



Advanced Injury Care Clinic Discusses Neck Pain And Its Main Causes

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Nashville, Tennessee based Advanced Injury Care Clinic recently published a new blog entry where they discuss neck pain and some of its principal causes. Information about this topic, as well as the different treatments used to alleviate a patient's pain and soreness, can be found at the following link: <https://www.advancedinjurycareclinic.com/neck-pain>.

Advanced Injury Care Clinic states that neck pain is among the most common ailments their patients endure. Due to the nature of neck injuries, they are rather easy to sustain. Furthermore, even when an individual presents minor injuries, they can result in stiffness, soreness, and discomfort, which can greatly affect an individual's ordinary life. The clinic seeks to share its expertise and raise awareness so that members of the community are better able to recognise when they need help relieving themselves of neck pain,.

Dr. Derrick Miller, Accident Injury Chiropractor at the Nashville clinic, says, "With our most recent blog entry, we expect our patients to figure out what may be the cause of the affliction they have been suffering from. While there is little you can do besides visiting a chiropractor when you are experiencing neck pains, we hope that once they know the common causes behind such issues, our patients can take preemptive measures

and save themselves the inconvenience of having to regularly deal with neck injuries."

The single most common cause of neck injuries is a strained muscle or tendon. The clinic explains that this can be caused by an abrupt movement, as what may have started as a muscle cramp around the neck area often devolves into a recurrent stiffness or soreness of the affected area.

Injuries of this sort are similar to whiplash injuries, which are also caused by an abrupt back-and-forth movement of the neck via forceful action. These often occur in vehicle accidents or severe sports collisions, and are among the most severe types of neck injuries?they affect various areas of the neck, causing symptoms like stiffness, headaches starting at the base of the skull, fatigue, dizziness, blurry vision, and problems concentrating.

However, as the clinic remarks, neck injuries are not only caused by abrupt or forceful movements. They can be caused by something as trivial as sleeping in a bad position, without proper support of the neck, or maintaining a bad posture throughout the day. Additionally, albeit rarely, neck pain can also be caused by an undiagnosed health condition, in which case the only way to determine the cause is to visit a specialist. More information on this topic is available on the company's blog, which can be accessed here: <https://www.advancedinjurycareclinic.com/blog/neck-pain-and-its-main-causes>.

Advanced Injury Care Clinic notes that the best way to ensure the proper health of one's body is to consult a chiropractor. Dr. Miller asserts, "Only a qualified practitioner will be able to address and effectively cure a neck injury. In most cases, patients decide to not visit a chiropractor if they are presenting only minor soreness in their necks, but this is a bad practice that can lead to more problems in the future. Neglecting the proper care that your body needs is highly inadvisable, as future injuries will take longer to heal and may aggravate the old ones."

The chiropractors at Advanced Injury Care Clinic take great pride in helping their patients find relief from their neck injuries, offering professional guidance during their treatment. They have received highly positive praise and support from the Nashville community over a variety of review platforms. For instance, they boast a perfect review score of 5/5 Stars on Google.

In one of their most recent reviews, Daniel Turner wrote, "The staff at Advanced Injury Care has always been helpful and accommodating, especially with my varied schedule. The treatment after my accident has been top-notch. Everything has been explained to me clearly so I could understand the treatment process, and why every session is so important. I'm more than halfway through the treatment and I am feeling better than ever. Highly recommended."

For more information regarding the Nashville Advanced Injury Care Clinic, interested parties may contact Dr.

Derrick Miller, who will be pleased to follow up any inquiries. They may also learn more about the clinic's new locations at the following link:
<https://www.pressadvantage.com/story/29197-advanced-injury-care-clinic-announces-new-locations-served>.

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For more information about Advanced Injury Care Clinic, contact the company here: Advanced Injury Care Clinic Dr. Dar'Neshia Roberts (615) 777-0624 info@advancedinjurycareclinic.com 2700 Gallatin Pike D, Nashville, TN 37216

Advanced Injury Care Clinic

Our Nashville Chiropractors are the experts when it comes to the physical and financial recovery process after an auto accident has caused a patient to become injured. The people of Tennessee have been trusting our medical team for over a decade.

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