



Acru Health: Precision Chiropractic Reveals Guide on Neck Pain Relief in San Diego

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Acru Health: Precision Chiropractic has published an educational guide focused on neck pain relief in San Diego and the role chiropractic care may play as part of a conservative approach to common neck discomfort. The guide explains how a clinical evaluation can help identify factors associated with stiffness, tension, headaches, limited movement, and other neck-related concerns while helping patients understand potential care options.

Neck discomfort can develop alongside everyday activities such as prolonged computer use, device use, desk work, repetitive movement, or changes in physical activity. It can also occur following an injury. Clinical guidelines for neck pain emphasize assessment, patient education, exercise, self-management, and selected manual therapies based on the individual's symptoms and presentation. The American Physical Therapy Association's clinical practice guideline for neck pain also supports matching treatment strategies to a patient's specific condition rather than applying one approach to every case.

Acru Health: Precision Chiropractic incorporates an individualized evaluation into its approach. The practice considers a patient's symptoms, health history, movement, posture, and personal goals when determining whether chiropractic care may be appropriate. This process gives patients an opportunity to discuss their concerns and learn about available options before beginning care.

Dr. Rafael Ramon, chiropractor at Acru Health: Precision Chiropractic, stated, "Neck pain relief starts with understanding the individual factors that may be contributing to discomfort. A careful evaluation gives patients a clearer picture of their options and helps us create a care plan that matches their needs, goals, and comfort level."

The practice offers the Torque Release Technique as one of its chiropractic approaches. According to Acru Health: Precision Chiropractic, Dr. Rafael Ramon and Dr. Chris Norton hold Advanced Proficiency Certification in the technique and are Board Certified by the California Board of Chiropractic Examiners. Torque Release Technique uses an instrument-assisted method to deliver low-force chiropractic adjustments.

Research has examined instrument-assisted chiropractic techniques as part of musculoskeletal care, although evidence varies according to the specific technique and condition being treated. Acru Health: Precision Chiropractic presents Torque Release Technique as one available approach within a broader, patient-specific care process rather than as a guaranteed solution for neck pain.

The practice also emphasizes follow-up and communication throughout care. During subsequent visits, the team may review changes in movement, comfort, posture, and daily activities. Patients can share feedback about their progress and goals, allowing the care plan to be reviewed when appropriate.

Dr. Chris Norton, chiropractor at Acru Health: Precision Chiropractic, stated, "Every patient brings a different history and set of goals to care. Our focus is on listening carefully, evaluating movement, and providing a clear plan that supports the patient's ability to stay active and comfortable."

The guide also highlights the potential value of combining hands-on care with practical education. Patients may receive information about posture, movement habits, workstation positioning, activity levels, and other daily factors that can affect how the neck feels. Clinical guidance for neck pain recognizes education, exercise, and self-management as important parts of conservative care, with treatment selected according to the patient's needs.

Acru Health: Precision Chiropractic serves patients in communities including Hillcrest, Bankers Hill, Mission Hills, Mission Valley, Middletown, Downtown San Diego, Little Italy, North Park, and Point Loma. The practice works with individuals and families and develops care plans based on each patient's presentation and goals.

The educational guide also encourages patients to pay attention to changes in neck discomfort and movement. While many cases can be addressed through conservative care, symptoms following significant trauma, severe or worsening pain, weakness, numbness, changes in coordination, or other concerning symptoms may require evaluation by an appropriate medical professional. Patients can discuss their symptoms and health history with a qualified healthcare provider to determine the most appropriate next step.

The practice's approach centers on evaluation, communication, patient education, and individualized care. Rather than presenting one treatment as appropriate for everyone, the guide explains how a patient's history and current presentation can help inform decisions about available options.

Through the new guide, Acru Health: Precision Chiropractic provides San Diego residents with accessible information about neck discomfort and conservative chiropractic care. The resource highlights assessment, education, appropriate hands-on care, and follow-up as parts of the practice's approach while encouraging patients to make informed decisions about their health and daily function.

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Acru Health: Precision Chiropractic

Our team of experienced chiropractors are Board Certified by The California Board of Chiropractic Examiners. Both Dr. Rafael and Dr. Chris are Advanced Proficiency Certified in Torque Release Technique.

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