

Neck Pain and Vertigo Free!

Neck pain is relatively common. Approximately 90% of people suffer from neck pain at some point in their lives; indeed, it is a leading cause of physical impairment. Our bodies communicate with us through the physical pain we feel; feeling pain signals that something could be wrong. To truly remove that pain, we must manifest an in-depth understanding of the way our body functions to locate and remove the pain or ailment at the source.

A recent case study highlighted neck pain, vertigo, and headaches of a 49-year-old man suffering from these conditions. He had only suffered from neck pain for two days before presenting to chiropractic care; however, he had experienced vertigo and headaches before seeking chiropractic. He described the pain as severe, sharp, and aching. He shared that his pain was constant and would radiate to his right hand, causing numbness. He expressed difficulty with driving, lifting objects, bending over, sleeping, lying down, and a decrease in his work performance.

After trying over-the-counter drugs and heat packs, which slightly alleviated the pain, he decided to seek chiropractic care. The function of his nervous system and body were assessed for subluxation (interference of the nervous system from misalignments in the spine). After six months of chiropractic care, he was re-assessed; 90% of his neck pain was alleviated.

His pain levels improved by 60%, and he expressed a complete resolution of hand numbness and vertigo. He also reported an improvement in his posture and overall energy.

When the body functions correctly, we can really feel the difference! Rather than trying to mask the pain that ails us, it's essential to listen to the signals from our body, especially when it's trying to tell us that something is wrong. Chiropractic care helps us restore our body to proper functionality so that we can live the life that we deserve without limitations!



After suffering with neck pain, numbness, and vertigo for years, chiropractic care helped a 49-year-old man get back to living free from these limitations!

Radcliffe, M., Oakley, P., Radcliffe, T., Garner, A., & Harrison, D. (2019). Resolution of Cervicogenic Radiculopathy, Neck Pain, Headaches & Vertigo Following Reduction of Subluxation, Lateral Head Translation and Forward Head Posture in a 49-Year-Old Male: A CBP Case Report with 10-Month Follow Up. *A. Vertebral Subluxation Res.*, 133–140.



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