

# Neck, Upper Back, Shoulder & Arm Pain: What It Is and How It Is Treated

## Contents

4-5	Introduction & Facts
6-15	Cervical Spine
6-7	Normal Disc
8-9	Degenerated Disc
10-12	Slipped Disc
12	Referral Indications
13-15	Subluxation
16	Thoracic Spine
16	Degenerative Disc Disease
17	Subluxation of the Thoracic Spine
18	Rib Subluxation
19	Disc Herniation
20	Scoliosis
21	Compression Fracture
22-23	Treatment Procedures
24-25	Home Instructions
26	About the author

### *Dear Patient:*

Your condition and its care are described on page(s) \_\_\_\_\_. Please read it carefully. Have your spouse or a friend read it also to help you in your care and recovery.

## **Diagnosis**

It is important to properly diagnose the cause of the pain immediately. The chiropractic physician uses the neurological and orthopedic tests to determine the nerve involved and the extent of the involvement. X-rays will tell the doctor of any other bone disease that could be causing the pain and will also allow determination of vertebral misalignment, disc conditions, or the other causes of pain.

## **Referral Indications**

If a patient does not show at least 50% relief of the symptoms of neck, shoulder, or arm pain within 3 to 4 weeks of chiropractic care, further diagnostic procedures will be instituted and neurosurgical consultation may be made. MRI is not done immediately in most cases of neck and arm pain unless advanced neurological findings are present. Many neck and arm pain patients will gain relief without the use of MRI or like testing.