



Ascend Family Chiropractic Updates Guide on Neck Pain Relief in Pierce County, WA

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Ascend Family Chiropractic in Pierce County, WA has updated its patient education guide on neck pain relief. The revised guide outlines common causes of cervical discomfort, typical symptoms, and the clinic's approach to chiropractic care for neck pain at its Graham location. The update organizes existing clinical information so families and working adults can better understand how posture, strain, and spinal function relate to neck symptoms.

The guide describes the neck, or cervical spine, as a flexible structure that supports the head and allows a wide range of motion. When movement is restricted or supporting tissues are strained, people may notice aching or stiffness that increases with prolonged sitting or standing, difficulty turning the head, headaches that begin at the base of the skull, or discomfort that travels into the shoulders, arms, or upper back. Tingling or numbness in the arms and hands can also appear when nearby nerves are affected.

Causes covered in the updated material include poor posture during desk work or device use, muscle strain

from overuse or awkward sleeping positions, whiplash from sudden forceful motion, herniated discs, and degenerative changes such as osteoarthritis or disc wear. The clinic's published approach begins with an assessment intended to identify contributing factors rather than treating isolated symptoms alone.

Chiropractic plans described in the guide may include gentle spinal adjustments to the cervical region, corrective exercises for the muscles that support the neck and upper back, and posture guidance covering ergonomic habits and daily movement. Adjustments are presented as a method for improving joint motion and reducing stiffness. Exercises are used to address muscle imbalance. Posture education is included because sustained forward-head or slouched positions are identified on the clinic site as a frequent source of recurring neck strain.

Clinical research supports the use of spinal manipulation and multimodal manual care for neck pain. A 2025 systematic review and network meta-analysis in *BMJ Open*, covering 101 randomized trials and 7,633 participants, found that musculoskeletal manipulations reduced neck pain intensity compared with no treatment and that manipulation ranked highest for improving cervical flexion and extension range of motion. Multimodal treatment, combining two or more manual methods, ranked highest for reducing both pain intensity and neck disability.

A 2023 meta-analysis of 17 randomized trials in *Complementary Therapies in Clinical Practice* reported that manipulative therapy reduced chronic neck pain intensity and neck disability compared with control interventions. A 2023 systematic review in the *Journal of Orthopaedic and Sports Physical Therapy* found spinal manipulative therapy more effective than recommended comparison interventions for short-term and longer-term improvements in neck pain and disability, with only transient side effects such as muscle soreness reported in the included trials.

Best-practice recommendations published in the *Journal of Manipulative and Physiological Therapeutics* advise chiropractic manipulation and multimodal care, including education and exercise, for uncomplicated neck pain in adults, including neck pain with headache or radicular symptoms. Those recommendations align with the combination of adjustments, exercise, and posture education described in the clinic's updated guide.

Dr. Chaz Curtis, DC, Founder of Ascend Family Chiropractic, stated, "Neck pain often follows restricted cervical motion, muscle strain, and daily posture habits. The updated guide explains how assessment, gentle cervical adjustments, and targeted exercise can be combined to improve mobility and reduce discomfort."

The guide also notes that care plans are adapted after an initial evaluation of alignment, posture, and function. Findings are explained before treatment proceeds. This structure is consistent with published recommendations that pair manual therapy with education and exercise rather than relying on a single technique.

An umbrella review of manual physical therapy for neck disorders reported high confidence that manual therapy combined with exercise was superior to either approach used alone for nonspecific neck pain. The same review found support for cervical or thoracic mobilization and manipulation in the short-term management of pain and disability. Those findings reinforce the clinic's described combination of adjustments and corrective exercise.

Dr. Chaz Curtis, DC, added, "When the cervical spine does not move well, ordinary tasks such as looking at a screen or turning the head can become limited. Clarifying those mechanics in the updated guide helps patients understand why mobility work and posture support are part of neck pain care."

Ascend Family Chiropractic was founded by Dr. Chaz Curtis in Graham, Washington. The practice provides family-centered chiropractic services for spinal and musculoskeletal concerns, including neck pain, back pain, headaches, and related conditions. The clinic serves residents of Graham and the surrounding Pierce County area. Team members include Marilyn Curtis, Office Manager and HR, and chiropractic assistants Caitlyn, Evelyn, and Tina.

The updated neck pain guide is part of the clinic's existing educational materials rather than a change in the services offered. It restates the same treatment elements already published on the clinic site: cervical adjustments, strengthening and stability exercises, and posture correction. The purpose of the revision is to present those elements in a clearer sequence for people seeking information about neck pain.

Neck pain remains a frequent reason adults seek conservative musculoskeletal care. Published estimates indicate that a large share of adults report neck pain in a given year, and recurrence is common. The clinic's guide places local care options in that context by connecting common workplace and daily-life contributors with documented conservative treatments.

The practice continues to offer chiropractic care for individuals and families in Graham. Services include spinal adjustments, support for injury recovery, and related musculoskeletal care. The neck pain guide now groups cause, symptom, and treatment information in one place so readers can follow how assessment leads to a plan that may include manual therapy and exercise.

Ascend Family Chiropractic operates as a chiropractic practice in Graham, Washington. The clinic provides care for spinal conditions and related musculoskeletal concerns for patients across a range of ages. The updated guide on neck pain relief in Pierce County, WA reflects the clinic's current published approach to cervical assessment, manual therapy, and movement support.

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Ascend Family Chiropractic

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