

Ever “crack” your own neck?

Say you’ve been working at your computer for quite a while, so you roll your head around until you’re cracking your neck. Your neck feels a bit better, so you get back to work.

A few hours later, you’re cracking your neck again. Ah, you feel better.

If this sounds like you, you’re not alone. The simple act of popping, or cracking your neck, knuckles, or even toes can bring about instant relief for a stiff joint. But is it safe?



If you don’t know what you’re doing, you actually stand a chance of hurting yourself. Cracking one’s neck, if done too often and without knowing the proper way to move the joint around, can cause serious problems, including stroke.

Think about the neck. There are a whole lot of important body structures contained in one small area – spinal cord, lower brain stem, arteries, blood vessels, ligaments, nerves, bones, joints and muscles. Twisting and turning your neck around could put those delicate body parts at risk. Any one of them could twist, knot up, or be permanently damaged, including the arteries that bring blood directly to your brain.

So what happens when you “crack” your neck?

What you’re hearing is a phenomenon called cavitation. It’s the act of putting negative pressure on a liquid, which creates tiny gas bubbles. Like what happens when you open a can of soda.

Joints contain oxygen, nitrogen and carbon dioxide gasses, as well as fluid that lubricates the bones. There’s also negative pressure in the joint. If you introduce a gas bubble in the joint, you can move it significantly further than normal.

Chiropractors use cavitation to free up joints and make them work better than they were working previously. They are trained to learn the best way to do so, and know how to feel for a joint that needs

help. It's the art of knowing which one it is, and knowing how to move it so you have a positive outcome.

The danger in too much self-manipulation of your own joints is over-stretching the ligaments. Much like a rubber band, if you stretch a ligament too much, it can lose its shape, and strength. If you stretch your ligaments too much by cracking your neck or back, they might not be able to provide the stability your joints need to maintain proper alignment. That can lead to problems such as pain, stiffness and even pinched nerves and misaligned vertebra.

What to do when you get the urge



Chiropractors are trained to adjust in a very specific location and direction. As a result, it is virtually impossible to adjust oneself correctly and accurately.

A chiropractic adjustment is the art of using a specific, controlled force in a precise direction that is applied to a subluxated (not moving properly) spinal joint. Spinal adjustments are extremely safe when performed by a licensed chiropractor.

Each patient's care is unique and therefore customized to meet their specific condition and needs. Your chiropractor will modify adjustments based on your size, weight, age, and health condition.

The purpose of chiropractic is to correct structural alignment and eliminate interference in the nervous system. For the patient, this means improved spinal function, reduction in pain, and an overall improvement in health and wellness.

Self-Adjusting VS Chiropractic Adjusting

