

Neck Pain & Trigger Points

Dr. Alex Jimenez D.C.

Table Of Contents

The Effects Of Neck Pain	2
Neck Pain & Trigger Points	3

The Effects Of Neck Pain

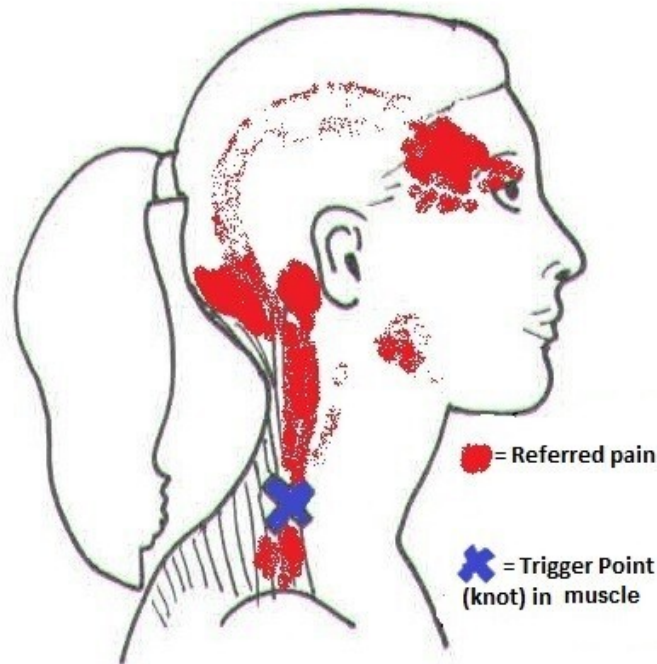


Have you been feeling muscle stiffness around your neck and shoulders? Do you experience random headaches that affect your day? What about feeling tingling sensations along your arms and hands? These symptoms are associated with neck pain and can affect many individuals if not treated over time. Many people who suffer from neck pain will feel muscle stiffness that affects not only the sides of the neck but around the shoulders and their upper back. Studies reveal that neck pain is a multifactorial musculoskeletal disorder that affects the worldwide population and can become a chronic problem. Risk factors associated with the contributing development of neck pain include:

- Stress
- Poor Posture
- Anxiety
- Sleep Position
- Neuromusculoskeletal Disorders
- Auto Accidents
- Traumatic Events

*Many of these risk factors associated with neck pain can cause pain symptoms and cause pain in different locations of the body, making diagnosing the pain source problematic for doctors.

Neck Pain & Trigger Points



It has been shown that around 50% of the world's population will have an episode of significant neck pain over their life. This, in technical terms, is a lifetime prevalence of 50% of neck pain, which makes it a significant problem. Neck pain has several different causes. The commoner causes arise from the disc and the joints, especially the facet joints of the neck. However, a very large proportion of pain in the neck will arise from trigger points. These trigger points may be primary. In other words, the trigger points are the primary cause of pain in your neck, or secondary so that they are secondary to different reasons, like something going wrong with the facet joints or something going wrong with your disc, which then sets off trigger points as a secondary protective phenomenon. And the trigger point then becomes part of your pain. So if you follow these links, you will find the specific trigger points that commonly occur in the neck and cause pain. And then you should also be able to find techniques to effectively turn off the trigger points and reduce this pain or even abolish it.

Disclaimer

Blog Information & Scope Discussions Our information scope is limited to Chiropractic, musculoskeletal, physical medicines, wellness, contributing etiological viscerosomatic disturbances within clinical presentations, associated somatovisceral reflex clinical dynamics, subluxation complexes, sensitive health issues, and/or functional medicine articles, topics, and discussions. We provide and present clinical collaboration with specialists from a wide array of disciplines. Each specialist is governed by their professional scope of practice and their jurisdiction of licensure. We use functional health & wellness protocols to treat and support care for the injuries or disorders of the musculoskeletal system. Our videos, posts, topics, subjects, and insights cover clinical matters, issues, and topics that relate to and support, directly or indirectly, our clinical scope of practice.* Our office has made a reasonable attempt to provide supportive citations and has identified the relevant research study or studies supporting our posts. We provide copies of supporting research studies available to regulatory boards and the public upon request.



We provide copies of supporting research studies available to regulatory boards and the public upon request. We understand that we cover matters that require an additional explanation of how it may assist in a particular care plan or treatment protocol; therefore, to further discuss the subject matter above, please feel free to ask Dr. Alex Jimenez DC or contact us at 915-850- 0900. We are here to help you and your family. Blessings Dr. Alex Jimenez DC, MSACP, CCST, IFMCP*, CIFM*, ATN* email: coach@elpasofunctionalmedicine.com Licensed in: Texas & New Mexico* Dr. Alex Jimenez DC, MSACP, CIFM*, IFMCP*, ATN*, CCST My Digital Business Card