

# Healthy Lifestyle Guide

A publication of Zager Chiropractic Services  
(830) 393-6554 [www.zagerchiro.com](http://www.zagerchiro.com)

Vol. 10

Issue 3

## Neck Pain

Many people with neck and arm pain go to chiropractors to help relieve their pain. This also includes people with numbness in their hands and arms or headaches that stem from the neck.

When the cervical or neck vertebrae are misaligned or "subluxated" they can cause several different types of pain.

The first is an ache from tight and stressed muscles that are trying to pull the vertebrae back into place.

The second is a sharp pain from either the joints, the discs (padding between the vertebrae), the nerve roots that get "pinched" or the ligaments that are injured. This sharp pain can go up or down the spine or out across the shoulders.

Thirdly, you can get numbness or tingling down either or both arms all the way to the fingers. Depending on where there are misalignments or subluxations in the neck will determine where the pain or tingling occurs.

By gently adjusting the cervical (neck) and upper thoracic (midback) verte-

brae, a chiropractor can take the pressure off of pinched nerves, restoring the normal nerve impulses, taking pressure off of the discs, decreasing the pain or numbness, and helping to balance the surrounding musculature.

In addition to adjusting the spine, Dr. Zager gives each patient specific exercises to help strengthen up their muscles which in turn helps keep the vertebrae in their proper positions. She also shows you techniques to help yourself at home, including massage techniques.

There are numerous neck and arm conditions aside from simple neck pain that respond well to chiropractic care including: Thoracic Out-

let Syndrome (TOS), cervical radiculitis, brachial neuritis, carpal tunnel, neuritis, and myofascitis/fibromyalgia. If you have been diagnosed with any of these, you should consider chiropractic treatment to see if it can help alleviate your pains.

If you have neck or arm pain, call today for a consultation with Dr. Zager to see if chiropractic can help you.



*Check out our website [www.zagerchiro.com](http://www.zagerchiro.com)  
for more health related articles and information.*

**Zager Chiropractic Services**  
*presents our First Annual*

***Healthy Living Day***

**April 10th**

**10 am until 2 pm**

**at**

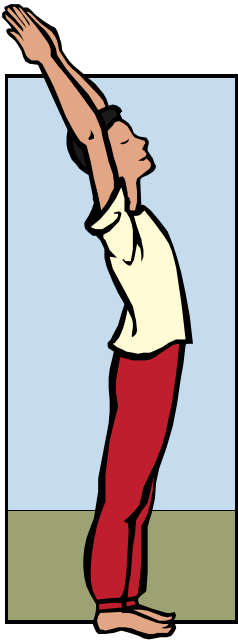
**2840 Business Loop 181 N, suite 140  
Floresville, TX 78114**

**Come join us for a fun and informative morning  
of how you can help yourself become healthier.**

***Refreshments will be provided.***

***Short classes (about 15 minutes long) will include:***

- |                          |   |
|--------------------------|---|
| <b><i>10:00 am</i></b>   | <b><i>Top 5 Core Exercises</i></b>          |
| <b><i>10:30 am</i></b>   | <b><i>Headaches—how to relieve them</i></b> |
| <b><i>11:00 am</i></b>   | <b><i>5 top nutritional tips</i></b>        |
| <b><i>11:30 am</i></b>   | <b><i>Correct Lifting Tips</i></b>          |
| <b><i>12:00 noon</i></b> | <b><i>Top 10 Wellness Tips</i></b>          |
| <b><i>12:30 pm</i></b>   | <b><i>How to relieve Low back pain</i></b>  |
| <b><i>1:00 pm</i></b>    | <b><i>Exercises for kids</i></b>            |



For more information call (830) 393-6554 or go to [www.zagerchiro.com](http://www.zagerchiro.com)

***Thank You*** to all of our patients who have referred others to our office. Our business has grown tremendously, thanks to your great referrals.

# Small Group Wellness Program to start

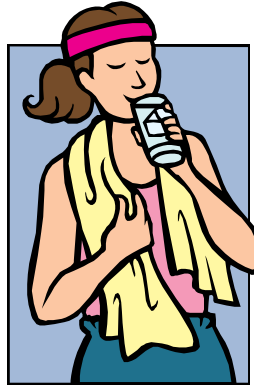
The Spring session of Zager Chiropractic's Small Group Wellness Program will start on April 19th, Monday nights at 6:00 pm.

This class is for you if you want to strengthen up, learn how to be healthier, and lose weight or inches.

The Wellness Program will last for 8 weeks, meeting each Monday night at 6:00 pm at Zager Chiropractic in Floresville.

Zager Chiropractic's Small Group Wellness Program includes: a relaxation component, weekly nutritional guidance and coaching, and an exercise component.

Dr. Zager will lead the class and help educate you on all the different things you can do to create new wellness habits in your own life. In addition she will lead a



core/strengthening exercise class each week for the participants.

The Spring group program is limited to 4 participants, so Dr. Zager can give them individual attention.

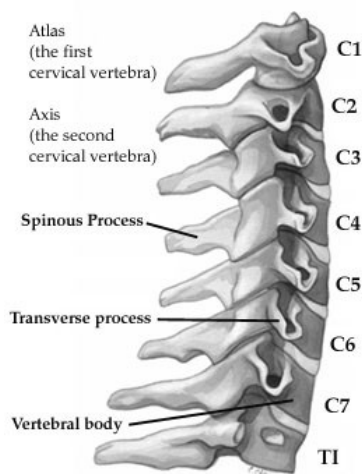
Call 830 393-6554 early to reserve your spot. If you would like more information, please call us and

we will e-mail you the program schedule and costs.

Wellness topics include: tips and techniques to relax your muscles, biofeedback, vitamins—what do you really need, what types of exercises can I do and the benefits, lots of nutritional information on food and which foods will help you control your appetite and lose weight.

Individual programs are also available.

## Cervical (neck) Anatomy



Your neck has 7 cervical vertebrae. The first two vertebrae, atlas and axis, are formed differently than the rest of vertebrae. Atlas is formed like a ring and it sits just under your skull. Axis is the second vertebrae. It has an upward projection called the dens that atlas pivots around.

The rest of the cervical vertebrae (C3 - C7) look like regular vertebrae, although they are somewhat smaller. There are 8 sets of cervical nerve roots which exit between your vertebrae. These nerve roots innervate the face, neck, shoulders, and arms.

Through the side, your cervical spine should have a slight forward curve (lordosis) to it, similar to the lumbar or low back spine. There are times when this curve has flattened out (hypolordotic), and other times when there is actually a reversal of the curve (a kyphosis).

When the vertebrae get misaligned or subluxated, the muscles through the neck and shoulder regions become very tight. Your muscles attach onto the spinous processes and the transverse processes. If they stay contracted you can not only experience neck pain, but also headaches, midback pain, shoulder pain, and even arm and hand pain, numbness, or tingling.

When you get into car accidents, you strain the muscles and sprain the ligaments attached to the neck vertebrae. Which is why you can get neck pain, headaches, and arm pain after an auto accident.

## **New Senior Exercise Class**

*Because of the high demand, I changed the senior exercise class at my office to:*

**Thursday mornings  
at 9:15 am**

If you would like to join this group,  
please give us a call at 830 393-6554

**We are a Blue Cross Blue  
Shield of Texas  
preferred provider.**

**We accept Medicare  
patients.**

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Check out our webpage

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for more articles and information.

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## **Office Hours:**

Monday	9 am - 6 pm
Tuesday	9 am - 3 pm
Wednesday	9 am - 6 pm
Thursday	9 am - 3 pm
Friday	9 am - 6 pm
Saturday	by appointment