



## **BACK PAIN**

Everyone who has suffered from back pain knows how debilitating it can be. Because of Chiropractic's in-depth understanding of the spine and adjacent soft tissue, Chiropractic has long been identified as the field of medicine uniquely qualified to relieve both minor and severe back pain.

### **The Role of Chiropractic Care**

The approach of Chiropractic toward back pain is gentle, but aggressive. Masking pain with medication is not enough. Even removing symptoms is not enough. Rather, Chiropractic focuses on locating the origin of the pain with the singular goal of permanently removing the cause of pain.

Every patient's condition is different, so the first step toward treating back pain is performing a Chiropractic exam. Once the cause(s) of the pain is determined, treatment options can then be considered.

Chiropractic doesn't settle for masking pain or temporary fixes. Chiropractic's goal is to remove the root cause of the pain. Isn't that your goal?

## **Proper lifting**

Improper lifting is one of the most frequent causes of spinal problems. A sudden jerk, twisting, or simply bad posture prior to a lift can cause major spinal trauma and excruciating pain.

Always observe the first rule of lifting: lift with your legs and not your back. Never begin a lift with your back bent. Instead, keep your back straight and bend at your hips or knees, depending on where the item you're lifting is located. This position will allow your arms and shoulders to take the load off your back, sparing your fragile spinal vertebrae from potential trauma.

Poor lifting can lead to three types of back injuries:

- **Injury to the Vertebral Discs**

A bad lift can cause vertebrae to shift out of alignment. When this happens, the small discs that function as shock absorbers between the vertebrae can be damaged or shifted out of alignment themselves. When discs are distorted or misaligned, they can come in contact with root nerves or the spinal cord, causing tremendous pain. Don't risk this sort of pain. Think before you lift.

- **Injury to the Joints**

There are numerous joints that connect bony structures within your spine. Improper lifting can strain these joints and their surrounding tissue. The result can be excessive pain and/or an immobilization of some of these joints.

- **Injury to the muscles**

As with any group of muscles, back muscles can be strained or torn. When that happens, pain follows. Unlike many other muscle groups, however, an injured back muscle can often lead to the immobilization of other body parts, such as hips, shoulders, neck and knees.

You can avoid these injuries by remembering to lift with your legs and not your back. Follow these tips:

- Don't lift an object unless you know where you're moving it to. This will reduce the time you're holding the object and reduce object shifting, as well.
- Stand close to the object and face it directly to avoid twisting. Your feet should be flat on the floor and firmly under your torso.
- Do not let your elbows go straight while lifting. This prevents the weight of the object from being transferred from your arms and shoulders to your back.
- Use your leg muscles and not your back muscles to lift.
- Keep the object as close to your body as possible. This also keeps as much of the burden of the weight of the object on your arms instead of your back.

- Do not twist. When turning, pivot with your feet, keeping your feet, torso and shoulder all facing the same direction. When you change direction, lead with your hips and have your shoulders follow.
- Keep your chest and shoulders forward to keep the small of your back from taking on the burden of the weight of the object.
- Don't be macho. If your object is obviously too heavy to lift easily, get help from friends or go get a dolly. Many a strong person has been brought to their knees in pain for weeks and months because they underestimated the weight of an object or overestimated their ability to lift it. An easy test is to push the object with your foot. If it's difficult to move it with your foot, then it's time to get reinforcements.

## **DISC INJURY**

A series of vertebrae that run from the base of the skull to the sacrum form the spinal column. Vertebrae are each connected one to another by two joints and a small cartilage pad, called the disc. Discs act as shock absorbers between the vertebrae, allowing painless movement.

Discs are hard on the outside and spongy on the inside. The outer shell is a series of strong fibrous rings that protect the inside. The soft inner core of a disc is mostly water in youth and then becomes less hydrated with age. The soft inner core of discs is what provides the needed shock absorber affect between the vertebrae.

Most typically, a disc injury occurs when trauma to a nearby vertebrae causes the vertebrae to become misaligned. The misaligned vertebrae distorts an adjacent disc and/or shifts it's position. A misaligned vertebrae is termed a Subluxation. In the event of a Subluxation, three types of disc injury can occur:

A bulging disc is a disc in which the spongy center presses *against* its fibrous outer rings and causes the disc to distort its shape.

A herniated disc occurs when the center of the disc presses *through* the outer rings, rupturing the disc.

A protruded disc is a disc that is shifted out of its proper position after the vertebrae shifts position.

Whether the disc changes position or changes shape, its movement can cause it to come into contact with nearby nerves or the spinal cord, resulting in varying degrees of back pain. (Herniated discs cause pain or other symptoms to radiate down the leg. Bulging or protruding disc rarely result in radiating pain.)

