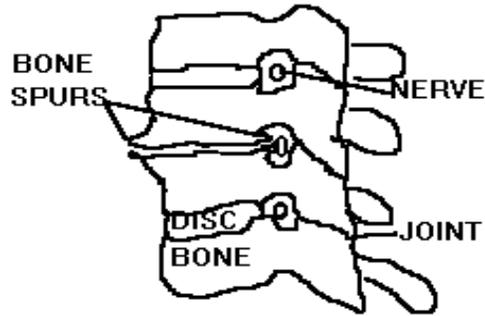


NECK ANATOMY



Structural Reasons For Symptoms

Muscles– Move the bones. When torn or irritated, they spasm and cause pain or a burning sensation. Muscles can refer pain to other areas of the body when irritated. For example, the neck muscles can refer pain to the head causing headaches.

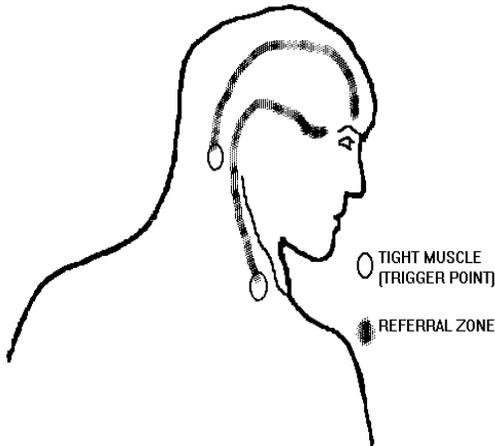
Nerves– When pinched, can cause burning, numbness, tingling, pain and/or muscle weakness.

Joints– When irritated, they can cause pain and result in a loss of joint mobility. When swollen, they can cause pressure on a nerve.

Discs– Can swell or bulge into a nerve causing the nerve to be pinched.

Ligaments– Connect bone to bone. When torn, they can cause pain, swelling, and instability.

REFERRAL PAIN



Pinched Nerves

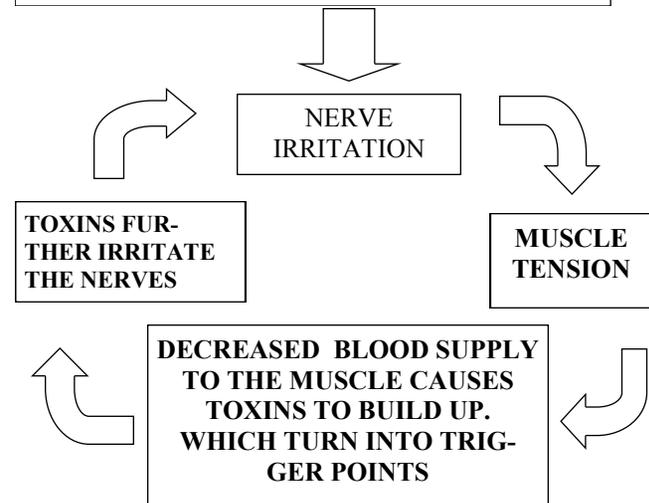
When nerves are pinched, they cause a variety of symptoms, some of which include numbness, tingling, burning, crawling, dull pain, sharp pain, muscle weakness, and/or poor coordination. The symptoms can stay local or travel to other areas. The location of the symptoms depends on the nerve being pinched. The symptoms become more severe with the amount of pressure and the amount of time the pressure is allowed to remain. Permanent nerve damage can occur if too much pressure for too much time is applied to the nerve. This is why it is very important to take care of your injuries immediately. Your Chiropractor will diagnose and treat your problem or, if need be, refer you to someone who can.

THE PAIN CYCLE

Headaches are most commonly caused by a vicious cycle called the "Pain Cycle". The cycle starts with a perpetuating factor like injury, stress, or prolonged poor posture. These factors cause joint dysfunction (loss of normal joint motion). Joint dysfunction causes nerve irritation, which in turn causes the muscles that nerve controls to become tight. Once the muscles are tight, they decrease the blood flow which allows cell waste products to build up in the muscle. These waste products or toxins irritate the nerve more. This is how the cycle continues. Chiropractors can often help patients that suffer with headaches by breaking the pain cycle.

Perpetuating Factors:

- Injury
- Poor posture
- Physical & Emotional stress
- Joint Dysfunction



TYPES OF HEADACHES

CERVICOGENIC– These headaches are from irritated joints and or nerves in the neck.

TENSION HEADACHES– Headaches that originate in the muscles that move the head and neck.

MIGRAINE–Headaches that are generated from irritated nerves surrounding the blood vessels in the head which are expanding. This expansion causes the pounding symptoms.

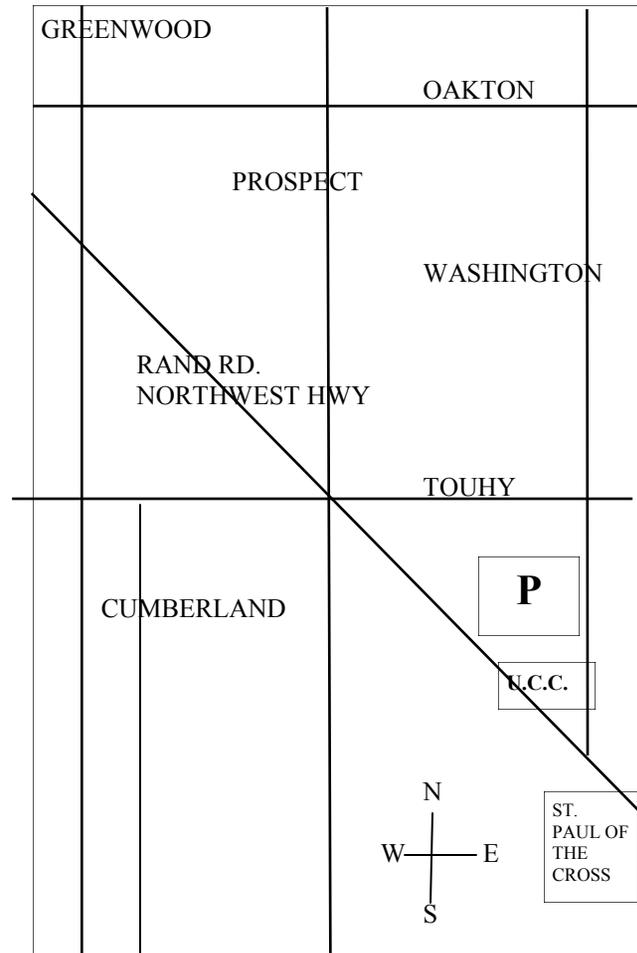
ALLERGIC–Headaches that are caused by food allergies, chemical sensitivity, or sinus referral symptoms.

CAUSES OF PROBLEMS

- Phone Cradling
- Car Accident
- Minor Trauma
- Poor Posture
- Hereditary Predisposition
- Old Injuries
- Stress
- Computer Work
- Desk Work
- Eye Strain
- Head Trauma
- Hormone Imbalance
- Food Allergy
- Muscle Tension

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Uptown Chiropractic Clinic is located in the heart of Park Ridge on Northwest Hwy. close to Washington Street. There is ample parking in the public parking lot. There are entrances to the parking lot from Touhy Ave., Washington St., and Northwest Hwy.



HEADACHES



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