Articulitis

Everyone has heard of arthritis, seen its effects or, perhaps had personal experience with it. Arthritis, responsible for a great deal of pain and suffering, is one of the most widespread conditions affecting mankind.

What is arthritis? Will it be crippling? Is there any treatment for it? For answers to these and many other repeatedly asked questions, let’s discuss some important facts concerning this condition.

What is arthritis?

There are numerous types of arthritis. Just a partial list of some of the more common types includes: osteoarthritis, rheumatoid arthritis, gouty arthritis, infectious arthritis, traumatic arthritis and psoriatic arthritis.

The word arthritis literally means inflammation of a joint. This, however, is not totally accurate. A more precise definition would be deterioration or derangement of the normal joint anatomy. All types of arthritis have this in common to some degree. Joints affected by any type of arthritis will suffer a derangement of the normal anatomy and function, specifically flexibility. Depending upon the type and severity of the condition, the joint will be affected to a greater or lesser degree.

Osteoarthritis
(Degenerative Arthritis)

By far the most common type, osteoarthritis, is also referred to as degenerative arthritis. Osteoarthritis
can affect any joint in the body. The hands and the spine, however, are perhaps the most common sites. It strikes both men and women, usually about age 40, but can occur sooner.

There are many causes related to the development of osteoarthritis. Some of the more apparent causes are:
- injury to a joint or area of the spine
- obesity
- occupational stresses
- poor posture
- poor nutritional habits

**SYMPTOMS OF ARTHRITIS**

The basic symptoms of this type of arthritis are pain and stiffness of the affected area. The stiffness results from the deterioration or thinning of the joint; the pain results from irritation of surrounding tissues and nerves.

Osteoarthritis of the spine often creates additional symptoms. When a spinal joint becomes affected, pain and stiffness occur as they do in any other part of the body. In addition, however, spinal nerve roots may become irritated, resulting in radiating pain in the arms or legs.

**CHIROPRACTIC TREATMENT**

It is essential that a complete history, examination and evaluation be performed when dealing with arthritis.

The chiropractic physician is expertly trained to diagnose, evaluate and recommend treatment for the condition. Once the nature and extent of the arthritis is determined, the chiropractic physician can offer significant relief.

Gentle manipulative therapy or “adjustment” can often provide beneficial effects to areas affected by the pain and stiffness of arthritis. Restoring adequate flexibility to these areas is extremely important to minimize the symptoms of arthritis and its associated stiffness.

If you suspect you have an arthritis problem, a chiropractic consultation should be seriously considered.

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DISC PROBLEMS

Much misunderstanding exists about this relatively common condition. Everyone has heard the phrase “slipped disc,” or heard about the “thinning disc.” In order to better understand disc problems, some understanding of basic anatomy will be helpful.

DISC ANATOMY

Spinal discs separate the bones of the spine called vertebrae. Present from the neck down to the lower back, there are 23 spinal discs in all. They are constructed of rings of cartilage surrounding a gel-like center and are very firmly attached to the vertebrae they separate. The function of the disc is to act as a shock absorber and provide a point of flexibility between the spinal vertebrae.

SYMPTOMS AND CAUSES OF DISC PROBLEMS

There are many causes of disc problems but three conditions occur most often. These are: thinning or deterioration due to arthritic conditions, sprain from injury, and herniation of the disc.

By far the most disabling of all disc problems is the herniated disc. It is often referred to as a “slipped disc,” a term that does not accurately describe what happens. Basically, in the herniated disc, its gel-like center bulges into the annular rings surrounding it. This bulging causes pressure to be exerted on the spinal nerves. When this occurs, the most common result is sciatic nerve pain.
The arthritic or deteriorating disc is a very common condition which can take place in any area of the spine. Basically, it is a thinning of the disc itself. When this occurs, much of the normal flexibility of the joint is lost. Pain and stiffness are common with disc thinning.

**THE CHIROPRACTIC MANAGEMENT OF DISC PROBLEMS**

In addition to these conditions, there are many more symptoms which can arise from disc problems. Therefore, it is essential that a complete and thorough examination be performed to detect the exact cause and nature of disc problems. Specialized procedures including x-ray studies may be necessary to properly evaluate them.

The chiropractic physician specializes in the treatment of musculoskeletal spinal conditions. After complete examination and evaluation, treatment is instituted to restore normal position and flexibility to the segments of the spine which have been altered.

Chiropractic care has been shown to be effective in the treatment of disc problems. If you suspect you have a disc problem, a chiropractic consultation should be seriously considered.

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HEADACHE
HEADACHE

Everyone has had a headache at one time or another. It is one of the most universal of ailments and affects men, women and children alike. Americans spend millions of dollars yearly—on everything from over-the-counter remedies to extensive professional care—to get relief, often grasping desperately at even the most temporary kind of help.