### **The Role our office plays in disc injuries**

Treatment of disc injuries vary. When a disc is diagnosed as herniated, surgery, anti-inflammatory drugs and other traditional medical options are often required. Our office can provide referrals when such treatment is necessary.

When a disc is bulging or protruding, but not herniated, our treatment involves low-force techniques that gently guides the disc and vertebrae back into proper position, relieving pain and permitting homeostasis, which is the body's natural state of balance.

## **NECK PAIN**

Everyone who has suffered from neck pain understands the limits it can place on one's life. Because Chiropractic specializes on issues of the spine, Chiropractic has long been identified as the field of medicine most qualified to relieve both minor and severe neck pain.

### **The Role of Chiropractic Care**

The approach of Chiropractic toward back pain is gentle, but aggressive. Removing symptoms is not enough. Chiropractic focuses on locating the origin of the pain with the singular goal of permanently removing the cause of pain.

Every patient's condition is different, so the first step toward treating neck pain is making an initial visit for a full Chiropractic exam. Once the cause(s) of the pain is determined, treatment options can then be considered.

Chiropractic doesn't settle for masking pain. Chiropractic's goal is to remove the root cause of the pain. Isn't that your goal?

## **SCIATICA**

Sciatica is a shooting or stabbing pain in the lower back or leg. It can also result in a loss of sensation, loss of motor function, or weakness. Sciatica is also referred to as radiculopathy.

Sciatica occurs when a nerve root is pinched or irritated. That pressure can be caused by a herniated disc, a bulging disc, or Subluxation, which is a misaligned vertebrae that presses against a disc which then presses against a nerve root. Sciatica pain can be located nearly anywhere from the buttocks to the little toe. The location of Sciatica pain depends upon which nerve root is being affected.

### **What Triggers the Pain**

The onset of Sciatica can be triggered by any number of events. Sitting at a desk for an extended period can cause symptoms. Conversely, movement can also trigger Sciatica. Because the Sciatic Nerve is long and discomfort can occur at any point along its length, pain may shift locations and may shoot, stab, or merely ache, depending on the compression that is occurring at the nerve root.

### **The We Take In Sciatica**

Traditional medicine typically treats Sciatica with medication, advising the patient to take the medication and ride out Sciatica until it goes away. But Sciatica rarely goes away on its own, and the pain medications used to treat the condition can often cause symptoms of their own.

We do not believe in masking the symptoms of Sciatica. Instead, we confront the cause of Sciatica with cautious yet deliberate treatment that does not require drugs. Our treatment will include locating of the point of the spinal column where the nerve root irritation is occurring, then performing gentle spinal manipulation to that area of the column to remove the cause of the pain.

## **WHIPLASH**

Whiplash is the hyperextension (either forward or backward) of the cervical spine. It can occur in a car accident, fall, or in any situation where the neck is dramatically thrust forward and/or backward.

Symptoms of Whiplash include:

- Headaches
- Dizziness
- Visual abnormalities
- Restricted neck movement or stiffness
- Neck, shoulder, or arm pain

Whiplash symptoms don't always appear immediately after an accident. In some cases, the result of Whiplash occurs months after the accident that caused it. However, once symptoms set in they can last for months.

The most common occurrence of Whiplash follows a car accident. The sudden jolt to the head and torso can compress and bulge discs; throw vertebrae out of alignment; stress or tear muscle, ligaments, and/or nerve roots or the spinal cord. Damage caused by an accident will progress if not treated quickly and properly.

### **The Role of Chiropractic Care**

Following a fall or car accident where a sudden or powerful jolt to the neck occurred, and regardless of whether symptoms of a Whiplash are present, it is always wise to contact us to schedule a spinal evaluation. Acting proactively can save patient's time, money and, most of all, pain down the road.

## **OSTEOARTHRITIS**

At the ends of your bones is cartilage that provides a cushion between the bone and the joint. Osteoarthritis is the degeneration of this cartilage. Without the cushion the cartilage provides, pain results from the friction between the joint and bone.

Facet joints connect the vertebrae in the spine and permit your spine to bend. Osteoarthritis of the spine results in the degeneration and loss of the cartilage in the facet joints. Where the cartilage is degenerated, inflammation can occur.

Most pain that results from Osteoarthritis occurs in the lower back or neck. In advanced cases, pieces of the cartilage can break off and irritate the surrounding soft tissue, causing additional pain.

### **The Role We Take In Osteoarthritis Care**

Now, We cannot stop the process of Osteoarthritis, but we try to reduce the pain associated with Osteoarthritis and increase mobility.

