



Tree of Life Wellness Center Updates Neck Pain Relief Guide for Patients in DuPage County, IL

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Tree of Life Wellness Center has updated its published educational guide on neck pain for patients in DuPage County, IL. The revised material explains how neck pain can appear, what daily habits and injuries may contribute, and how the practice organizes conservative care after an examination. The center has offered non-surgical reconstructive services since 2005.

The updated guide describes neck pain as discomfort that can interfere with focus, head turning, and ordinary daily tasks. According to the practice's published material, symptoms may include stiffness or tightness, sharp or radiating discomfort, limited rotation, tension that extends into the shoulders or upper back, and headaches that begin at the base of the skull. That section is educational. It does not claim that any single treatment will produce a specific result. Individuals with severe headache, significant numbness, weakness, or other neurological changes are advised to seek prompt evaluation by an appropriate medical professional.

The guide also outlines contributors the practice lists for patients. The cervical spine supports the head and is

under frequent motion. Strain may follow a distinct injury or build from posture and routine habits. Examples on the site include long hours at a desk, looking down at devices, sudden force such as a collision, overuse or awkward sleeping positions, irritated or bulging discs that place pressure on nearby nerves, and wear that develops over time. Those examples help patients recognize possible patterns. Recommendations at the center are based on history and examination findings, not on a fixed list of causes.

Dr. Kelly Synowiec-Moroney, founder and lead chiropractor, directs clinical care. She holds a Bachelor of Science from Northern Illinois University and a Doctor of Chiropractic degree from National College of Chiropractic. The practice describes her as certified in pediatric chiropractic care, wellness practice, and as a certified functional medicine practitioner. The website does not name a certifying organization for the functional medicine credential. She has more than 26 years of experience and conducts consultations, examinations, and adjustments directly.

"The updated guide starts with how neck pain can show up, because stiffness, limited turning, or tension into the shoulders is often what people notice first," said Dr. Kelly. "Understanding those signs helps a visit focus on what the neck is doing rather than only the most obvious sore spot."

The practice describes its neck care as a coordinated plan assembled after assessment. Published service language lists gentle, doctor-guided instrument adjustments, including Impulse IQ and Activator methods the site characterizes as instrument-assisted conservative care. Corrective exercises are described as targeted movements intended to support neck musculature and posture. Nutritional support is listed as an adjunct. The mix is selected for the individual case. Results vary by person and by the nature of the condition. Those methods are the practice's stated approach rather than independently cited clinical conclusions in this release.

"For neck pain I look at how the cervical spine is moving and what the supporting muscles are doing," Dr. Kelly stated. "When the findings support it, adjustments, simple exercises, and nutritional support can be combined in one plan."

Tree of Life Wellness Center has operated since 2005. The practice lists neck pain among conditions addressed through conservative, non-surgical reconstructive care, along with sciatica, back pain, hip pain, and foot pain. Visits are conducted one-on-one with the lead chiropractor. The center also serves families seeking wellness support for moms, children, and active adults. Coordination with other healthcare providers occurs when additional evaluation is indicated. Most insurance plans are accepted, with filing assistance available.

Patients begin with a consultation that includes health history and examination. Findings are reviewed and a plan is outlined. The updated guide separates general education from recommended care. Education covers

how symptoms can appear and how posture, device use, sleep position, or prior injury may relate to cervical strain. Recommended steps follow the exam. Gradual symptoms and symptoms that follow a sudden injury are evaluated through the same structured process.

The practice describes health as involving physical, mental, and chemical factors. Dr. Synowiec-Moroney's published biography notes childhood and adolescent experiences with recurring symptoms that were not fully resolved by short-term medication use. That history informed later work in chiropractic care, nervous system health, and nutrition. As a mother, she applies clinical training alongside awareness of family and work demands. Core values listed by the center include honesty, compassion, and education. Patients receive information about residual strain and daily habits that may influence comfort and movement.

Since its founding, the center has taken part in local educational talks and community wellness activities. Dr. Synowiec-Moroney serves as president and founding member of the Elmhurst Wellness Team and has helped organize fundraising that supported homeless students. Additional services listed on the site include red infrared light therapy, rehabilitation exercises, and massage therapy through team member Heloise, a graduate of National University of Health Sciences. Those options sit alongside chiropractic evaluation of the cervical spine. They do not replace assessment or, when needed, referral for urgent medical evaluation.

The updated guide and the care process share the same emphasis: first understand how neck pain can appear, then match conservative measures to what the examination shows. Stiffness, limited rotation, upper-back tension, and headaches that start at the base of the skull are evaluated within the center's spinal-care framework. When radiating symptoms into the arms or shoulders are present, the plan is adjusted to the findings and other providers may be included. Continuity is maintained through the lead chiropractor's involvement from the first visit through follow-up.

Tree of Life Wellness Center presents the guide as a way for patients and families to recognize common neck symptoms and contributors before or during care. The accompanying clinical process remains assessment-based and conservative. Urgent or worsening neurological symptoms remain outside routine chiropractic follow-up and should be evaluated by an appropriate medical professional.

Tree of Life Wellness Center offers non-surgical reconstructive care, chiropractic services, corrective therapies, and wellness support to families and individuals in the Elmhurst area. Founded by Dr. Kelly Synowiec-Moroney, the practice specializes in family wellness with attention to the needs of moms, children, active adults, and patients seeking conservative care for spinal concerns including neck pain.

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For more information about Tree of Life Wellness Center, contact the company here:[Tree of Life Wellness](#)

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Tree of Life Wellness Center

We work with families to help them understand that many chronic conditions can be helped with non-surgical reconstructive care, rather than routine prescription drugs and surgery.

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