

THE BACK PAGE

JAY M YATES, DC

SECOND ISSUE

There are very few problems that you could say are "in your face" besides **NECK PAIN**. The neck is such a vulnerable area to injury. If you just look at the structure you would wonder how we could ever avoid injury to this area.

Other than Headache, this is probably the number one problem that requires immediate care. With low back pain (unless severe to debilitating) you can usually work through it although you shouldn't. Neck pain is like writing pain on your palm and sticking your hand right in front of your face.

Neck pain can be caused by a great number of things. One of the most common is sleeping wrong on your pillow or using the wrong pillow. If you sleep on your stomach that can cause neck pain also. I try to make my patients aware of how



damaging this is by asking them to tilt their head up, look over their shoulder and keep their head that way for the next 8 hours. Try it and you'll get the idea. Most people don't realize how long or that they have been sleeping wrong.

Car accidents are the next culprit. WHIP-LASH, as it has been known, is a phenomenon that causes the neck to "whip" back and then forward straining and spraining the joints and ligaments of the neck.

Other symptoms related to neck problems are shoulder pain, arm pain or hand pain, numbness and tingling in the arms, loss of muscle mass in the arm, forearm or hand.

The following studies shed some light on how effective chiropractic care is in treating neck pain.

A new study published in the Journal of Orthopedic Medicine not only points out the superiority of chiropractic care for chronic whiplash.

"Woodward, et al., found improvement in chronic symptoms in 26 of 28 patients (93%) following chiropractic treatment. Our results confirm the efficacy of chiropractic, with 69 of our 93 patients (74%) improving following treatment.

"The results from this study provide further evidence that chiropractic is an effective treatment for chronic whiplash symptoms

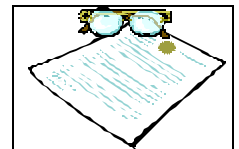
Khan S, Cook J, Gargan M, Bannister G. A symptomatic classification of whiplash injury and the implications for treatment. Journal of Orthopaedic Medicine 1999; 21 (1): 22-25.

This study, performed in the Netherlands at the Institute for Research in Extramural Medicine, VU University Medical Centre was designed to determine the most cost-effective and successful intervention for neck pain. Neck pain is a common condition, and although it may not be life threatening, it often results in increased healthcare costs, absence from work, and disability. Manual therapy for the treatment of neck pain was more cost effective than physiotherapy or care by

NEWSFLASH

For information on up coming lectures given by Dr. Yates on this subject and many others, please see his website at

www.jaymyatesdc.com



This site contains some very informative material and even has a special section specifically for patients of Dr. Yates.

If you are a current patient of Dr. Yates and wish to have access to log in to this section, please contact Dr. Yates directly for a password to allow you to peruse this section.

If you do not use computers and have no access to this medium, please contact Dr. Yates's office directly and he will make sure you are aware of any lectures he will be giving .

PERTINENT INFO

As always, I appreciate your referrals to our office. By referring someone you demonstrate your concern for them and your trust in me. Thanks to you all.

Remember your maintenance visits. If you haven't been in for over a month, you need to call me for an appointment.

Don't undo all the good work we have done...

a general practitioner. Manual therapy had significantly lower costs and slightly better effects at 52 weeks compared with physiotherapy and general practitioner care. The clinical outcome measures showed that manual therapy resulted in faster recovery than physiotherapy and general practitioner care.

Korthals-de Bos IB, Hoving JL, van Tulder MW, Rutten-van Molken MP, Ader HJ, de Vet HC, Koes BW, Vondeling H, Bouter LM. Ann Intern Med 2002; 136: 713722

These are just a few of the many studies that demonstrate the effectiveness of manipulative therapy and chiropractic care to treat neck pain.

If you or someone you know suffers from this debilitating problem, please don't hesitate to call me and set up an appointment for a **FREE CONSULTATION**.

If you wait too long, you could end up with cervical degeneration and fusing of the vertebrae in your neck. This is sometimes called arthritis but **IT IS NOT NORMAL** as some healthcare professionals would have you think.

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Please mark the appropriate box and cut this questionnaire out and mail it to:
Dr. Jay M Yates P.O. BOX 12311 Newport Beach, CA. 92660. Thank you.

1. My care under Dr Yates was:
 excellent good fair poor
2. Dr Yates's explanation of my condition was:
 excellent good fair poor
3. I was willing to follow Dr. Yates's recommendations:
 yes no
4. My reason for stopping care if I didn't follow Dr. Yates's recommendation was:
 I didn't feel I needed it. I didn't want to come that often.
 financially too expensive. didn't feel I got the care I needed.
 just felt better and forgot. just wanted to come in for a quick fix
5. If I could rate Dr Yates's service and care I would rate him:
 excellent good fair poor

Thank you for your participation. Be sure to mail it in