BARTH FAMILY CHIROPRACTIC

Everyone know chiropractors can help with neck pain, but which chiropractor is right for you. Not every person can handle or wants a more aggressive adjustment to their neck. We specialize in a gentle and very specific adjustment technique that gets you the relief you are looking for without the need for the twisting and popping.

What caused my neck pain?

There are many factors that could have caused your neck pain. Most common is poor spinal mechanics which decreases the mobility of the spine and you feel some general achiness and start to see that you can no longer move your neck as well as before. Other factors like injuries, and arthritis are also common causes. The good news is you don't have to live in pain, we have treated cases of neck pain from all types of sources and we have gotten great results.

What can I do now?

First, apply ice to the area that is the worse. Next you should try some gentle neck stretches to increase the mobility of the spinal column (try these). If at any time to have sharp pain stop and call our office. If gentle stretching and ice fail to alleviate your symptoms now is the time to call in and set up an appointment to make sure that all underlying conditions are taken care of.

Will I ever be out of pain?

Many of our patients have tried everything before they give us a call. The short answer is yes you can be pain free! A pinched nerve in your neck can only be treated with proper spinal manipulations to relieve the pressure on the nerve. While medications and massages may make you feel better temporally, long lasting relief can only come when you treat the source of the pain.

Results:

Ryan, 30:   Dr. Barth was amazing! I was a little scared at first to be honest, but he was very calming, and his adjustments were so gentle. When he showed me my x-rays I realized how bad my neck really was. He told me exactly what was wrong, how long it would take, and answered all of my questions. Sleeping through the night pain free is so amazing, thank you so much Dr. Barth!