

# Nagging Neck Pain



Are you experiencing neck pain and discomfort? Have you felt like you've tried everything and nothing seems to work? Neck pain and discomfort is more common than you know and you are not alone. Dealing with chronic pain conditions like nagging neck pain can be frustrating and trying to understand why you have it can drive you crazy. The good news is that we are here to help!

Understanding chronic neck pain can be difficult if you don't know where to start. Below are a few simple, but important questions that need to be answered:

**What causes neck pain?**

**What is the most common cause of neck pain?**

**What can I do for my neck pain?**

Although these questions seem vague, it is important to discuss these topics to find out what is wrong and how to approach a viable solution. So let's start at the beginning.

## 1. What Causes Neck Pain?

The neck is made up of six bones called cervical vertebrae. Each of these bones plays an important role in the movement of the neck from looking up and down, left and right and bending from side to side. The bones form joints with each other and in between these joints exit nerves from the spinal cord to the surrounding soft tissues such as muscles, tendons, and ligaments. Anytime a joint has a decrease in motion, the nerve becomes affected and irritated. Everything the nerve communicates with can present as pain or discomfort. The three most common things that can cause nerve interference are muscles, joints, and discs.



## 2. What is the Most Common Cause of Neck Pain?

So what is the most common cause of chronic neck pain? Believe it or not, aside from trauma, our posture plays the largest role in how the joints in our neck function. Biomechanics is how our bones and muscles interact to keep us in motion. Anytime there is chronic muscle tightness or a decrease in joint motion, our biomechanics are affected creating further stress on the joints thus, irritating the nerves.

Take a moment to think about your posture as you are reading this. Pay attention to how you are sitting, the position of your shoulders and head. Is your back slouched? Are your shoulders rolled forward? Is your head positioned in front of the rest of your body? If so, your posture may be contributing to your neck pain.

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There are also certain events that may have happened in the past that could be affecting your neck. For example, an old car accident may have caused a whiplash injury years ago that you never sought treatment for. Old injuries sometimes have a way of letting us know that we are not as young as we think. Conditions such as arthritis and chronic muscle tightness may also be affecting your biomechanics.

## 3. What Can I Do For My Neck Pain?

With the touch of a few keys, you can almost find the answers to anything on the Internet. Not everything you find on the Internet is from an expert or trusted source. However, there is some really great information to be found literally at the tips of our fingers. It is important to understand that everyone with the same condition responds differently to the same treatment. For these reasons alone, if you are tired of dealing with nagging neck pain, it is important to have it evaluated and treated by an expert. We see this type of condition in our office every day and our patients experience the relief they are looking for. Once the pain is gone, it is important to instill healthy habits to maintain proper posture and biomechanics.