



Neck Pain Relief



Camira Springfield Chiropractic provides treatment for their patients that require neck pain relief.

A seven-year, international study published in 2008 found that some alternative therapies such as acupuncture, neck manipulation and massage are better choices for managing most common neck pain than many current practices. Also included in the short-list of best options for relief are exercises, education, neck mobilisation, low level laser therapy and pain relievers.

Therapies such as neck collars and ultrasound are not recommended. The study found that corticosteroid injections and surgery should only be considered if there is associated pain, weakness or numbness in the arm, fracture or serious disease. Neck pain is not a trivial condition for many people.

It can be associated with headaches, arm and upper back pain and depression. Whether it arises from sports injuries, car collisions, workplace issues or stress, it can be incapacitating. Understanding the best way to diagnose and manage this problem is of high importance for those who are suffering and for those who manage and pay for its care.

Dr Paul Nothdurft is a qualified chiropractor who is an expert in this field, and can provide treatment and guidance on overcoming this painful experience. To make an appointment please visit our [Contact Us](#) page.