Acupuncture for Neck Pain

What can acupuncture do for neck pain?

Acupuncture can treat degenerative neck disorders such as ankylosing spondylitis and cervical spondylitis. In many cases, acupuncture has worked much less frequently than neck pain can occasionally become severe enough to warrant treatment from a licensed health professional.

Neck pain often has a variety of causes. Keeping your head in an awkward position can cause your neck muscles to fatigue and the joints in your neck to "lock" in place, causing discomfort, stiffness and limited range of motion. Neck pain can also be caused by a sudden force (such as an accident), or a medical condition (including chronic pain, trauma, bleeding, inflammation, etc.). Some neck pain can also cause headaches (see the "Acupuncture for Headaches and Head Pain" section for more information).

Who suffers from neck pain?

Almost everyone will experience some sort of neck pain or stiffness during their lifetime, however, certain occupations appear to be predisposed to neck pain. Manual laborers, for instance, have more symptoms than office workers, and the type of work seems to affect the severity. A person's age and history of head and neck pain can also contribute. Workers who have been exposed to repetitive tasks with their upper extremities, or who undergo periods of prolonged activity with their head in a flexed position (such as sitting on a train or a car) are at risk of developing mechanical neck pain.

What can acupuncture do for neck pain?

Studies have shown that acupuncture is effective in reducing certain types of neck pain, particularly those caused by whiplash. Some studies suggest acupuncture can treat degenerative neck disorders such as ankylosing spondylitis and cervical spondylitis. In many cases, acupuncture has worked much less frequently than neck pain can occasionally become severe enough to warrant treatment from a licensed health professional.

References:


Other Resources:

- Read more on Acupuncture for Neck Pain
- Ask an Acupuncturist about Acupuncture and Neck Pain
- Find an Acupuncturist Near You