Laptops, phones and long hours at a desk have made neck pain a daily complaint for many people in South Florida. Stiffness at the end of the workday, headaches that start at the base of the skull, and a neck that does not want to turn while backing out of the driveway are all familiar stories. McNamara Chiropractic Center in Lighthouse Point treats neck pain, stiffness and cervical disc problems, including desk-posture and "text-neck" cases.

This article offers general information about why neck pain develops, how it is evaluated at the practice, and simple habits that many people find useful.

Why necks get sore

The average adult head is heavy, and the neck works hardest when the head drifts forward chiropractor Lighthouse Point to look at a screen. Spending hours in that position can overload the muscles and joints of the neck and upper back. Other contributors include old injuries, car accidents, sleeping positions, stress and disc changes in the cervical spine. Often, several of these factors overlap.

Evaluation comes first

At McNamara Chiropractic Center, Dr. Carol McNamara-Krauss, DC begins with a consultation about your symptoms, your work setup and your activities. She examines how your neck and upper back move, checks for signs of nerve irritation and looks at posture. Then she explains what she found and whether she believes chiropractic care is a good fit.

Neck pain that follows significant trauma, or that comes with severe headache, dizziness, weakness, or changes in vision or speech, should be evaluated by emergency medical services right away.

Care options that may be part of a plan

- **Chiropractic adjustments** to the neck and upper back to help restore joint motion.
- **Spinal decompression** when a cervical disc problem is suspected.
- **Therapeutic ultrasound** and **Class IV laser therapy** as supportive soft-tissue therapies.
- **Massage therapy** with Dawn Marie Teufel, LMT, and the practice's Knot Relief Program for stubborn muscle knots in the neck and shoulders.

Every plan is individual. The practice explains its recommendations and checks progress over time; results vary from person to person.

Workstation habits worth trying

- **Raise the screen.** The top of the monitor at roughly eye level helps keep the head from drifting forward. A stack of books under a laptop and a separate keyboard can work in a pinch.
- **Bring the phone up.** Lift the phone toward eye level instead of dropping your chin to your chest.
- **Set a movement reminder.** Stand, roll the shoulders and look away from the screen every half hour.
- **Check your chair.** Feet flat, hips slightly higher than knees, and the lower back supported.
- **Review your pillow.** A pillow that keeps your neck roughly level with the rest of your spine is often more comfortable than one that props the head up steeply.

For remote workers and commuters

Many Lighthouse Point and Pompano Beach residents now split their week between a home office and the road. Kitchen-table workstations and long drives on I-95 both add strain. Small changes, such as a proper chair at home and a well-adjusted headrest in the car, add up over time.

Visit the office

McNamara Chiropractic Center is located at 3320 N Federal Hwy, Lighthouse Point, FL 33064, on US-1 between Sample Road and Copans Road, in the same building as State Farm and across from Publix. Parking is free in front of the building; the entrance is on the side. Call (954) 902-6371 to schedule, or read more at mcnamarachirocenter.com.

General information only; not medical advice. A personal evaluation is needed to determine appropriate care.

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