

# CHIROPRACTIC APPROACH TO PINCHED NERVES

The term "*pinched nerve*" is not a clinical term but helps to explain why the symptoms you have may be directly associated with the spine.

If you are suffering from radiating pain in the neck, arms, shoulders, back, legs, or feet, it may well indicate pressure on nerves as they emit from the spine. Headaches are one of the most common results of nerves being stretched, irritated, or compressed by inflammation in or near the spine. The doctor may call it a pinched nerve for easier understanding, and then identify it with a more clinical term on your insurance form.

Undue pressure on a nerve may cause an increase or decrease in normal nerve impulse transmission bringing about symptoms of headaches, stomach malfunction, and numbness in the legs. Since the nervous system is the first system formed in embryo, every function of the body is related to the brain and the nerve pathways to the muscles, organs, and bones. Your body temperature, speech, vision, and balance are all controlled by the nervous system.

**Specific areas of the spine emit nerves to specific organs. When interference occurs at any specific level, various symptoms may occur. A sampling of symptoms from different levels follow.**

1. Dizziness, headaches, nervousness, insomnia, allergies, sore throat, headcolds, ringing in the ears, etc.
2. Stiff neck, asthma, arm and shoulder pain, etc.
3. Stomach and digestive disorders.
4. Kidney and urinary problems.
5. Bowel and female problems such as menstrual cramps and irregular periods.
6. Low back pains, sciatica, leg and knee pains, etc.
7. Swelling of the ankles and ankle discomfort.

Doctors of chiropractic specialize in the evaluation and nonsurgical, drug free treatment of structural imbalances in the body, with special emphasis put on the spine and its effects on the nervous system.

## AUTONOMIC NERVOUS SYSTEM