TYPES OF HEADACHE

Among the seemingly endless varieties of headache, some of the more common are tension, migraine and sinus headache. All types, however, can be mild or severe, temporary or persistent, and the pain associated with them can vary enormously from dull to sharp, from throbbing to pressure-like and pounding, or any combination of these. Headache location can vary, too, with sinus headache typically situated on the face or over the eyes and tension headache more commonly felt at the back of the head and neck. But, while some headaches can be localized to a particular head area, others can be generalized to the entire head.

CAUSES OF HEADACHE

Some headaches have a definite and obvious cause—overindulgence in food or drink, or lack of adequate sleep. Migraine headache, on the other hand, is thought to be blood-flow related although its exact nature is not completely understood. But there are literally hundreds of
causes of headache. Some among them include:

- fever
- infection
- sinus congestion
- muscular spasm
- irritated nerves
- menstrual tension
- organic disease
- high blood pressure
- eye problem
- brain disorder

This list of causes is by no means comprehensive. It is merely intended to show that headache is a very complex condition and can be due to many different causes, some of which may be of a serious nature.

CHIROPRACTIC CARE

The chiropractic physician can offer considerable relief for headache victims but it is essential that he or she make a complete and thorough evaluation of the headache first to differentiate among the possible causes underlying the condition. An accurate history, examination and specialized tests must be performed—a procedure for which the chiropractic physician is expertly trained.

In many headache episodes extreme muscular spasm and tension exists in the neck area with resultant alteration of the normal flexibility of the head and neck. In addition, nerve irritation often exists in the head and neck. Nerves which exit at the base of the skull are especially prone to such irritation which is particularly evident in persistent tension headache.

Chiropractic treatment can be effective in relieving the tightness and muscular spasm which accompanies headache. Gentle manipulative therapy or "adjustment" of the head and neck area can restore flexibility and minimize nerve irritation and the pain of headache. The chiropractic physician can also advise the headache victim about proper nutrition and care of the postural aspects of the head and neck. These are important factors in many headache cases.

However, the thorough evaluation of any headache is the essential first step in treatment. If, after examination, the chiropractic physician feels that medical attention is necessary, he will make the proper referral. If, however, examination reveals the head and neck area to be involved, manipulative therapy can often provide significant relief.

If you suffer from headache, a chiropractic consultation should be seriously considered.

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LOW BACK PAIN
LOW BACK PAIN

CAUSES OF LOW BACK PAIN

There are numerous causes of low back pain. Some of the more common are:

- Strains and sprains
- Injury from falls or sports
- Arthritic conditions
- Disc problems
- Muscular weakness or poor muscle tone
- Obesity
- Congenital anomalies
- Overexertion
- Bone diseases

Since pain in the lower back can be a signal of many conditions, it is essential that a complete evaluation of the condition be made. This should consist of a thorough history of the problem, a complete physical examination of the area and related areas, and specialized tests, if necessary. These may include x-ray examination, laboratory blood tests, and others.

BASIC LOW BACK ANATOMY

To better understand the problem of low back pain, familiarity with the basic anatomy of the area will be helpful.

The lower back consists basically of the hips and spine. The hip bones are joined to the spine on either side at the sacro-iliac joints. The spine in the low back area is referred to as the lumbar spine. It consists of five bones called lumbar vertebrae, stacked on top of one another. Between each two lumbar vertebrae is a spinal disc which acts as a shock absorber allowing for movement between each vertebra. There are also numerous ligaments attached to each vertebra which provide stability and strength to the area. Between each two
vertebrae are a pair of spinal nerves which exit from the spine via openings formed by the vertebrae of the low back. These nerves supply the low back area and lower extremities. Numerous muscles which drape the low back area afford movement to the entire structure.

MECHANICAL ASPECTS

The chiropractic profession is unique in its evaluation of lower back problems. As mentioned, many factors must be looked at to properly diagnose the cause of pain in the area. The so-called "mechanical aspects" of any lower back problem are extremely important. Of them, two should be emphasized. They are: proper position of all parts of the lower back; and adequate mobility or flexibility between all joints of the lower back.

Position and mobility have a tremendous effect on the integrity of the low back. If, for example, one or more of the vertebrae of the lumbar spine is "fixed" out of its proper position, a tremendous amount of stress is placed on the entire area. The possibility of irritation to surrounding nerves and muscles becomes much greater. Just about any of the causes of lower back pain listed earlier can create an alteration of position or mobility of the low back.

