

## CHIROPRACTIC CARE

**INTRODUCTION:** Chiropractic care offers nonsurgical, drug-free options for correcting, bone, disc, nerve, ligament, muscle, and soft-tissue problems related to spinal misalignment. Frequently used in combination with conventional and complementary medical disciplines such as orthopedics, neurology, physical therapy, and naturopathy, chiropractic care seeks to:

- Relieve specific areas of acute or chronic pain
- Improve patient self-sufficiency and pain prevention
- Improve the function of body tissues and organs, leading to better overall health

**HOW IT WORKS:** When vertebrae become misaligned through trauma, injury, or degenerative changes, brain-body communication is interrupted, leading to acute and chronic pain and loss of function. Through gentle manipulation of bones and soft tissue, chiropractic therapies remove communication barriers to restore natural function.



**INDICATIONS:** Acute and chronic conditions benefiting from chiropractic care include low back pain, neck pain and stiffness, postural misalignment, disc herniations, headaches and migraines, arthritis, tendonitis and adhesions, sciatica, radiculopathy, motor vehicle injuries, sports injuries, and muscle strains, sprains, and tears.

**CONTRAINDICATIONS:** None (therapies are chosen appropriate to patient limitations/conditions)

### TREATMENT PROTOCOLS FOR SPECIFIC CHIROPRACTIC THERAPIES:

- **Manipulation (Adjustment)** - Consists of gentle and specific alignment of the joints of the body, particularly the vertebrae. The chiropractor applies high-velocity, low-amplitude, short-lever arm thrusts to affected vertebra or other joints, restoring function and range of motion and removing pain-causing nerve interference.
- **Flexion/Distract** - Involves use of an adjustable ergonomic table to gently distract or stretch the spine, allowing the chiropractor to isolate the area of disc involvement while slightly flexing the spine in a pumping rhythm. Relieves pressure on the intervertebral disc and eases irritation of spinal nerves.
- **Electrical Muscle Stimulation** - Consists of the delivery of electrical current in therapeutic frequencies to tissues through strategically placed electrodes, resulting in deep skeletal stimulation. Treatment can be delivered in the physician's office or at home by the patient (with special equipment).
- **Soft-Tissue Therapy** - Involves the hand massage of collateral soft tissue surrounding the bones and joints. Relieves anatomical dysfunction of all body tissues, including muscles, tendons, and ligaments.
- **Ultrasound (Infrared Heat Application)** - Uses sound waves to deliver deep-heat micro-massage to an area of localized pain, resulting in improved blood flow, reduced muscle spasms, and increased range of motion.
- **Postural Alignment/Egoscue Method** - Involves simple, highly targeted E-cises designed to restore proper motion to specific joints (e.g., back, hips, knees, ankles, elbows). E-cises can be performed at home with little or no equipment, following one-on-one instruction and practice with the chiropractor.
- **Exercise Therapy** - Consists of yoga classes and/or specific stretching and strength training programs to reduce pain and stress, prevent injury and muscle deterioration, improve joint health, and generally improve strength, stability, and range of motion.