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The Different Causes Of Neck Pain



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Neck pain is a common issue that affects many people at some point in their lives. The neck, also known as the cervical spine, is made up of bones, muscles, nerves, and other soft tissues that work together to support the head and allow for movement. When any of these components become damaged or irritated, it can lead to pain and discomfort in the neck.

There are many different causes of neck pain, including poor posture, injury, disease, and even stress. Poor posture, such as slouching or holding the head in a forward position for long periods of time, can put extra strain on the muscles and ligaments in the neck, leading to pain and stiffness. Injuries, such as a whiplash from a car accident or a fall, can also cause neck pain. Certain diseases, such as osteoarthritis, rheumatoid arthritis, or a herniated disc, can also lead to neck pain. Stress can also cause neck pain, as tension in the muscles can build up and cause pain and discomfort.

Symptoms of neck pain can vary depending on the cause, but common symptoms include stiffness, soreness, and a dull ache. The pain may be felt in the neck, shoulders, or even in the arms or hands. Some people may also experience headaches, difficulty moving the neck, or even a tingling sensation in the arms.

Treatment for neck pain depends on the underlying cause of the pain. For minor cases of neck pain caused by poor posture or stress, simple home remedies such as rest, ice or heat therapy, and over-the-counter pain medications can help alleviate symptoms. Gentle stretching and exercise can also help to improve posture and relieve muscle tension.

In more severe cases, a healthcare professional may recommend physical therapy to help strengthen the muscles and improve range of motion. Chiropractic care or massage therapy

may also be beneficial. For chronic cases of neck pain, medications such as nonsteroidal anti-inflammatory drugs (NSAIDs) may be prescribed to reduce inflammation and relieve pain. In some cases, interventional pain procedures such as epidural steroid injections, medial branch facet injections, and spinal cord stimulation, as well as possible surgery may be necessary to correct underlying issues, such as a herniated disc.

Prevention of neck pain is key, and maintaining good posture, regular exercise, and stress management

can help. Proper posture while sitting or standing is also essential, as is maintaining healthy body weight and avoiding smoking.

It is important to consult with a healthcare professional if neck pain persists or becomes severe. They will be able to properly diagnose the cause of the pain and recommend the most appropriate course of treatment.

In summary, neck pain is a common issue that can be caused by a variety of factors, including poor posture, injury, disease, and stress.

Symptoms of neck pain can vary and include stiffness, soreness, and a dull ache. Treatment options depend on the underlying cause of the pain and can range from home remedies to physical therapy, medication, interventional pain procedures and treatments, and even surgery.

While neck pain is common, it does not have to be chronic. Taking proactive measures to prevent neck pain can help you avoid it in the first place, and getting proper treatment if it does occur can help you manage it and get back to your normal activities.

**Don't let pain
limit your health
and quality of life.**



Live Your Life Pain Free

Common Back and Neck Conditions We Treat:

- Neck Pain
- Low Back Pain
- Spinal Stenosis
- Herniated Disc
- Degenerative Disc Disease
- Arm and Leg Pain
- Neuropathy (Nerve Pain)
- Post-Laminectomy Syndrome
- Chronic Pain Syndrome
- Neuralgias
- Sports / Work Injuries
- Whiplash
- Spondylosis / Facet Joint Pain
- Sciatica / Pinched Nerves
- Sacroiliac Joint Pain
- And more

Nonsurgical and Minimally Invasive Options for Effective Pain Relief

Dr. Pearson offers surgical and non-surgical solutions for back and neck pain, as well as diabetic neuropathy, including an expert diagnosis and evaluation, individualized treatments, and rehabilitation.

Is your back pain or neck pain keeping you from doing what you want to do?

Advanced treatments for effective, long-term pain relief are available at Metropolitan Pain & Spine.

Call us at (443) 367-0011 to make an appointment with Dr. Levi Pearson in Ellicott City or Columbia, MD today or you can request an appointment online at your convenience.

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Monday-Friday 7am-4pm

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