CHIROPRACTIC TREATMENT

After complete evaluation of the problem, the chiropractic physician will determine if chiropractic care is indicated. If so, treatment is designed to restore normal position and mobility to the area which has been altered due to any of the previously listed causes. Gentle manipulative treatment or "adjustment" is given to restore the proper mechanics of the lower back. Special attention is given to the irritated muscles and nerves in order to relieve pain. Treatment may also include the use of physical therapy, exercise and nutrition supplementation.

The chiropractic physician specializes in the examination and treatment of low back pain. He or she is specifically trained to determine the cause of pain and to treat the condition. If, after evaluation, the chiropractic physician feels the condition requires medical attention, the proper referral will be made to assure that the patient receives the type of treatment that will most benefit the problem.

Chiropractic Educational Material
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MID-BACK PAIN
In speaking of mid-back pain we refer to the general area between the shoulder blades. To better understand this condition, let’s look at the anatomy of the mid-back.

ANATOMY OF THE MID-BACK
The mid-back, which has several names, is referred to as the thoracic or dorsal spine which extends from the shoulder level down to where the small of the lower back begins. The thoracic area is comprised of 12 bones called vertebrae. These are stacked on top of one another, each separated by a spinal disc. The disc allows movement between the vertebrae and also acts as a shock absorber. The thoracic spine is unique in that it is where the 12 pairs of ribs attach to the spine. They are firmly connected to the thoracic vertebrae. As in other areas of the spine, nerve roots exit from the thoracic spine between each vertebra to supply the tissues of the mid-back and chest area. Numerous muscles and ligaments, attached to the thoracic spine, provide stability to the area.

CAUSES OF MID-BACK PAIN
Some of the many possible causes of mid-back pain include:
- strains and sprains
- poor posture and muscle tone
- arthritic conditions
- organic diseases such as gall bladder, pulmonary, cardiovascular, etc.
- altered spinal mechanics (position and flexibility)
- bone diseases
Because there are so many possible causes of mid-back pain it is essential that a thorough physical examination and history be done before any treatment is recommended. The chiropractic physician is expertly trained to evaluate the cause of spinal pain. A thorough history, physical examination and laboratory blood work may be required to determine the nature of the condition.

**PAIN FROM ALTERED MECHANICS**

Listed earlier as a possible cause of mid-back pain, altered spinal mechanics are responsible for a large number of cases. Altered mechanics refers to abnormal position and/or flexibility of one or more of the vertebrae of the spine. When the normal position or flexibility of an area is lost, irritation to the surrounding tissue results. This often leads to pain, stiffness and muscular spasm.

Altered mechanics of the spine can result, among other causes, from strains and sprains, injuries, arthritic problems and posture problems.

**CHIROPRACTIC APPROACH**

As mentioned previously, a careful and thorough evaluation of the cause of mid-back pain is essential. If, after complete examination, the chiropractic physician determines that the condition requires medical attention, the proper referral is made. If, however, the cause of pain is determined to be due to a spinal mechanical problem, the chiropractic physician will recommend a treatment program to restore the area to normal function. Gentle manipulative therapy or "adjustment" can be administered to restore normal position and mobility to the affected areas. Treatment may include the use of physical therapy, therapeutic exercise and other effective measures to relieve pain.

If you are suffering from mid-back pain, a chiropractic consultation should be seriously considered.

Chiropractic Educational Material
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NECK, SHOULDER & ARM PAIN
NECK, SHOULDER AND ARM PAIN

TYPICAL CASE

The typical case of neck, shoulder and arm pain is one many people experience without realizing what is taking place. The patient usually will not be able to pinpoint the exact incident that brought on the symptoms. By the time the patient seeks professional help, the problem has been present for several weeks or even months. There is usually a pain—most often described as a deep, achy stiffness—which begins at the back of the neck on one side or the other. It can come and go depending upon its severity, usually becoming constant as the problem persists.

As the condition worsens, pain is felt traveling into the shoulder area and sometimes into the arm. The shoulder and arm pain is usually a deep “toothache” type pain, occasionally becoming sharp, depending upon activity. The numbness or tingling often felt in the arm and fingers is frequently described as “falling asleep.” As the problem persists, the patient begins to drop objects easily as the grip of the hand weakens. The pain of this condition can become very disabling. Complete use of the arm and shoulder can be lost if the condition is severe enough and normal daily activities can become next to impossible because of the pain.

ANATOMY OF THE NECK

The neck, or cervical spine, consists of seven movable bones called vertebrae. These vertebrae, except
for the first and second, are separated by spinal discs. The discs provide flexibility and also act as cushions or shock absorbers. Between each two cervical vertebrae, a pair of spinal nerves exit. These nerves, which supply the tissues of the shoulders and arms, exit from the neck through openings formed between the cervical vertebrae. The neck is also draped with numerous muscles and ligaments which provide movement and stability to the area.

