Before seeing a chiropractor for neck pain

Use these steps from the article to prepare for a chiropractor visit for neck pain and to stay safe.

- [ ] See a doctor first for arm numbness, tingling or weakness, or neck pain after a fall or injury.
- [ ] Get emergency help for fever and headache with a neck too stiff to bring the chin to the chest.
- [ ] Tell the chiropractor about every health condition, medicine and supplement.
- [ ] Ask about the expected number of sessions, the out-of-pocket cost and insurance coverage.
- [ ] Ask the chiropractor about the artery-injury concern before any neck manipulation.
- [ ] Seek emergency care for dizziness, double vision or slurred speech after neck manipulation.
- [ ] Use a low, firm pillow and avoid sleeping on the stomach.
- [ ] Put heat or cold packs on the neck and keep the neck moving gently.
- [ ] Avoid a neck collar unless a doctor advises one.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/chiropractic/chiropractor-for-neck-pain/