



LAKELAND CHIROPRACTIC

▪ LIFETIME FAMILY WELLNESS ▪

ARM PAIN

BRACHIAL NEURALGIA

Arm pain is a very general term, but underlying many of the conditions of the arm is an irritated, or frankly pinched nerve in the neck.

Brachial neuralgia ("arm-nerve-pain") is the medical name for a pinched nerve in the neck. In its acute phase it is probably one of the most painful conditions faced in the chiropractic clinic. The pain is relentless and it is difficult to find a position which relieves the pain. It is often especially bad at night when lying down.

A characteristic sign is the so-called **Shoulder abduction relief sign**: Raising your arm above your head brings a measure of relief, as it takes the stretch off the nerve. Conversely, carrying a bag of groceries will increase the stretch on the tethered or irritated nerve, aggravating the pain.

There are 7 vertebrae that make up the cervical spine (aka: the neck). The primary job of the vertebral column is to protect the delicate nerve structures which originate in the brain, travel down the spinal cord, and out into the body. Life Energy flows over the nerves from the brain to the tissue cells that make up the entire body.

These vertebrae can become subluxated—a state where they are structurally and neurologically out of balance.

This can irritate the nerve and block the Life Energy from flowing properly and sufficiently. The purpose of the chiropractic analysis is to determine if the bones are misaligned and needing correction—called the adjustment.

Once the brain-body connection is restored, the body's overall potential is increased, as well as its ability to heal without drugs and surgery.



** Who do you know that could benefit from Chiropractic Care? **

SHARE WITH FRIENDS, FAMILY, AND CO-WORKERS

▪ LAKELAND CHIROPRACTIC IS DEDICATED TO SERVING THE COMMUNITY THROUGH CONSERVATIVE CARE AND PATIENT EDUCATION ▪

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