CAUSE OF NECK, SHOULDER AND ARM PAIN

There are many conditions which can trigger this syndrome. All of them, however, have a common underlying cause: irritation to nerve fibers as they exit from the neck and travel into the shoulders and arms. The irritation gives rise to pain, muscle spasm and tingling sensation associated with the syndrome.

Irritation to nerve fibers can be due to many conditions—arthritic degeneration; scar tissue from an old injury (whiplash); misaligned and “fixed” cervical vertebrae; extreme tension; poor posture and poor muscle tone of neck muscles, among others.

CHIROPRACTIC TREATMENT

The chiropractic physician is expertly trained to evaluate neck problems. A complete and thorough examination of the neck, shoulder and arm should be performed to determine the exact cause of the problem. Specialized examination like x-ray or laboratory blood tests may be necessary to accurately diagnose the extent of the condition.

Only after thorough evaluation will the chiropractic physician recommend treatment for the relief of the underlying cause. Gentle manipulative therapy is often very effective in relieving the cause of nerve irritation taking place in the neck area. Additional treatment consisting of physical therapy, therapeutic exercise and other conservative measures may be utilized to treat the condition.

After treatment has been effective in relieving the condition, the chiropractic physician may advise the patient about correct sleeping habits, use of pillows and other significant care of the neck.

Chiropractic Educational Material
Distributed in the Interest of Public Health
“PINCHED NERVE”

Nearly everyone at one time or another has heard the expression "pinched nerve." You may have suspected you had this problem at one time or have even been told by your doctor that you have a pinched nerve.

What is a pinched nerve? What are the symptoms? Is it treatable? Who do I see if I suspect I have a pinched nerve? These and other questions are frequently asked regarding pinched nerves. In order to better understand the problem, let's examine some facts about the condition.

DEFINITION

Simply defined, a pinched nerve is a condition where a nerve or nerves are abnormally positioned and irritated by surrounding structures. While this condition can take place anywhere in the body, it is perhaps most common in the spine.

ANATOMY OF THE SPINE

The spine extends from the base of the skull down to the coccyx, or tail bone. The spine is made up of bones called vertebrae, stacked upon one another, separated by spinal discs. Spinal discs provide a point of flexibility between the vertebrae, allowing considerable movement between each segment. There are 24 vertebrae in the spine, which is divided into three major areas. The neck area is referred to as the cervical spine, the mid-back is called the dorsal or thoracic spine, and the lower back makes up the lumbar area.
Between each of the spinal vertebra, a pair of spinal nerves exit. These nerves exit from the spine to supply the various parts of the body. The nerves which exit from the neck area supply the neck and arms, while those nerves which exit from the lower back supply the lower back area and the legs.

**MECHANICS OF PINCHED NERVES**

As mentioned earlier, the most common area for a pinched nerve to develop is in the spinal joints. If for example the proper position or flexibility of the neck vertebrae are altered, it is possible to “pinch” or irritate the nerves as they exit from the neck. In this case, neck, shoulder or arm pain can result. The opening for the spinal nerve can become altered when normal position or flexibility of the spine is lost. When nerve irritation takes place, the most common symptom is pain and discomfort.

**CAUSES OF PINCHED NERVES**

There are numerous causes of pinched nerves. However, all have one underlying similarity — irritation to nerve. Some of the common causes are:

- strain or sprain
- disc problems
- whiplash injury
- poor posture
- arthritis
- bone disease

As you can see, there are many possible causes for this condition. It is therefore essential that a thorough examination be performed to detect the cause of the nerve irritation.

**CHIROPRACTIC CARE**

The chiropractic physician specializes in spinal care. He or she is expertly trained to evaluate and treat spinal problems.

The first step should be a thorough examination in the involved area. If necessary specialized tests including X-ray will be performed to determine the location and extent of the problem. Only after complete evaluation will the chiropractic physician recommend treatment. Often times, gentle manipulative therapy or “adjustment” of the irritated area can restore proper position and mobility and thus relieve pain. If necessary physical therapy, exercise, or supports will be used to enhance the effects of treatment.

If you suspect you have a pinched nerve problem, a chiropractic consultation should be seriously considered.

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SACROILIAC PAIN

Typical sacroiliac pain is most often felt on one side or the other of the lower back. Its location more to the right or left side is, in fact, a distinct feature of this type of problem. Sacroiliac joint pain can be either dull or, at times, sharp and knife-like and either constant or intermittent. Depending upon the severity of the problem, it can range from merely uncomfortable to totally disabling. When severe, the pain can confine the sufferer to bed.

The pain can also travel. It is not uncommon to experience pain radiating into one leg or the other. Such pain, when severe, is typical of a sciatic problem.

