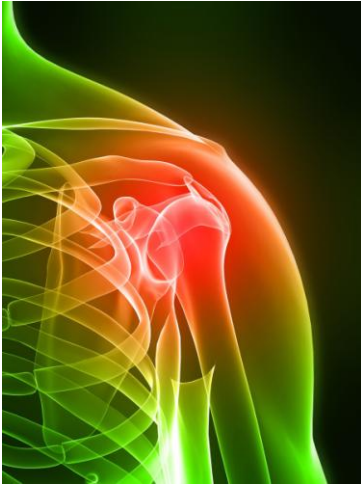


Monthly Wellness Bulletin

Extremity Adjusting



Did you know that Chiropractors are experts in movement of the ankles, knees and hips as well as the wrists, elbows and shoulders? Most people, including our patients, think of us as experts in the spine only. Many people are surprised to learn that Chiropractors can help these other areas as well. The truth is that we are well trained in the biomechanics of the **whole** body.

Proper motion is essential for all function. When joint function is impaired, there is reduced range of motion, pain and inflammation, calcium buildup in the joint, and, worse case scenario, scar tissue. All of this left uncorrected can become chronic pain and even lead to disability. These conditions can be caused from repetitive movements (as in sports activities or work habits), improper sitting, overexertion, slips, falls, and accidents in general.

A patient with a dysfunctional lower extremity (a fallen arch, for example) might have foot pronation. This can rotate the knee, which in turn, could fixate the hip and cause problems in any of these joints, as well as in the low back and sacroiliac joints. Likewise, if a person has incorrect posture while sitting at a computer, the shoulder can rotate and affect the elbow, wrist muscles, and/or blood supply, not to mention cause neck pain or stiffness. Carpal tunnel syndrome, tennis elbow, rotator cuff syndromes, ankle tendonitis, runner's knee, and hip degeneration are just a few other problems that can be helped with chiropractic care.

Traditional medicine will treat these disorders with pain medications, muscle relaxants, steroids injections, and even surgery. This can sometimes be avoided if proper movement is put back into the joints, followed by ice, heat, stretching, proper bracing, supports or orthotics. Once the pain is gone, we can then begin the most effective strengthening to the area.

Don't live with pain....get an opinion to see if correction is possible. The sooner you put in the call, the less scar tissue and chronic pain you will have. Find out if you can be helped by arranging a consultation today.

