the most common ones and hopefully give you the tools to heal.

This program may be helpful with:

1. Neck Arthritis
2. Pinched Nerve in the neck (cervical radiculopathy)
3. Cervical Spondylosis
4. Headaches in the back of the head and upper neck.
5. Neck muscle strain or fatigue.
6. Cervical Degenerative Disc Disease
7. Cervical Spinal Stenosis
8. Neck Stiffness.