We offer drug-free treatments that include spinal adjustments to optimize spinal alignment; muscle strengthening exercises to provide the spine with additional support; physical therapy to increase flexibility; and aerobic exercise and therapeutic massage to increase circulation. Treatments such as TENS and Thermal Therapy are also beneficial in relieving the pain of Osteoarthritis. We also offer advice on the use of natural supplements for the relief of pain and the reduction of inflammation.

### **CARPEL TUNNEL SYNDROME**

The Carpal Tunnel is a narrow passageway is located at the base of the hand near the wrist and is comprised of ligament and bone. Within the "tunnel" are nerves and tendons. One of those nerves is the Median Nerve. The Median Nerve runs from the forearm to the hand and controls the impulses that run to the palm, thumb and fingers. Repetitive activity and/or injury can cause the Carpal Tunnel to become thickened, making the passageway smaller, and as a result the Median Nerve is compressed. The result of this compression can be pain, weakness, or numbness in the hand and wrist.

### **More Pervasive Than You Would Think**

The risk of developing Carpal Tunnel Syndrome (CTS) isn't limited to a particular job or activity, but is most common in jobs or hobbies that require repetitive motions, such as assembly line work and sewing. CTS is three times more common among assemblers than among data-entry personnel. Women are three times more likely to develop CTS than are men. In addition to repetitive motion, other factors may also cause CTS, such as a trauma or injury to the wrist that causes swelling. In some cases, the cause for CTS cannot be found.

Although there are a number of treatment options for CTS, early diagnosis is the key to preventing permanent damage to the Median Nerve. If you already have CTS, then you should consider which treatment options are best for you and act quickly.

Traditional medicine often suggests surgery as a treatment for CTS. But since CTS is easily misdiagnosed, especially in its early stages, you'll want to get a second opinion before you submit to the pain and costs of surgery. Traditional medicine may also suggest medications for

pain. But long term use of pain medications, even aspirin, can cause permanent digestive track and other complications. A natural solution for CTS is best.

## **SHOULDER PAIN**

Shoulder pain is often caused by nerve compression or irritation within the cervical spine.

The nerves connected to muscles and other soft tissue in the shoulder are connected, as is nearly everything within the body, to root nerves that connect directly to the spine. When root nerves in the cervical spine are under pressure or irritated, then pain, loss of sensation and weakness in the shoulder can occur.

The role we take in Shoulder Pain

The approach we take toward shoulder pain is focused on locating the origin of the pain with the goal of permanently removing its cause.

Every patient's condition is different, so the first step toward treating shoulder pain is making an initial visit for a full examination. Once the cause(s) of the pain is determined, treatment options can then be considered.

## **SUBLUXATIONS**

The spinal column is comprised of a series of small bones and pads that run its length. These small bones, called vertebrae, plus the pads, called discs, protect the spinal cord. The spinal cord is a tightly packed, flexible "cable" that houses the nerves that allow your brain to communicate with the rest of your body. It runs the length of the spinal column, weaving its way down your back inside small openings in the vertebrae called vertebrae foramen. Connected to the spinal cord are a series of nerve roots. Collectively, these nerve roots connect to every nerve in the body. Thus, spinal health is essential to overall health.

The spine is remarkably tough and flexible, but it can also be fragile, even among healthy adults. One of the weak links in the spine is the vertebrae. With trauma or even daily activities such as lifting and exercise, vertebrae can shift out of alignment. This is called Subluxation. When this happens, the soft, spongy discs that cushion the vertebrae bulge or herniate, and can press against the nerves near the spine, causing pain, numbness, loss of function, and because the spinal column is responsible for all communications within the body, disease within organs of the body.

## **HEADACHES**

A headache sounds like a minor issue, but those who suffer from headaches know better.

There are many causes of headaches. Emotional or physical stress, dehydration, poor nutrition, trauma, toxins and spinal misalignment, also called Subluxation.

When a headache hits, there are three options:

- Ignore it
- Take medication
- Remove the underlying cause

Most people choose the second option, reaching for over the counter painkillers. These may stop the pain, but they don't remove the cause of the pain, which means that the headache will return. For patients with severe headaches, under the counter painkillers may be the choice. But over the past couple of years, many of these have been proven to cause dangerous side effects and even death.

### **The Role of Our care with headaches**

We work with their patients to permanently remove the cause of headaches. Every patient's condition is different, so the first step toward treating headaches is making an initial visit for a full examination. Once the cause(s) of the pain is determined, treatment options can then be considered.

