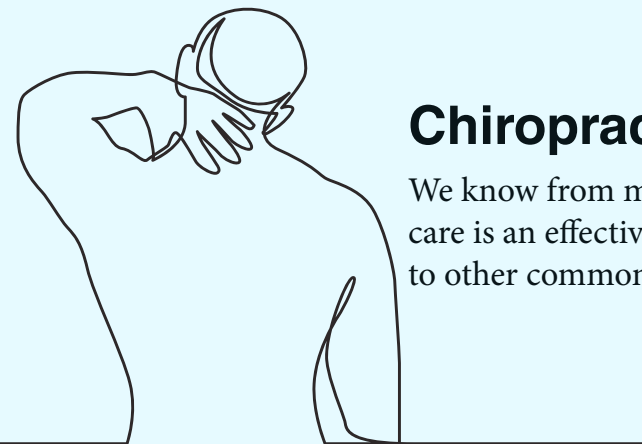


# Neck Pain



*Up to half of all people around the world suffer from neck pain at some stage each year.<sup>2-5</sup>*

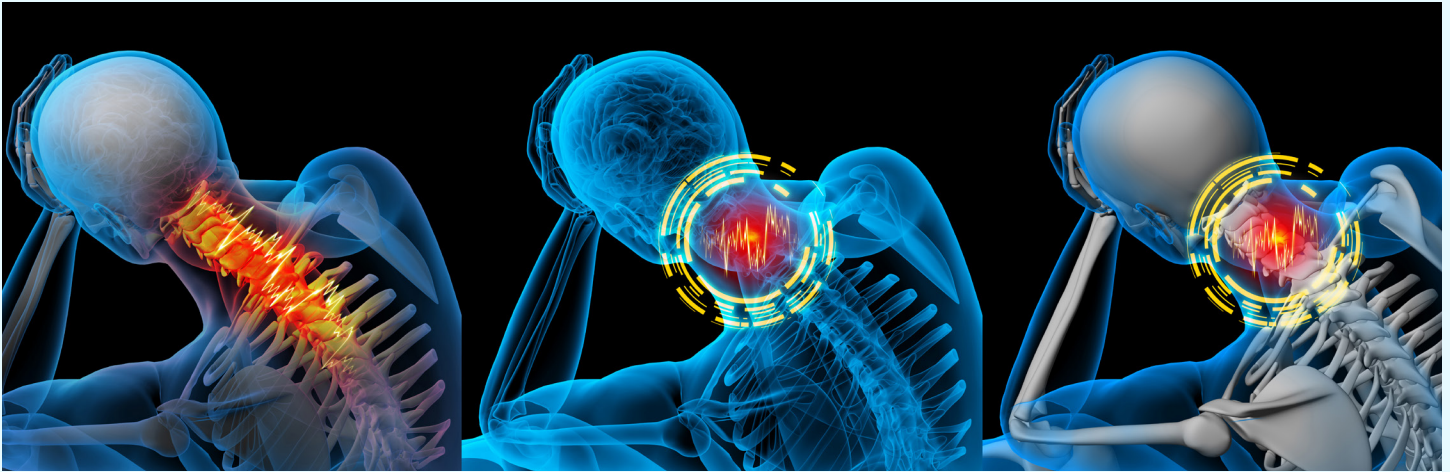
For some people, one problem with neck pain is it just keeps coming back, or becomes chronic, and may even increase their risk of suffering from a fall.<sup>2,4,6,7</sup>



## **Chiropractic care is an effective care option**

We know from many research studies that for people with neck pain, chiropractic care is an effective care option, and it's also cost-effective and safe compared to other common treatments for neck pain.<sup>14-18</sup>

# There's more to chiropractic care than helping people with pain.



## What does the research show?

There's more to chiropractic care than just helping people with their pain. Researchers from New Zealand have published studies over many years that suggest that chiropractic care improves the accuracy in the communication between your spine and brain, which makes it easier for your brain to accurately tell what is going on in and around your body.<sup>1</sup> And that the spinal dysfunction does not need to be so bad that you are in pain for your brain to be disturbed,<sup>11</sup> or for gentle spinal adjustments to help improve your brain's ability to accurately know what is going on.<sup>11</sup>

These scientists have even shown that chiropractic care for older adults improves specific forms of sensorimotor function that are very relevant to falls risk.<sup>19</sup> In one study, they looked at the effects of 12 weeks of chiropractic care on sensorimotor function in older adults. The types of sensorimotor function they looked at were important measures of brain/body communication that were related to

balance and falls risk. What they found was that chiropractic care in these older adults improved how accurately their brain knew what their ankle joint was doing even when their eyes were closed.<sup>19</sup> They found that the older adults could take a significantly faster step after receiving chiropractic care and it also helped their brains to process information from their eyes and ears at the same time.<sup>19</sup> In this same study, they also showed that not only did the older adults who were receiving chiropractic care function better, they felt better too.<sup>19</sup>

Chiropractic care is all about improving the communication between your brain and body so you can function at your optimal potential.<sup>22</sup>

Whether you suffer from neck pain, or you just want to have a tune-up of your brain/body communication, go and see your family chiropractor and have your spine tuned up so you can function at your best.

### Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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