What causes sacroiliac joint pain? Why is it located on one side? How does it develop into a sciatic problem? To better understand the reasons, a knowledge of the anatomy of the pelvic area is called for.

ANATOMY OF THE SACROILIAC JOINTS

The name of the two sacroiliac joints is derived from the bones that make them up—the sacrum and the ilium. The sacrum is a triangular shaped bone to which the two ilium, or hip bones, are attached. Together, the sacrum and two hip bones form the pelvis. The sacroiliac joints are capable of considerable movement; as we walk, the joints move back and forth. A number of muscles and ligaments hold the joints—which are crossed by many nerves—together.
Most of these nerves contribute to the sciatic nerve which runs down into the legs.

**Sacroiliac Joint Pain**

Some among the many possible causes of sacroiliac pain are:
- strain or sprain
- restricted mobility or fixation of the joints
- unequal weight distribution on the pelvis
- bone and ligament disease
- internal disease

By far the most common causes of sacroiliac pain, however, are strains, sprains and restriction of mobility of the joints.

**Chiropractic Treatment**

It is essential that a complete and thorough examination of the lower back and related areas be performed to determine the exact cause of pain. Specialized procedures, including X-rays or blood tests, may be necessary to determine the exact cause and extent of the problem.

Often the cause of sacroiliac joint pain is inadequate flexibility and improper position of the joints themselves. This can result from injury, strain, sprain, etc.

Once the chiropractic physician has determined the exact cause of pain, he or she can recommend the proper treatment. Gentle manipulative therapy or “adjustment” of the sacroiliac joints can often restore proper position and adequate flexibility to the area. Once this has been achieved, the joints can return to normal function, thus relieving pain. The chiropractic physician may also utilize physical therapy, therapeutic exercises and other important measures to effectively treat the problem.

If you suspect you have a sacroiliac problem, a chiropractic consultation should be seriously considered.

Chiropractic Educational Material
Distributed in the Interest of Public Health
LOW BACK AND LEG PAIN
(SCIATICA)

Sciatica. Everyone has probably heard of, or perhaps had personal experience with, this extremely painful and disabling condition.

SYMPTOMS OF SCIATIC PAIN

Sciatic pain with associated back pain is an extremely uncomfortable condition. Most often, the pain will develop in the lower back. Usually an ache, it can at times become very sharp and knife-like. As the condition worsens, pain is noticed in the buttocks on one side or the other. Occasionally, the pain can be present on both sides; typically it is unilateral, however. Depending upon the severity of the problem, the pain can begin to radiate further down the leg. It can travel from the buttocks to the thigh, knee, and down to the toes. Most often, the pain is located at the back of the thigh and leg. This, however, can vary. It is not uncommon to experience the pain in the front or side of the leg.

The pain of sciatica is usually a deep ache which upon movement becomes very sharp and can range from occasional to constant. Depending upon its severity, the pain can be annoying or completely disabling. Often a numbness, or “pins and needles” sensation can be felt in the affected leg. Weakness in the leg is not uncommon. When sciatica becomes severe, it can completely disable an individual and require the patient to be confined to bed.

ANATOMY OF LOW BACK AND SCIATIC NERVE

A knowledge of the anatomy of the lower back and pelvis is critical to a full understanding of what takes place with sciatic pain.

The lower back or lumbar spine consists of five bones called lumbar vertebrae. Each of the vertebra is separated by a spinal disc which allows for movement between the vertebrae. The hips join the spine on either
side at the so-called sacro-iliac joints. Numerous ligaments and muscles which drape the area provide stability and movement to the lower back.

Between each two lumbar vertebrae, a pair of spinal nerves exit. The exit opening is formed partially by the vertebra above and below the level of the nerve. Nerves exit from the lumbar area on both sides of the spine, then come together to form the largest nerve in the body, the sciatic nerve. The sciatic nerve travels through the buttocks area into the leg, extending down into the foot.

CAUSES OF SCIATIC PAIN

There are numerous causes of sciatic pain. Basically, they all have one factor in common: irritation which takes place along the course of the sciatic nerve and causes it to become inflamed. The result is PAIN.

CAUSES OF SCIATIC NERVE IRRITATION

- Strain and sprains of the lower back
- Disc problems in the low back
- Arthritic problems of the low back and hips
- Sacro-iliac joint problems
- Overexertion of the low back
- Poor posture and poor muscle tone
- Obesity
- Bone diseases
- Internal disease

CHIROPRACTIC APPROACH

The chiropractic physician is specifically trained to diagnose the exact cause—among many that can trigger sciatic pain—and to recommend treatment.

