

Published based on [Four Ways to Banish Neck Pain](#)

Four Ways to Banish Neck Pain

Do you have neck pains? Do you want to help prevent your self from getting neck pains? If so check out these four changes you can make to help prevent you from having neck pains.

After treating scores of people for [neck pain](#), I've developed a set of instructions that I repeat time and again. Because these instructions have been so helpful to my patients, I'm sharing them here in my column.

[Four Ways to Banish Neck Pain - AOL Health](#)

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