

Your Neck Pain Relief Guide

Simple, honest steps to ease neck pain — and how to know when it needs a closer look.

Most neck pain is mechanical — it comes from how the muscles, joints, and discs of your neck are moving and being loaded, often from long hours at a screen or a night in a bad position, not from something dangerous. The good news: that kind of neck pain usually responds well to a few sensible habits and conservative care. Here's where to start.

Feel better starting today

- 1 Keep moving gently.** Holding your neck stiff and still tends to make it worse. Slow, easy movement through a comfortable range keeps the joints and muscles from tightening up further.
- 2 Use heat or ice.** Ice calms a fresh flare-up in the first day or two; heat relaxes tight, aching muscles after that. Use whichever feels better, about 15 minutes at a time.
- 3 Fix your screen height.** Raise your monitor or phone to eye level and keep your head balanced over your shoulders — hours of looking down (tech neck) is one of the most common triggers.
- 4 Support your neck when you sleep.** Use a pillow that keeps your head level and neutral, not propped too high or too flat, so the tissues can settle overnight instead of staying strained.
- 5 Don't wait it out too long.** Pain that keeps returning, or that starts sending tingling or numbness down into an arm or hand, is worth having looked at before a short-term ache settles into a pattern.

What's usually behind it

- **Muscles & joints** — tight, strained, or moving poorly after long hours at a desk or screen.
- **Posture & habits** — a forward-head "tech neck" from looking down at phones and laptops adds up over time.
- **Discs & nerves** — a cushion between the bones can bulge and crowd a nearby nerve root, sending pain, tingling, or numbness down the arm.
- **Injury & whiplash** — a fall or a car accident can whip the head and strain the soft tissues, sometimes with symptoms that show up a day or two later.

⚠️ **See a doctor right away if...**

- You have **weakness, numbness, or new clumsiness in an arm or hand** — dropping things, or trouble with buttons or zippers (possible spinal-cord involvement)
- Neck pain follows a **significant fall or car crash**
- Neck pain comes with a **fever, a severe headache, and a stiff neck** (possible meningitis)
- You have **sudden, severe neck pain with dizziness, slurred speech, or vision changes** (possible stroke) — seek emergency care

These are uncommon, but they need urgent medical care — not a home remedy.

How we help at Thrive

At Thrive Chiropractic in Troy, care starts with a hands-on exam of how your neck actually moves — not just an image — because so much neck pain is soft-tissue and joint related. Dr. Rubinstein typically combines **gentle chiropractic adjustments** to restore motion to stiff spinal joints and ease **spinal subluxation, soft-tissue and massage therapy** to calm the muscle guarding that builds up, and **posture and ergonomic coaching** so the strain doesn't simply rebuild. When a nerve or disc is involved, **spinal decompression** may be part of the plan.

We're honest about what's realistic: this relieves pain and helps you move better over a series of visits — it isn't a one-time cure, and if your exam shows something that needs a specialist, we'll tell you plainly and refer you. You'll get a specific plan and timeline after your exam.

Call us

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Book a visit

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Medical disclaimer: This guide is general educational information from Thrive Chiropractic of Troy and is not medical advice, diagnosis, or treatment. It doesn't replace a visit with a qualified healthcare provider. Neck pain has many causes; please see a professional for advice about your specific situation, and seek emergency care for any of the warning signs above. © Thrive Chiropractic of Troy.