The chiropractic profession emphasizes that proper structural integrity be maintained. This means that the mechanical aspects of the low back must be normal. Mechanical aspects include normal position and mobility of all joints of the lower back and hips. Any one of the listed causes of sciatic pain can alter these mechanical aspects and cause irritation of the sciatic nerve. Gentle manipulative therapy or “adjustment” of the lower back structure can restore normal position and adequate flexibility to the area. When these factors are normal, irritation is decreased and normal function returns.

The chiropractic physician may also utilize physical therapy, corrective exercise, and other important measures to correct the structural problems.

Many thousands of people receive significant relief from this disabling condition through modern chiropractic care. If you have a sciatic problem, a chiropractic consultation should be seriously considered.

Chiropractic Educational Material
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SCOLIOSIS

Perhaps no other spinal condition creates as much fear and confusion as does scoliosis, especially in the minds of parents who have a child in the susceptible age group. To better understand this condition, let's examine the facts regarding scoliosis.

WHAT IS SCOLIOSIS?

By strict definition, scoliosis is lateral curvature of the spine. Considered primarily a children's disorder because it usually affects the growing spine, it is far more often evident among girls than boys, in a ratio of approximately 9 to 1. The age group most often affected—with a great deal of variation—consists of 8- to 12-year olds.

SYMPTOMS AND CAUSES OF SCOLIOSIS

The most common symptoms of scoliosis are deformity, pain and stiffness. In severe cases, heart and lung symptoms may develop as well. But by far the most dreaded effect of scoliosis is the spinal deformity that may result.

Scoliosis is a most complex condition with literally dozens of variations. While some of the affliction's types are understood and predictable, many remain a mystery. Idiopathic scoliosis, while a relatively common type, is very difficult to understand and treat. Despite years of research and study, it continues to be difficult to manage. Depending upon the type of scoliosis involved, treatment effectiveness varies although it often can prove most rewarding. The key
DETECTION OF SCOLIOSIS

Scoliosis progresses during the growing years, in most cases. Therefore it is essential that children be examined annually to detect any signs of the development of the condition.

The following checklist should be used by parents to screen their children—the earlier the better, even from the time the child begins to walk. However, emphasis is usually placed upon examination during the school age years. The procedure is simple. Have the child disrobe and stand facing away from you with arms down. Standing behind the child, check for the following:

- The head should be centered, not tilted to one side or the other.
- The shoulders should be level on both sides.
- The tips of the fingers should be at the same level when hanging at the sides.
- Place your hands on the child's hips which should be at the same level on both sides.
- Have the child bend forward at the waist. Seen from behind, the rib cage should be level on both sides.

CHIROPRACTIC CARE

Proper and thorough examination of suspected scoliosis is essential. The chiropractic physician is expertly trained to examine, evaluate and treat the condition. Due to the many types of scoliosis, specialized examination procedures including X-ray may be necessary for proper diagnosis. If after thorough evaluation the chiropractic physician determines that medical attention is necessary, the proper referral will be made. If, however, chiropractic care is indicated, a treatment program will be recommended. Gentle manipulative therapy or "adjustment" is often effective in relieving the pain and stiffness associated with scoliosis. Other measures like exercise and stretching maneuvers may also be recommended. Periodic evaluation is essential during the course of treatment in order to check progress and to determine the course of the condition.

If any of the checklist items appear abnormal, a chiropractic examination and consultation should be seriously considered since the chiropractic physician specializes in musculoskeletal spinal conditions.

Chiropractic Educational Material
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In recent years chiropractic care has increasingly shown its effectiveness in the treatment of sport and athletic injuries. Whether weekend, professional or Olympic status athletes, those afflicted with sport injuries have been found to respond well to treatment by the doctor of chiropractic.

**BALANCED BODY MECHANICS**

Regardless of the sport involved, 100 per cent performance demands that the body function at its optimum. A properly functioning musculoskeletal system is of particular importance to the athlete; muscular coordination and flexibility are, obviously, crucial to his or her performance.

The body is a well organized, highly specialized structure. All too often, however, sport injuries damage or hinder the proper functioning of the human frame. The spinal joints are particularly susceptible to insult from injury. Because of the very close physical and functional relationship between the spine and the nervous system, the injury may easily become compounded.

Normal body mechanics require that the spine and skeletal system be properly aligned and flexible. The 24 spinal vertebrae should be properly aligned with each other and capable of free movement. Other body joints must also demonstrate these characteristics in order to insure optimal functioning of the musculoskeletal system.
SPORT INJURIES

Sport injuries will often alter the characteristics of normal body mechanics. Strains and sprains will frequently change the normal position of a joint and compromise a great deal of its flexibility. Scar tissue, which usually develops after a strain or sprain, will also hinder joint mechanics. The result of such injuries to a spinal joint can irritate nerve roots as they exit from the spine and cause pain and dysfunction of the muscles supplied by them.

