

ARTHRITIS & CHIROPRACTIC



ARTHRITIS

Arthritis is a very painful and can be a very disabling disease. In the past, scientific studies believed the older people in their mid to upper 40's and 50' had signs of arthritis.

We now know that arthritis can effect people much earlier in life. Symptoms are morning stiffness, pain upon motion of the joint, and swelling of one or more joints. In the more advanced stages of arthritis there are distortions of joints, especially the hands and fingers.

OSTEOARTHRITIS

Osteoarthritis, also known as degenerative joint disease, has been called the "wear and tear" disease. It is characterized by a degeneration of the joint cartilage which forms the weight-bearing surface of the joint, changes in the synovial membrane which provides lubrication for the joint, and bony outgrowth called spurs around the margin of the joint. These can actually fuse together and totally prevent joint motion.

RHEUMATOID ARTHRITIS

Rheumatoid arthritis can affect people much earlier in life, but it typically begins between the ages of 35 and 45. It is a disease that involves the chronic inflammation of connective tissues of the whole body, thus altering the body's connective tissue chemistry.

This disease appears after the body has dealt with overwhelming stress. Symptoms are swelling joints and motion pain, swelling of one or more joints, and stiffness. In advanced cases there are distortions of the hands and fingers. The theories as to its cause focus on malfunction of the immune system and the adrenal glands. Because of this, chiropractic is an ideal treatment. Chiropractic care can give the body more resistance to stress, improve the function of the immune system, and correct minor functional problems of the body before they develop into major pathologies.

Chiropractic can break the stress cycle by correcting the spinal problems, thus increasing bodily function and resistance to disease. In cases where rheumatoid arthritis is already in progress, chiropractic care can help improve the function of the immune system and adrenal glands to aid in the control of pain and inflammation.

GOUT

Gout is another form of arthritis, involving an imbalance in the metabolism or chemistry of the body. Attacks are often brought on by stress or by eating certain food. Your doctor of chiropractic can help with dietary counseling and by making the body more resistant to stress.

WHAT CHIROPRACTIC HAS TO OFFER

Chiropractic is the world's largest natural healing profession. Its members are well-trained, licensed, natural physicians who do not employ drugs or surgery in treatment of their patients. Rather, they are trained in a wide variety of natural therapeutics which enhance the body's ability to heal itself. The mainstay of chiropractic is the manipulation of joints which are not functioning properly. In the case of spinal joints, this manipulation not only improves the function of the joint itself but can improve the function of the spinal nerve which passes through that joint. It has long been documented by medical and chiropractic research that the misalignment of a spinal joint can "pinch" a spinal nerve and interfere with its function. This interference produces a decrease in the function of the body part that is controlled by that nerve. If the damage to the nerve is not permanent, restoring proper function to the joint can allow the nerve to recover its full function, thereby restoring full function to the body part that the nerve controls. In reality, the most important job of the doctor of chiropractic is to help preserve and restore the health of the nervous system, the system that governs the entire body.

Many chiropractors also utilize nutrition and various physical therapy modalities to enhance the care of the patient and promote a faster, more lasting recovery.