

TREATMENT WITHOUT DRUGS OR SURGERY



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Each day, millions of delighted patients choose chiropractic over drugs or surgery, as a common sense approach to better health.

The main approach that your doctor of chiropractic will use is to determine the cause of your pain and condition. Doctors of chiropractic specialize in the evaluation and nonsurgical, drug free treatment of structural imbalances in the body, particularly the spine. They have extensive knowledge of body mechanics and the motions and forces involved with work function. They place special emphasis on how these functions effect conditions of the spine and the nervous system.

Doctors of chiropractic use many methods of spinal adjustments to reduce your pain.

In spinal injuries or mechanical problems of the spine, the articulation or joints of the spine lose their mobility. The doctor may use a form of intersegmental traction that is used to improve mobility and circulation in the joints of the spine.

Adjustments help normalize spinal function and avoid bone and soft tissue degeneration. When nervous system function improves in this way, the body can begin the natural healing process.

Regardless of the technique used, each chiropractic adjustment is tailored to the patient's age, size, and spinal problem. Dietary review and exercise may also be incorporated into your care, so you can begin the natural healing process.

CHRONIC CONDITIONS:

- HEADACHES
- NECK PAIN
- BACK PAIN
- STIFFNESS
- ARM AND SHOULDER PAIN
- LEG PAIN OR NUMBNESS
- CARPAL TUNNEL
- BURSITIS
- DISC INJURIES



SPINAL ADJUSTMENTS

Chiropractic spinal adjustments are the primary tools that your doctor will be using to facilitate your recovery. The removal of your subluxation (a vertebra out of position irritating a nerve) and the maintenance of that irritation removal is absolutely the most important aspect of your treatment.

Sometimes, when this treatment has not been followed through, it can be the reason for not getting well.

The effects of an adjustment are multiple:

1. Release of the irritation to a nerve.
2. Restore joint mobility.
3. Improved nerve energy to the surrounding muscle and organs.
4. Decreases nerve excitability causing muscle spasm.
5. Decreases joint irritation and inflammation.

With spinal adjustments, your body will communicate better with itself.

When better communication occurs, the overall length of treatment is reduced.

Adjustments are usually given in a series over a period of time. This is the most effective way to rehabilitate injured joints or nerves.