

Neck, Shoulder or Arm Pain?

This complimentary report will provide you with information about this troubling condition.

The report is concise, providing you quickly with what you need to know.

We stand ready to help.
Call us for the help you need.

Jack D. Adrian, D.C.
339-5556



Smallest and Most Vulnerable

Of the 24 moveable vertebrae of the human spine, the **7 neck vertebrae are the smallest**. Because these vertebrae are the smallest (ranging in size from a quarter to about that of a half-dollar) they are also **the most vulnerable to something going wrong**, especially since they support a relatively heavy structure – the head, which on average weighs about 15 pounds.



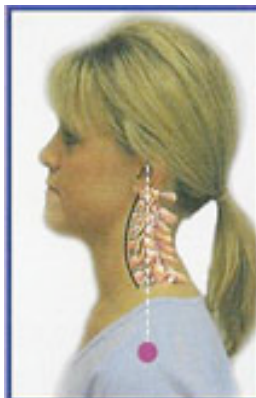
With the head sitting on top of the vertebrae of the neck like a ball on a stick, the weight of the head, **IF unbalanced**, can create numerous pain problems in the neck and head.

Therefore one doesn't want anything happening to the **balance** of "the ball on the stick."

Normal Neck Acts like a "Spring"

When viewed from the front or back, the neck is supposed to be perfectly straight. However, when viewed from the side, there is supposed to be a natural curve in the neck that allows it to support the weight of the head with **spring-like support**. The near photo to the right shows this.

Because of the "forward facing world" in which we live, as we grow older this natural curve frequently disappears, causing the downward motions of the head from gravity to jam the neck like a jack hammer! The far photo shows this.



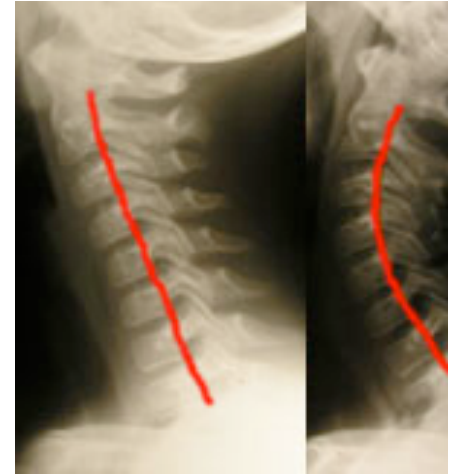
X-Rays Show What Happens Internally



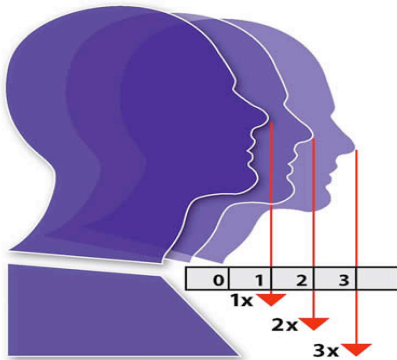
The X-ray photo to the **LEFT** reveals a normal neck curve. **The head is well-balanced over the neck and shoulders.**

The X-ray photo to the **RIGHT** reveals a neck that has lost its normal curve. **The head is unbalanced and leaning forward of the shoulders.** This creates tension on the neck muscles as they try to hold the head back. It grows worse over time if left unaddressed.

This common condition, known as **Forward Head Syndrome**, is the beginning of most mysterious neck pain symptoms.



Each Forward Inch Equals 10 Extra Pounds of Weight



According to research conducted at the Mayo Clinic, **each forward inch** that the head slips forward of its normal center of balance creates **the effect of adding 10 extra pounds to the weight of the head** - which the neck is now responsible to support. So, two or three inches of forward displacement, adds an additional 20 or 30 pounds of weight!

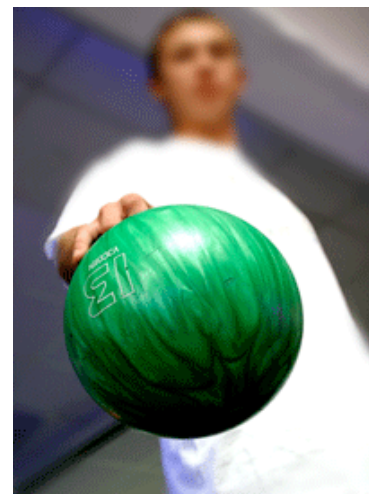
As time goes on, this additional weight creates more and more pressure on the internal structures of the neck – **more neck stress, more pain – more wear and tear on the irreplaceable discs and vertebra.**

Easy To Understand – Just Try This Experiment!

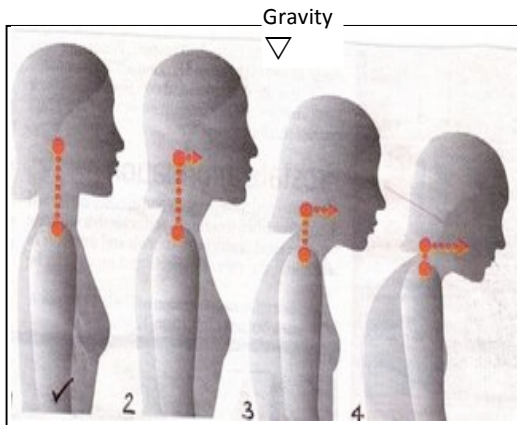
Understanding the often disastrous effects of **Forward Head Syndrome** on the structures of your neck is as easy as taking part in a simple experiment.