CHIROPRACTIC TREATMENT

The chiropractic profession emphasizes the maintenance of normal body mechanics, so special attention is focused upon both body mechanics and nervous system function.

The doctor of chiropractic is an expert who specializes in musculoskeletal disorders. He or she is uniquely qualified to diagnose and treat the many injuries that may result from sport activities.

The doctor of chiropractic will thoroughly examine the injured area and assess the nature and extent of the faulty mechanics involved. If necessary, specialized examination procedures, including x-rays, may be performed to determine the best mode of treatment.

Often, gentle manipulative therapy or "adjustment" will correct the underlying malposition and restore adequate flexibility—thus returning the joint to optimum function.

If you are sports minded and have suffered an athletic injury, you should seriously consider a chiropractic consultation.

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THE NEW CHIROPRACTIC PATIENT
Most people have, at the very least, heard about chiropractic; many may even have sought professional help from a chiropractor at one time or another. This guide is designed for those of you who may be seeking chiropractic care for the first time and would like to know more about some typical office procedures.

CONSULTATION

Your initial visit to a chiropractic office begins with the consultation. You are usually asked first to complete a confidential questionnaire which includes your health history and any significant background information.

Next, you meet the doctor who reviews your health history and discusses your health status and chief complaint in order to better understand your major problem. Once the doctor is satisfied with the information revealed, you are ready for the next step—the examination.

CHIROPRACTIC EXAMINATION

The examination is designed to uncover all the physical facts involved in the type of problem you present. Since most patients seeking chiropractic care have some type of musculoskeletal problem, a complete and thorough orthopedic and neurological examination is conducted. If, for example, you have a lower back problem, the doctor will concentrate his attention on all neuro-musculo-
skeletal aspects of this area of the body. Extreme care is always taken, however, to identify any condition that may require medical attention.

Special attention is given during the examination to the postural and mechanical aspects of the patient. Since chiropractic stresses the importance of proper spinal mechanics, it is essential that a thorough working knowledge of these aspects be gained by the chiropractic doctor.

During the examination it is also quite likely that basic facts like height, weight and blood pressure will be assessed.

Depending upon the results of the physical examination, the doctor may employ some other specialized procedures such as x-ray, blood work and urinalysis. If x-rays are required, they can be taken at the conclusion of the examination.

**INITIAL TREATMENT**

At the discretion of the doctor the patient may or may not receive treatment at this point. If it is felt that treatment can be safely and effectively administered, it may now be carried out—most often when immediate pain relief is critical. Typically, however, the patient will be asked to schedule another appointment with the doctor to review in detail the results of the evaluation and to perform any additional tests that may have to be conducted.

Only after thorough evaluation and correlation of all examination and test results will the doctor of chiropractic recommend a specific treatment program. If it is felt that the patient’s health problem is one which will respond to chiropractic care, a treatment program will be established. Should the doctor feel that the patient requires medical attention, however, the proper referral will immediately be made.

**CHIROPRACTIC SPECIALTY**

The doctor of chiropractic specializes in the evaluation and treatment of musculoskeletal disorders. He or she is expertly trained to effectively deal with many of the problems that commonly affect us. If you have a health problem but are not sure if it falls within the scope of chiropractic care, you should seriously consider a consultation first.
NECK PAIN
(TORTICOLLIS)

TYPICAL CASE OF NECK PAIN
You wake up one morning, try to get out of bed, and find that your neck is very painful and stiff. You look in the mirror and notice that your neck is tilted to one side. As you try to straighten it, you experience a sharp, knife-like, electrical pain in the back of your neck. You quickly return it to its tilted position to alleviate the pain.

This is the typical case of the neck pain, or "torticollis." It is a rather common occurrence; everyone at one time or another has experienced it to some degree. When severe, torticollis can be very disabling. Normal activities such as getting dressed, driving a car, or trying to sleep, can become very uncomfortable. Headaches at the back of the neck are not uncommon with torticollis. Extreme stiffness, on one side or the other, will usually develop as torticollis persists. The stiffness of torticollis can be so intense that muscle spasm can be felt to the touch at the back and side of the neck.

CAUSES OF TORTICOLLIS
Neck pain of this type usually develops suddenly and for no apparent reason. Typically, the individual will wake up with the neck painful and stiff.

There are, however, some definite causes for this condition. Sleeping in an awkward position with the head elevated too high can cause torticollis. A cool draft from air conditioning can trigger its onset. Working in an awkward position for a prolonged period can also bring on torticollis—working under a car, for example, or reaching to hang curtains.
Poor posture can also cause torticollis. The secretary's habit of holding the phone by raising the shoulder to the ear is a common factor. Watching television while lying on the stomach and supporting the chin with both hands is also a likely candidate.

