

**SOURCE: Secrest Family Chiropractic, PC**

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## **Chiropractor Announces Natural Pain Management for Scottsdale Neck Pain Patients**

SCOTTSDALE, AZ--(Marketwire - Sep 7, 2011) - Secrest Family Chiropractic, PC in Scottsdale, AZ has announced that the practice is providing natural pain management and correction for chronic neck pain. Neck pain is an increasingly common condition for Scottsdale, Mesa, and Tempe patients. Accident trauma like whiplash, poor posture due to frequent computer use, and stress are three leading causes for neck problems. These conditions may cause misalignment of the cervical spine, which can lead to nerve pressure, **migraine headaches**, and difficulty in concentrating. The practice combines Kinesiology, physiotherapy, and comfortable chiropractic adjustments using the **Koren Specific Technique (KST)** to naturally relieve cervical and spine pain.

Dr. Daniel P. Secrest, a **chiropractor** with Secrest Family Chiropractic PC, announced that the practice has had significant success relieving **chronic neck pain** comfortably and in a minimal time span.

"**Chronic neck pain** prevents my patients from living a full and active life," said Dr. Secrest. "As a **chiropractor**, my goal is to help my patients take back their lives as quickly and comfortably as possible by providing natural pain relief. Traditional medical care relies on prescription painkillers, which provides only temporary relief. My whole body approach focuses on the underlying cause of the pain, which is often a misalignment of the cervical spine."

Auto accident trauma, personal injury, and even poor posture while working at a computer can lead to a misalignment of the cervical spine. When this happens, a disc in the cervical spine may put pressure on nearby nerves, causing neck, **back pain** and migraine headaches.

The **Scottsdale chiropractic care center** uses a combination of Kinesiology, physiotherapy, and adjustments like the Koren Specific Technique (KST) to comfortably and naturally relieve pain. KST uses an adjustment instrument, called the ArthroStim to help the chiropractor determine the specific locations of the most significant misalignment problem. For some patients, the primary problem may not be the one with the most noticeable symptoms.

"Non-invasive treatments, like KST, provide immediate pain relief while also correcting the underlying misalignment," said Dr. Secrest. "By treating the actual cause of the problem, rather than just the symptoms, I am able to provide my patients with long-lasting relief that doesn't depend on prescription painkillers."

**Auto accident injuries**, such as whiplash, are a leading cause of cervical spine pain. **Whiplash** occurs when the force of an accident impact "whips" the neck forwards and backwards, causing a misalignment of the cervical spine.

"Many of my patients are struggling with serious pain due to whiplash, along with headaches and even difficulty concentrating on simple tasks," said Dr. Secrest. "KST is a gentle way to restore alignment, and there is no 'pushing,' 'twisting,' or 'cracking' involved. Patients are often adjusted in a standing, sitting, or moving position where the subluxation is most noticeable."

The **chiropractor** also uses KST to help manage cervical pain that is associated with stress. According to Dr. Secrest, chronic stress puts the body in a state of constant alert, causing a "fight or flight" response in the body, which frequently leads to tension in the neck.

"By adjusting the meninges, the protective sheath of the spinal cord at the neck, we can help reset the body from its state of high alert and return it to a normal, relaxed place," he said. "This comfortable adjustment is usually accompanied by aligning the cranial bones, such as the sphenoid, temporal and/or the occipital, which can quickly relieve stress headaches and neck pain."

Individuals who would like to learn more about natural pain management for the neck can visit the practice's website, <http://secrestfamilychiropractic.com/>.

Prospective patients may use the online appointment request form to schedule a free consultation or initial therapy session.