

Self-adjusting to neck is detrimental

Question: Is it possible to adjust your own neck?

Answer: Self-adjusting your own neck is detrimental to the spine and can worsen an existing problem. The most common problem with self-adjusting is wearing down the lateral joints of the vertebra called facets.

It takes many multiple self-adjustments within a day or habitual twisting of the neck to create this problem. Someone that feels a need to consistently torque his or her neck to make it feel better usually has an underlying vertebral subluxation syndrome. This means the vertebra are misaligned and putting pressure on the nerves and soft tissues surrounding them.

Rather than self adjust, take care of your neck with preventative maintenance. There are many things you can do to avoid neck pain. Learning proper postures and working to retrain your body to hold these postures at all time s will decrease muscle fatigue and the likelihood of injury. Also learning to recognize the signs of stress and muscle tension, as well as ways to alleviate stress, will enable you to relax before tension becomes so bad it cause pain.

Some other tips to manage your neck are to position your computer monitor so that you don't have to look at it from an awkward position. If you spend a lot of time on the phone use a telephone headset or speakerphone, especially if you type or write while on the phone. When carrying shoulder bags, frequently switch the shoulder that carries the weight. When using a backpack, use both straps so that the weight is distributed to both shoulders. Avoid

sleeping on your stomach. Use a thin or no pillow and put a pillow under your knees. Avoid reading or watching television bed.

Should your neck pain persist or you still feel a need to adjust yourself see a chiropractor that is a specialist in gentle correcting the misalignment causing stress on your nerves and muscles.

Quote of the week: *“There is never a wrong time to do the right thing.”* – H. Jackson Brown Jr.