THE UNDERLYING CAUSE

Awareness of the anatomy of the neck is helpful in better understanding the cause of this condition.

The neck or cervical spine consists of seven movable bones called vertebrae. Each, except for the first and second, are separated by spinal discs which allow for flexibility and also act as cushions or shock absorbers. Between each two cervical vertebrae, a pair of spinal nerves exit. These nerves supply the tissues of the neck and arms. They exit from the neck through openings formed between the vertebrae. The neck is also draped with numerous ligaments to provide stability, and muscles to provide a means of movement.

In the case of torticollis, two distinct events occur. One or more of the neck vertebrae become "fixed," and irritate the nerve exiting at that level. Secondly, the muscles of the neck go into extreme spasms. The muscle spasm accounts for the stiffness the individual experiences. The sharp pain is due to the nerve irritation caused by the cervical vertebra which is not moving or "fixed" out of its proper position.

CHIROPRACTIC TREATMENT

The chiropractic physician specializes in the examination and treatment of neck disorders. A complete and thorough examination of the patient will disclose the exact cause and severity of the condition. Depending upon examination findings, x-ray studies may be required to determine the exact level of involvement. Only after complete evaluation of the neck will the chiropractic physician recommend a treatment program.

The chiropractic physician is specifically trained to effectively restore normal function to the fixed areas. Manipulative therapy, or "adjustment," is gently administered to restore normal mobility to the restricted vertebrae. Special attention is also given to the intense muscle spasm which accompanies the condition.

Once the neck has been restored to normal function, the chiropractic physician may advise the patient about exercise, sleeping posture, use of pillows, and other significant factors related to the proper care of the neck.

Chiropractic Educational Material
Distributed in the Interest of Public Health
WHIPLASH NECK INJURIES

When someone mentions “whiplash”—just about a household word nowadays—you automatically think of a neck injury. But what is it, exactly, that happens? What damage is done? Will it be permanent? What are the symptoms? How should they be treated?

To better understand what takes place when someone suffers a whiplash injury, let’s study the anatomy of the neck.

ANATOMY OF THE NECK

The neck is referred to as the cervical spine. There are seven bones in the neck called cervical vertebrae. Each of these except the first two are separated by spinal discs. Each disc acts as a cushion between the vertebrae and allows motion between each bone. A pair of spinal nerves exit between each two cervical vertebrae, one on each side of the spine. These nerves supply the tissues of the neck, shoulders and arms. Ligaments and muscles drape the neck to provide stability and a means of motion.

THE WHIPLASH INJURY

Exactly what takes place, and what is damaged, in a whiplash injury? Normally we associate whiplash with automobile accidents, by far the most common cause. However, many other kinds of accidents can be responsible as well. A sudden fall or bump on the head can cause whiplash. So, too, can sport injuries.
which rapid movement of the neck takes place.

Whatever the cause, the basic injury is one of rapid overstretching of the muscles, ligaments and nerve roots of the neck area. Most often rapid overstretching in one direction causes a recoil effect and overstretching in the opposite direction. Strain and sprain of the soft tissues of the neck result in inflammation and irritation to muscle, ligament and nerve. Depending upon the intensity of the force involved, the injury can be mild or severe.

**SYMPTOMS OF WHIPLASH**

In general, there are a group of symptoms that are common to most whiplash injuries. These are: neck pain and stiffness; headache; pain radiating into the shoulder area; loss of ability to turn the neck fully; a feeling of heaviness of the head; low back pain; some dizziness, and rigidity of the neck.

These are the symptoms of direct strain and sprain of the neck tissues. As mentioned earlier, they are due to irritation and inflammation of ligaments, muscle and nerves. Other symptoms can occur with whiplash. While not as common as those already listed, they can be very disabling. These include: nervousness; loss of balance, nausea; gastrointestinal upset, anxiety, blurred vision; inability to concentrate, and sweating.

Whiplash symptoms usually occur immediately after the injury. Most patients will become aware of the symptoms within several hours after the trauma. This, however, is not always the case. It is not unusual for the symptoms to occur days or even weeks after the injury.

**CHIROPRACTIC TREATMENT**

The whiplash injury is a very real problem and should receive special attention. The chiropractic physician is a specialist on neck disorders. A thorough examination and x-ray study of the area will disclose the extent and area of injury. The strain and sprain of ligaments and muscles can cause the normal position and flexibility of the neck to be altered. The chiropractic physician is trained to detect and correct these problems and restore the neck to normal function. Gentle manipulative therapy or “adjustment,” is administered to restore normal function to the area. Depending upon the severity of the injury, additional treatment consisting of braces, physical therapy and exercise may be warranted.

If you have been subjected to whiplash injury and are experiencing any of these symptoms, have a chiropractic examination and consultation. This will determine whether you need special attention.

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