

Can Chiropractic Help Me?



If areas of abnormal spinal function [subluxations] are clinically identified by your primary care chiropractic physician, he will recommend a specific type of spinal care program. Your type of care plan is based on your age, history of accident or injury, condition, lifestyle and spinal problems that are uniquely yours. This is what chiropractic care can be tailor made or prescribed just for you!!

The primary course of care will be specific chiropractic spinal adjustments. By restoring normal alignment, motion and stability to the spinal segments, normal nerve function to the spinal nerve is also achieved. A spine with mechanical problems associated with misalignment always has the accompanying condition of altered nerve function at the same level.

Chiropractic physicians utilize several methods to realign spinal segments to restore nerve tone and take away associated symptoms of pain and disability do to altered muscle and joint as well as internal organ dysfunction. At some visits only one region of the spine will receive attention and on others the entire spine will receive attention.

Some chiropractic doctors will only use their hands to reduce a spinal misalignment. You will experience this type of adjustment as a carefully directed and carefully controlled physical

pressure. This 'manual thrust' method may require a quick thrust, or a slow pressure, with or without any associated constant light pressure.

A handful of physicians use an 'activator' instrument which can deliver a consistent and measured force into a spinal segment that is lacking in normal motion and or alignment. This is an excellent way to modify treatment for the very young and very old patients, but can be appropriate for all ages.

Manual adjustments are more than not associated with a faint 'popping' sound and sensation of relief. This sound is created by the release of stress within the disc and joint of the spine, as well as a shifting of fluid and pressures as a vertebra is realigned. The loudness of the sound has little meaning and varies with the technique and patient.

Doctors of chiropractic may utilize the 'thrust style' of adjusting on special tables that have 'drop pieces' or 'flexion segments' to help return the spinal to normal alignment and motion. Each doctor will have a preference based on basic training, years of clinical modification or in association with any given patient's particular spinal problem.

Chiropractic adjustments are safer than aspirin, muscle relaxants and back surgery. Dozens of studies the world over have documented the safety and effectiveness of chiropractic spinal adjustments. Join the millions of people around the world who receive chiropractic care than is safe and effective in restoring health to your nervous system and therefore the whole body.