



Some Common Conditions Treated with Chiropractic Care

Pinched Nerve

A common cause of neck & back pain, the term pinched nerve means that a nerve has been compressed, constricted or stretched in some way – causing numbness, tingling, burning sensations and/or a pain radiating outward from the injured area. Nerves originating in the neck & back may become pinched and trigger pain, numbness and tingling into the shoulder and arm. Often times bone spurs or degenerated discs affect the canal space between vertebrae - through which the nerve passes. And occasionally a compressed nerve in the neck & back is the result of a trauma to the neck & back may cause the vertebral joint to become inflamed and the muscles of the back to tighten. Treatment concentrates on reducing the compression and help loosen muscles, in order to reduce inflammation and corresponding pain.

Sciatica

The longest nerve in the body and the main nerve traveling down the leg is the sciatic nerve. When pressure is placed on the sciatic nerve from a ruptured disc, pinched nerve, or slipped disk, the condition is referred to as Sciatica. Sciatica causes a pain along the large sciatic nerve - running from the lower back down the back of each leg. Often diagnosed as a radiculopathy - which means that a disc has protruded from its normal position in the vertebral column and is putting pressure on the radicular nerve (nerve root) connecting with the sciatic nerve - it is a fairly common cause of lower back and leg pain. Generally, sciatica only affects one side of the lower body – radiating from the lower back down through the thigh and lower leg, but can in some cases also affect the foot or toes. Since this type of nerve pain is generally caused by a combination of pressure and inflammation on the nerve root, treatment is centered on relieving both.

Scoliosis

The irregular side-to-side curvature of the spine is called scoliosis and cannot be corrected with better posture. It is generally a hereditary condition and affects only a small percentage of the population. Scoliosis usually develops during middle to late childhood and the vast majority of cases are considered Idiopathic, or of unknown cause. While it can occur in children with cerebral palsy, muscular dystrophy, or spinal bifida, it is most often found in otherwise healthy children.

Adult scoliosis may represent the progression of an undiagnosed condition that began in childhood. A slight curve may, in adulthood, have progressed to a more severe curvature in the absence of treatment. It can also be caused by the degenerative changes of the spine. Other spinal deformities may be associated with osteoporosis, or bone softening. The usual scoliosis curve is a Thoracic curve (chest level). Treatment of this condition varies on the patient and severity of the scoliosis, but generally concentrates on muscle imbalances and bony deformities of the spine, ribs and pelvis

If left untreated, severe adult scoliosis can lead to chronic severe back pain, deformity and difficulty breathing. Some early signs in children may be: uneven shoulders, obvious leaning to one side, uneven waist, prominent shoulder blade(s), and elevated hips.

Headaches

Chiropractic treats a variety of headaches successfully from tension headaches to cluster and migraine headaches.

Carpal Tunnel Syndrome

When the ulnar nerve, which runs from the side of the neck to the fingers and passes through the cubital tunnel on the inside of the elbow, becomes irritated as a result of an injury or repetitive stress, the resulting condition is Carpal Tunnel Syndrome. It occurs when the elbow is often bent in lifting or pulling activities, subjected to the continuous pressure of leaning on a hard surface, or sustains injury. The pain experienced is similar to that which is described when hitting the “funny” bone in the elbow. Other symptoms may include numbness in the side or back of the hand, or tingling in the ring and little fingers. The symptoms worsen when the elbow is bent and may cause difficulty when opening jars or holding things.

Subluxation

Often referred to as nerve interference, vertebral subluxation is the misalignment of vertebrae in the spinal column, or movement of the vertebrae. Often times when this occurs, nerves are encroached – affecting the nervous system and the function of involved organs. By realignment the affected vertebrae, nerve interference is eliminated and proper bodily function is restored.

Injuries Leading to Conditions Treated with Chiropractic Care

Among the most common injuries that result in conditions treated with Chiropractic care include on-the-job injuries, sports injuries and injuries resulting from automobile accidents. Ranging from tennis elbow and a pinched nerve to subluxation, injuries prompting such conditions can result from repetitive stress, such as that experienced in many job-related activities; an awkward move, twist or fall that often occurs in sports; and an unexpected jolt from an automobile accident.

An injury prompting such a condition may be immediately evident, or surface over time as chronic pain, discomfort and decreased levels of functioning. And though pain may be

felt in the shoulder or extremity such as the knee, ankle, foot, wrist and elbow, the nervous system is the central networking system that links to the source of all pain - and the spinal column the key to isolating it

Sports injuries

As our population becomes more active we see a variety of sports injuries from golf, tennis, soccer, running, basketball, football, baseball, water skiing and even rugby.

On the Job Injuries

All of the above injuries can be sustained on-the-job where the condition can go from a pulled muscle to a herniated disc to carpal tunnel problems. We are on the *Worker's Compensation Approved Doctor List *for Texas.

Automobile Accidents

Injuries of all types are also sustained in car accidents. Whether your car is totaled or the vehicle damage is slight, you can sustain many types of injuries from mild to severe which may respond to chiropractic care.

Maintenance Treatment

Chiropractic can also be helpful in helping maintain your alignment, therefore, helping prevent future problems and helping decrease recovery time if an injury is sustained. You do not have to be experiencing symptoms to benefit from manipulation/adjustment. Stay healthy--see your chiropractor once a month and see how much better you will feel.