If you will, take a **bowling ball – or a bag of groceries – or anything - that weighs about ten pounds** and is easy to hold. **First**, hold the object close to your body and notice how much it weighs. **Second**, extend it slightly away from your body and notice how much more it feels to weigh. **Last**, fully extend your arms and notice how it feels even heavier. **Feel how your muscles grow more and more tired?** How long do you think you could hold the object fully extended?

This is the same thing Forward Head Syndrome does to your neck each moment you are sitting or standing.



Simple Gravity Causes Problems to Grow Worse



Once Forward Head Syndrome develops, it is then a **simple matter of gravity pushing down** upon the imbalanced head **causing it to grow worse through a lifetime**. Left unaddressed or improperly addressed, it eventually causes muscle, nerve, vertebrae and disc damage – **often leading to hunchback**.

Nearly every older person you see with **HUNCHBACK** and/or their head leaning way forward of their body **first started out** as **simple form of Forward Head Syndrome**.

Many Different Symptoms Usually Develop

In the beginning, Forward Head Syndrome usually **starts out** as a simple misalignment of the upper vertebrae in the neck. It usually doesn't cause pain, or at least pain that untrained professionals in the problem can detect.

As the problem progresses, many people begin experiencing "cricks" in their neck, stiff neck, tighter muscles, greater and more frequent neck and upper back discomfort, more and more neck stress, and in the end – pain.

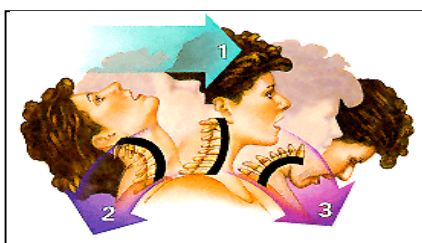
In the later stages (often as early as age 35), deep-seated and often disastrous problems begin developing like **ligament distortion, laxity of ligaments (causing the vertebra to frequently "go out of place"), disc decay, bulging and herniated disc**, and permanent changes in the boney vertebra.

This all happens because of the force of gravity pushing the head down upon the neck in the wrong ways, which compresses the neck structures **much like putting condiments on a hamburger and using our hands to "squish" it together**. This "squishing" effect is constant and relentless, slowly creating greater decay of the structures.

Like most problems, **addressing the challenge earlier rather than later is most prudent**, offering higher chances of success in controlling and/or reversing the condition.



Past Accidents Frequently Grow Into Current Problems



Have you had a long ago, perhaps forgotten about trauma to your neck, such as an auto accident, slip or fall?

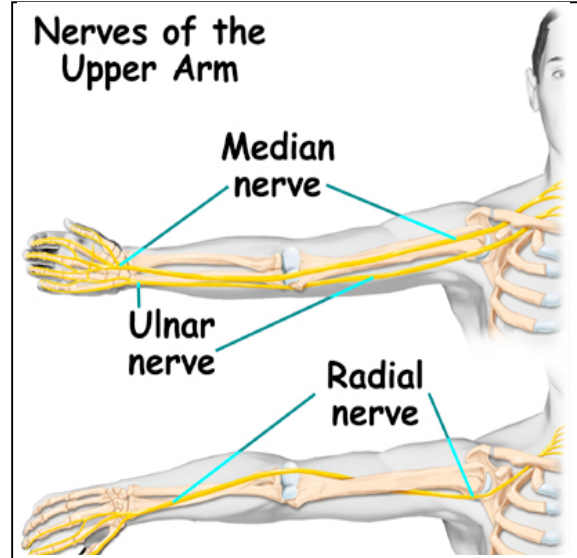
These traumas may seem minor at first, but most grow slowly into larger problems – **like many years of artery clogging before a heart attack**. It may be time to act now before the problem grows even worse!

Can Create Headaches, Shoulder, Arm and Hand Problems as Well

Problems in the neck can also cause things such as pain, numbness, tingling or weakness in the shoulders, arms, hands or fingers.

The nerves coming off the neck supply the upper extremities with nerve signals. If these nerves are compressed in the neck in any way, they can lead to any of the problems listed above, and more.

These are called **referred symptoms**, meaning they are often caused in the neck, but appear in the extremities. Since the problem “seems” to be in the extremity, these challenges are often elusive. **The problem is often found simply by searching for the cause in the right place.** The cause is often found in the neck.



Do You Need Help?

Many people find their lives disrupted by neck problems. From more frequent and increasing degrees of achiness, tightness, tiredness and heaviness of their neck and head, to headaches and outright pain that it most often develops into sooner or later, neck pain is a major misery factor in many people's lives. If you are discouraged because the cause of your neck pain remains elusive in spite of all you have done, don't give up! All pain has a cause and something is obviously wrong. You haven't tried everything' until you've tried chiropractic. It's time to do so.

How Do I Get Started?

We've helped hundreds of people throughout the past 30 years with neck pain. We have more than a half-dozen protocols that may be able to significantly help you. The proper chiropractic techniques may allow you to make neck pain a thing of your past. **A complimentary conference with the doctor** will allow us to discuss your concerns and decide upon the best approach for you. **The percentage of success is very high.** Hopefully you can be the next person to benefit from our years of experience and concern for others.

Call us today at 339-5556. We're ready to help.....



Jack D. Adrian, D.C.
2850 S. Co. Rd. 25A
Troy, Ohio 45373

937- 339-5556

(Across from Erwin Chrysler)

Our Website: DrJackAdrian.com