

Ring in Your Ears?

It May Be More Than Just an Ear Problem



Learn what tinnitus is, the many factors that can contribute to it, and why the health of your upper neck and nervous system may play an important role.

If you have ever heard ringing, buzzing, hissing, or humming that no one else could hear, you may have experienced tinnitus. While many people think of tinnitus as a condition by itself, it is actually a symptom with several possible causes.

For some people, the sound comes and goes. For others, it is constant and can interfere with sleep, concentration, conversations, and daily life. Understanding what may be contributing to tinnitus is an important first step toward finding answers.

What Is Tinnitus?

Tinnitus is the perception of sound when there is no outside source producing it. Ringing is the most common description, but people may also hear buzzing, roaring, clicking, whistling, humming, or pulsing sounds.

It may affect one or both ears and can vary in volume and frequency. Some people only notice it in quiet rooms or at night, while others hear it throughout the day. Temporary tinnitus is common after exposure to loud music, machinery, or other intense sounds. When it continues or repeatedly returns, it may be helpful to look more closely at what could be contributing.

What Causes Tinnitus?

There is no single cause of tinnitus. It can be associated with hearing loss, loud noise exposure, ear infections, certain medications, jaw tension, stress, circulation changes, and other health concerns.

Neck injuries and problems involving the muscles, joints, and nerves of the neck may also play a role for some individuals. Because there are many possible contributors, each case should be considered individually.

More Than Just an Ear Problem

Many people are surprised to learn that tinnitus may not always involve the ears alone. The systems that help process sound communicate with areas of the brainstem located near the upper cervical spine. The muscles, joints, and nerves of the upper neck also send information to these areas.

This may help explain why some people notice changes in their tinnitus when they move their head, tighten their jaw, adjust their posture, or experience increased neck tension. In these cases, the way the upper neck is functioning may be one factor worth evaluating.

Can Upper Cervical Care Help?

Upper cervical chiropractors focus on the top two bones of the neck, known as the atlas and axis. These bones support the head and surround an important area of the nervous system where the brain communicates with the rest of the body.

When the upper neck is misaligned, it may place stress on the surrounding joints, muscles, and nerves and interfere with normal brain to body communication. An upper cervical chiropractor uses precise measurements to determine whether a correction is needed.

The correction is gentle and specific. It does not involve forceful twisting or cracking of the neck. The goal is not to address tinnitus or any other health condition directly. The goal is to restore proper alignment of the upper neck so brain to body communication can function as intended.

When communication between the brain and body is improved, the body is better able to regulate, adapt, and heal naturally. As the body functions the way it was designed to, symptoms such as tinnitus may improve for some people.

The goal of upper cervical care is not to make the same correction at every visit. It is to help the body reach a more balanced position and hold it.

When the correction holds, brain to body communication can function more efficiently, giving the nervous system time to adapt and the body time to heal.

That is why your doctor checks your alignment before making another correction. If the correction is holding, another one may not be needed. Fewer corrections can be a positive sign that your body is becoming more stable.

FAQs

Is tinnitus permanent?

Not always. Some cases are temporary and resolve on their own, while others may become ongoing. The outcome often depends on the underlying cause.

Can stress make tinnitus worse?

Yes. Stress, anxiety, and poor sleep can make tinnitus seem louder or more noticeable. Improving sleep and managing stress may help lessen its impact.

Can neck problems contribute to tinnitus?

For some people, they may. Neck tension, posture, joint irritation, or upper cervical misalignment may influence symptoms, especially when the ringing changes with head or jaw movement.

Will I need a correction at every upper cervical visit?

Not necessarily. Your doctor will check whether your previous correction is still holding. If it is, another correction may not be needed. The goal is to restore alignment and allow your body the opportunity to heal while the correction holds.

What's Next?

The next step is to schedule an appointment.

Our team will be happy to answer all your questions and help you decide if this is the right path for you.



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