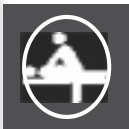


Chiropractic Care



Dr. LaVictoire

A Pain In The Neck

Your neck has a big job to do. The seven cervical vertebrae and the muscles in our neck have to balance about ten pounds a day. This is true whether you are standing, sitting, walking or looking straight ahead.

What can you do to relieve the pressure on your neck? When sitting, prop your head against the back of your chair. When standing, maintain the natural curves of the spine, curling the pelvis forward slightly. Hold your head erect, the ears resting just above the shoulders. Control stress! Stress causes you to tighten your neck muscles. Regular exercise, done properly, will promote both cardiovascular health and relieve stress. If too much desk work is being done, you should take time to slowly lean your head backwards, forwards and side to side. Most chiropractors can provide to you instruction for exercise and many other suggestions for not only relieving neck pain but reducing the stress in our every day lives.

Are you a candidate for chiropractic services? A good rule of thumb is *the pain on one side more than the other.*

*Brought to you as a
community service by:*

***Robert E.
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Doctor of Chiropractic

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