Neck Pain

_____Represented by Former Clinic Director of NYCTCM, OMD & L. Ac,
Chunrong Wu

Neck Pain is a symptom, which may occur either on one side or on both sides of the neck, and includes stabbing, burning and contracting pain, and sometimes pain with stiffness. And the motions of the neck very restricted, which affected driving, working, and daily living.

Causation:

A. **Diseases in Western Medicine**
- Carbuncle
- Local Skin infection
- Degeneration of the cervical vertebrae
- Herniation of a cervical disc
- Osteoarthritis
- Cervical spondylosis
- Trachelokyphosis
- Spontaneous subluxation of cervical vertebrae
- Trachelagra
- Trachelomyitis
- Carotid arteritis
- Injury of the soft tissues of the neck

B. TCM:

- Bad sleeping position
- Invasion of the external pathogenic factors
- Stagnation of Qi & Blood
- Overstrain
- Physic trauma / inappropriate surgery

Treatment:

Basic Treatment: Unblock the channel & Collaterals.

Generally, Patients would gain treatment result immediately from acupuncture treatment. Many patients would feel less restricted from moving the neck, some of them could gain pain relieve immediately right after the acupuncture treatment or after few times visits. The patients would choose twice a week visiting and most of them could cure less than 10 times acupuncture clinical visits.

Most treatable neck pain of acupuncture were:
- Degeneration of the cervical vertebrae
- Herniation of a cervical disc
- Osteoarthritis
- Cervical spondylosis

- Spontaneous subluxation of cervical vertebrae
- Trachelagra
- Trachelomyitis
- Injury of the soft tissues of the neck