## **INFERTILITY**

### **How Does Acupuncture Work To Enhance Fertility?**

Acupuncture stimulates the flow of intrinsic energy in the body, enhances the blood circulation to the pelvic region and benefits vital organ function.

Chinese herbal formulas nourish the deeper vital essence to help the body produce a healthy ovum. In addition, proper exercise, correct diet and a healthy life style all promote the flow of specific meridians and remove existing inner psychological frustration restoring your reproductive health, which helps you not only to conceive, but also to deliver a healthy, full term baby.

Our goal is to offer new hope through natural, holistic fertility treatment and gynecological care, bringing experience and compassion to your quest to conceive - helping your dream become a reality.

We treat couples facing fertility challenges using unique combination of acupuncture, and Chinese herbs.

### **Pregnancy and Chiropractic:**

Pregnancy can wreak havoc on your neck, shoulders, back, hips, legs and feet.

Most women who go through pregnancy are aware of the importance of good nutrition while carrying their baby. But many are not aware of or ignore the vital role that good posture and simple exercises play in guarding against pain and, in some cases, long-term and debilitating joint and muscle injuries.

Pregnant women gain an average of 25 to 35 pounds. This additional weight, in tandem with the trauma and bodily changes of pregnancy, places an enormous amount of stress on your musculoskeletal system.

Close to 50% of women experience some sort of back pain during their pregnancy. The pain is most prevalent during the latter stages of the pregnancy, when the baby begins to descend toward the hips, placing pressure on organs and nerves. In many cases, this can be avoided by practicing good posture and performing simple, safe exercises.

A woman's center of gravity almost immediately begins to shift forward to the front of her pelvis during pregnancy. This increases stress on the joints. As the woman's weight is projected even farther forward, her lower back curvature actually increases. This places additional stress on the discs in the lumbar region.

Following are a few suggestions from the American Chiropractic Association.

### **Exercise tips:**

- Anything that doesn't involve jerking or bouncing movements - including walking, swimming and stationary cycling - is considered a safe exercise for a pregnant woman. Make sure you exercise on a stable surface and wear shoes with non-slip soles.
- Ensure that your heart rate doesn't exceed 140 beats per minute.
- Try to restrict your exercise routines to no more than 15 minutes.
- Stop immediately if you experience dizziness, nausea, weakness, blurred vision, increased swelling, vaginal bleeding, or heart palpitations.
- Bend from your knees and not your waist when picking up small children or objects. Avoid any twisting or turning motions during a lift.
- Folic acid supplements - at least 400 micrograms (mcg) a day - before and during pregnancy can decrease the risk of neural tube birth defects, such as spina bifida. But check with your doctor before taking this or any other vitamin or herbal supplement.
- Get plenty of rest. Don't let the demands of work and family life put you and your baby at risk.
- Pamper yourself, and ask for help if you need it. Take a nap if you are tired, or lie down and elevate your feet for a few moments when you need a break.
- If your work behind a computer or at a desk during the day, ensure that it is designed ergonomically. Take frequent breaks.
- Take the pressure off your lower back when sleeping by lying on your side with a pillow between your knees. Lying on your left side is ideal because it allows unobstructed blood flow, and helps your kidneys flush waste from your body.
- Chiropractic care during your pregnancy is considered safe, and can help you manage pain better without the use of drugs or surgical treatment, as well as provide valuable insight into nutrition, ergonomics and exercise.
- Following childbirth, chiropractic care can help alleviate joint problems incurred during the pregnancy, as well as provide relief from muscle tension, headaches, rib discomfort and shoulder problems

## **ALLERGIES/ASTHMA**

An allergy is an abnormal reaction by the immune system to the presence of a substance. A substance that produces such a reaction is called an allergen. Allergens can include pollen, dust mites, mold, pet dander, among many other substances. When the body reacts to an allergen, it produces antibodies that attach to certain cells within the body. Those cells are found in the gastrointestinal tracts, the respiratory system, the nose, and the skin. These antibodies work to flush the allergen from the body. The symptoms of an allergy are similar to those of a cold.

### **Asthma**

Asthma is similar to an allergy in that the respiratory system becomes inflamed and obstructed. It is unlike allergies in that the immune system does not play a role in Asthma, and so factors other than the presence of allergens trigger symptoms. Triggers for Asthma include stress, anxiety, cold air, dry air, exercise, hyperventilation, smoke, or other irritants.

