

Alderete Chiropractic

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The Causes of Neck Pain

Your neck protects your spinal cord and spinal nerves, while supporting and balancing the weight of your head. Poor posture, wear and tear, injury, stress, and tension can strain or damage vital parts of your neck.

A Healthy Neck

Your neck (**cervical spine**) is aligned in a natural curve at the top of your spine. Damage to your neck's natural curve can cause very painful problems.



An Unhealthy Neck

Vertebrae are bone that protect your spinal cord. They can wear down or be forced out of position (**misaligned**)

Muscles are supportive tissues that can stretch, tear, or tighten.

Ligaments are connective tissues that can be torn.

Nerves, which carry the body's messages, can be stretched, pinched, or irritated.

Discs are shock absorbers that can bulge, rupture, or wear down.

