

# Bioresonance Therapy For Neck Pain

## Description

Neck pain is a prevalent condition that can sometimes cause debilitating pain, as well as affect nearby muscle groups in the region. Several studies have been performed to assist in determining the approximate epidemiology of the condition, but mixed results are usually found, making it difficult to provide an accurate figure. Some studies, however, have provided evidence of a [prevalence that is as high as 75%](#) for lifetime and about 22% for a one-year among local populations.

There are various causes for neck pain, and the symptoms can include pain, stiffness, inflammation, and more. Conventional treatments are available, but drugs used to assist in alleviating pain is known to result in inflammation. With the use of Bioresonance therapy, possible sources for the pain can sometimes be pinpointed, leading to a more targeted approach to treating the underlying condition and alleviating the symptoms.

## Possible Causes For Neck Pain

Various possible causes and risk factors have been associated with the incidence of pain, spasms, and stiffness in the neck. The specific cause associated with the symptoms will usually have a role to play in determining how severe the symptoms will be and if any potential complications could develop.

Some of the [most common causes behind neck pain](#) among the general population include:

- Muscle strains, which is often caused by an improper posture, especially when sitting in front of a computer. Teeth grinding is another possible reason why muscle strain may occur and essentially lead to the development of pain in the area.
- Nerve compression, such as a herniated disk, or a bone spur, that occurs within the neck's vertebrae can lead to nerves becoming compressed. This, in turn, may lead to muscle stiffness and pain.
- There are some diseases that are known to affect the neck and cause pain, as well as additional accompanying symptoms. Such diseases may include rheumatoid arthritis and osteoarthritis, as well as meningitis and, in some cases, also cancer.
- The injury may also be a possible cause for neck pain, such as when involved in an accident. Soft tissue can strain, which can lead to chronic neck pain in some cases.

## Conventional Treatment Options For Neck Pain

When a patient complains about neck pain, a physician will first need to conduct a physical examination on the patient and may also require some additional tests to be performed. This can help the physician in determining why the patient is experiencing these symptoms, yielding a more appropriate treatment plan. Imaging tests are often utilized, such as an MRI, a CT scan, and X-rays.

Pain medication may be prescribed to the patient to help reduce inflammation, relax tense muscles in the neck, and to help alleviate pain symptoms. A range of therapeutic solutions are also available,

which may include:

- Transcutaneous electrical nerve stimulation
- Short-term immobilization
- Physical therapy
- Traction

In some cases, a patient may be provided with a steroid injection to help reduce inflammation. Lidocaine and other types of numbing agents are sometimes also used to help reduce pain that is experienced in the neck.

In more severe cases, a patient may be advised to undergo a surgical procedure to correct a specific problem that has developed in their neck.

### **Preventative Strategies For Neck Pain**

People should realize that there are various ways in which they can effectively prevent strain being placed on their neck and reduce their risk of suffering from neck pain. A good posture is one of the most important factors that help to lower the risk of neck pain, but these strategies can also be helpful:

- Taking breaks frequently when sitting in front of a computer or television.
- Stretching the shoulders and neck during these breaks
- Adopting an appropriate sleep position
- People who smoke should consider giving this bad habit up
- Heavy bags with straps should not be carried over the shoulder
- When talking on the phone, it is important not to tuck the phone between the shoulder and ear, as this causes strain on the neck

### **Bioresonance Therapy In The Treatment Of Neck Pain**

Apart from the conventional therapeutic options that patients are presented, some have also found bioresonance therapy as an effective option for relieving inflammation in the neck and providing a way of treating the pain as well.

Bioresonance therapy analyzes the electromagnetic waves in the patient's body to detect weak signals in the body and then provides a complete report to assist the practitioner in providing the patient with an effective way to relieve pain. The waves recorded can also be reprogrammed and sent back to the patient's body to restore a better balance of waves, while also allowing the body to start a healing process on these "weak" areas.

### **Conclusion**

Neck pain can be uncomfortable and, in more serious cases, even lead to possible complications that can cause severe damage. Understanding the possible causes is crucial for those individuals experiencing such symptoms. Treatment options are available for patients with existing neck pain, while preventative measures can be taken to avoid these symptoms in the first place. Bioresonance therapy may also be a good option for patients with neck pain to assist in determining specific stressors and other factors that could be contributing to the pain symptoms.

## **Category**

1. Articles

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1. BIORESONANCE THERAPY - Bioresonance and biofeedback discussion forum
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