### **The Role of Chiropractic Care**

Immune and respiratory systems depend upon good communication between the body and the brain. The spine is the pathway for that communication. Damage to the spine, even damage so minor that it may not be noticeable, can bring about conditions such as allergies and Asthma. Drug companies make a fortune by treating the symptoms of these conditions for the lifespan of the patient. However, drugs do not remove the cause of these problems. However, because allergies and Asthma can be caused or exaggerated by spinal damage, Chiropractic can often relieve these conditions without the assistance of medication.

In addition to correcting the spinal issues that facilitate allergies and Asthma, Chiropractors are trained to provide patients with the knowledge and tools they require to remove the external causes of biochemical imbalances, such as improper nutrition and environmental toxins, which can trigger immune and respiratory conditions.

There are natural remedies for Asthma, allergies and other immune and respiratory conditions. Chiropractic is able to provide you with the natural remedies best suited for you.

## **Are there any health articles that I might find helpful?**

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### **Miracle Cure or Medical Hoax?**

Today's healthcare market is replete with super-salesmen with the latest and greatest of new promotional campaigns that utilize scientific references.

What sells is not the quality of the product, but the ability of the marketer to influence their audience. Even when they realize their treatment method is unproven, they attempt to minimize this by mentioning that it has been proven to the satisfaction of the FDA or one of the recognized medical or chiropractic societies.

Remember, the best way to avoid being taken in is to do your homework when considering new treatments, and this specifically includes Spinal Decompression Equipment, Soft Laser Therapy and many Nutritional or Detoxification Products. Ask for copies of all of the published research on the treatment including clinical and patient-relevant outcomes. Make sure they substantiate their claims of therapeutic value.

In this fast paced world, we are always looking for that quick fix. People are always trying to find that “miracle cure”, and many “snake oil” salesmen know this, and are using it as a ploy for monetary gain. Of all the new devices targeted to trick unsuspecting patrons, I feel the “ionic” footbath is one of the most popular utilized today.

It sounds great, just soak your feet and toxins will rush out from your body into a tub of water. You start your treatment soaking in a clean bath of saltwater, and when finished your feet are soaking in a mess of multi-colored “toxin” liquid. This seems to be the idea behind this unusual “therapy” that is being marketed as a cure for many ailments today.

Let it be known, that this treatment has absolutely no proven efficacy as of today. In fact, there have been many studies concluding that the colored water this machine makes after a “treatment” is just a rust reaction from the machine’s metal electrodes and not toxins leaving your feet.

In one such case, a news crew in Las Vegas launched a hidden camera investigation. They attended a “Detoxification Party” and paid \$40 to try this treatment. They also ran the machine without feet in it, and guess what? It changed color. Wherever you go for this treatment, I will suggest having them run the machine without your feet in it, and see what happens.

In addition, post treatment, the news crew tested the water at a laboratory and found only iron oxide, which they concluded was only the “rust” reaction from the salt water and metal electrodes.

You can read further about this investigation at <http://www.kvbc.com/Global/story.asp?S=6095483>.

I will also suggest <http://www.medicine.com.my/wp/?p=342&cp=1> to learn more about this ionic hoax.

Unfortunately, in today's health care market separating the 'hope' from the 'hype' is no simple task. Don't put your health on the line for something that appears too good to be true, it probably is.

According to the Federal Food, Drug & Cosmetic Act (FFDCA-Section 502) a product is considered 'Misbranded' if its promotional material and labeling are false or misleading in any manner. Section 502(a) declares that a drug or device is misbranded if:

- a. its labeling proves false or misleading in any particular. This phrase "false or misleading" is not confined in meaning to untrue, forged, fraudulent, or deceptive. In fact, the word, statement, or illustration may be true in the strict sense of the word; however, the labeling

can be deemed by the FDA to be in violation of the law if it proves deceptive to the customer. It is not a necessary condition that the labeling should be flatly and baldly false; the work "misleading" in the Act means that labeling is deceptive if it is such as to create or lead to a false impression in the mind of the reader. A "false impression" may result not only from a false deceptive statement, but may also be instilled in the mind of the purchaser by ambiguity or

- b. the product is promoted with unsubstantiated claims of therapeutic value;
- c. If there is any representation that created an impression of official approval because of the possession by the firm of an FDA registration number.

Additional state laws also prohibit advertisement of unsubstantiated claims, false or misleading product or service promotion. The Texas Board of Chiropractic Examiners has specific rules and disciplinary actions in effect if a doctor is found to be in violation of deceptive or misleading advertising or practice promotion.

Do not take the equipment or product manufacturer's word for it. Should you have concerns about a product you are considering, contact the Texas Board of Chiropractic examiners for clarification (512) 305-6700 or the Texas Chiropractic Association (512) 477-9292.

[www.chirotexas.org](http://www.chirotexas.org).

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