

### STRUCTURAL REASONS FOR SYMPTOMS

**Nerves**, when pinched, cause pain, burning, numbness, tingling, or muscle weakness.

**Joints**, when irritated, are a common cause of pain and loss of motion. 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 and swelling.

**Muscles** move the bones. When torn or irritated, they spasm and cause pain or a burning sensation.

### IDENTIFICATION AND TREATMENT OF YOUR PROBLEM INCLUDES:

DETAILED HISTORY

NEUROLOGIC (NERVE TESTS)

RANGE OF MOTION TESTS

MUSCLE TESTS

ORTHOPEDIC TESTS

X-RAY EXAMINATION

REPORT OF FINDING

### TREATMENT MAY INCLUDE:

TRACTION

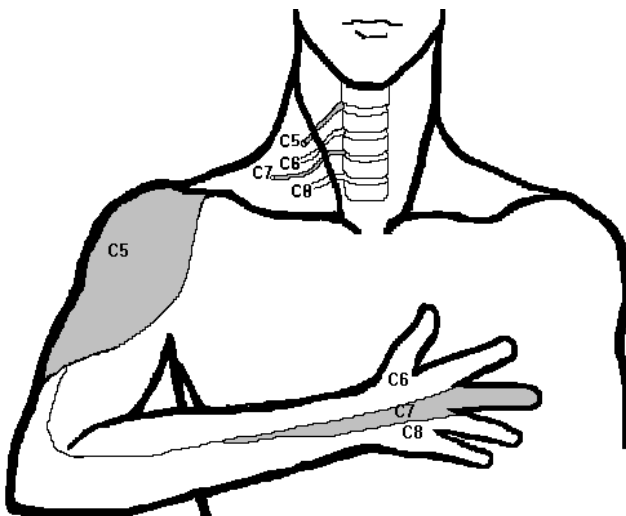
MOBILIZATION

MANIPULATION

PHYSIOTHERAPY

STRETCHES AND EXERCISES

### NERVE REFERRAL ZONES



### PINCHED NERVES

When nerves are pinched, they cause a variety of symptoms some of which are numbness, sharp shooting pain, dull ache, tingling, muscle weakness, burning, or poor coordination. The symptoms can stay in the neck or travel into the shoulder, elbow, wrist or hand. The location of the symptoms depends on the nerve that is being pinched and the severity of the pressure. Time is crucial because the longer the pressure is on the nerve, the greater the risk of permanent injury to the nerve. This is why it is very important to take care of neck problems immediately. Your chiropractor will diagnose and treat your problem or refer you to someone who can.

## SYMPTOMS

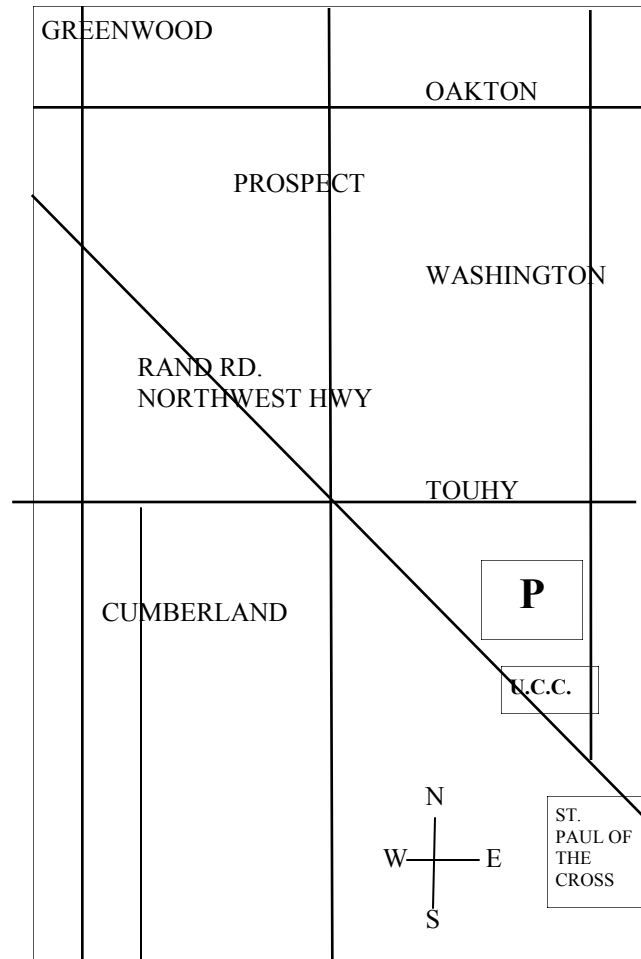
- Headaches
- Decreased Movement
- Arm pain, numbness, or tingling
- Shoulder pain, numbness, or tingling
- Wrist/hand pain, numbness, or tingling
- Neck pain
- Muscle tension
- Dizziness

## CAUSES OF PROBLEMS

- Phone Cradling
- Car Accident
- Minor trauma
- Poor posture
- Hereditary predisposition
- Old injuries
- Stress
- Computer work
- Desk work
- Carrying
- Head trauma
- Sports

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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.



# NECK PAIN



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