

Do You Suffer From?

Low Back Pain and Chiropractic

Low back pain is one of the most common complaints among chiropractic patients, and also among the top reasons for missed work in the United States. In fact, 75 to 85 percent of all people will experience some form of back pain during their lifetime. Common causes of low back pain include problems with the facet and sacroiliac joints, as well as disc problems. Chiropractic care can be a conservative treatment for all of these.

If the low back pain is a problem with the facet joints or the sacroiliac joints it is considered a mechanical low back pain. However, if the problem is disc related, it is considered discogenic low back pain. The more common problem is the mechanical low back pain. This is due to the spine being out of the proper alignment or position. As chiropractors, we call this misalignment a subluxation. Often times when the spine is subluxated, there is pressure on the nerves in the low back which cause the low back muscles and ligaments to become tight or go into spasm. This is a lumbar spine sprain or lumbar spine strain.

Chiropractors can use gentle adjustments to begin realigning the spine and take pressure off of the nerves that travel to the muscles in the low back. Over time, each adjustments builds on the previous and the correct posture begins to return. We will usually recommend a low back spinal supports to aid in the recovery process for as well. A lumbar spinal support will help maintain the proper posture as well as provide you with home exercises to do at home. By receiving proper chiropractic spinal care, can prevent you from having to take unnecessary medications or receive unnecessary surgeries.

Migraine Headaches

One type of headache is a Migraine headache. Migraines are severe, recurrent headaches that are generally accompanied by other symptoms such as visual disturbances or nausea. There are two types of migraine - classic and common.

A classic migraine has an "aura" or warning associated with it that precedes the headache. The aura is often a visual disturbance (like seeing stars or zigzag lines or a temporary blind spot.)

A common migraine does not have such a warning before the head pain begins. Migraines can often be quite debilitating. Migraines tend to affect women more often than men and are more common between the ages of 10-45 years old.

Although the exact cause of migraine is still unknown, there is evidence to suggest that migraine headaches may be triggered by trauma to the head and neck area. The pain may not develop until years later. The standard approach to managing migraines has been drug therapy; drugs, however, do not treat the root cause of the disorder and often have unpleasant side effects.

Chiropractic adjustments can help provide migraine pain relief by alleviating any misalignments in the vertebrae of the upper cervical spine (upper neck) caused by trauma such as auto accidents or sports injuries, as well as poor posture. These misalignments cause irritation to the nerves traveling between the brain and spinal cord and to the blood vessels traveling to the head. Nerve irritation and altered blood flow has been directly associated with migraines. By correcting the vertebrae in the upper neck, normal nerve and blood flow is returned and many patients suffering from migraine headache pain are able to get long term relief from their symptoms.

Specific x-rays of the cervical region are taken to locate a vertebral misalignment. If a misalignment has been found to affect the function of the nervous system, very specific gentle adjustments are made, to correct the misaligned vertebrae in the neck and fix the cause of the problem. By getting to the cause this will eliminate the need for unnecessary drugs, shots, and medications.

Neck Pain and Chiropractic

Neck pain is a common problem that chiropractors often see and treat. Neck pain can come from a number of disorders and diseases, such as degenerative disc disease, neck strain, whiplash, a herniated disc, or a pinched nerve. Neck pain is also referred to as cervical pain. Neck pain symptoms can range from sharp, shooting pain in the neck to a

more dull ache. Neck pain can also severely limit your range of motion and ability to turn your head from side to side. Neck pain and loss of range of motion can make many tasks much more difficult, such as driving and looking in your mirrors. Many patients with neck pain will notice sleep problems, decreased energy and sinus congestion. All these functions are controlled in your upper neck and brain stem and can be severely affected if your neck is subluxated or out of correct alignment. Another common symptom with neck pain is having radiating pain from the neck down into the shoulders, arms, hands and fingers. Sometimes there can be radiating pain that goes up into your head and scalp; this can be a common cause of tension or cervicogenic headaches.

Chiropractic is great at treating neck pain. There are seven vertebrae that make up your neck. These seven vertebrae collectively make up your cervical spine. There are spinal nerves coming out from the vertebral column at each of the seven levels. If there is pressure on the nerves coming off of your neck, symptoms can arise affecting muscles of your neck. We see many patients with these kinds of problems and have had great success in treating these patients. Chiropractic offers a unique and valuable mechanical approach to a wide range of cervical or neck problems. Chiropractors do not 'twist' the neck or perform painful maneuvers. Manipulation or adjusting as performed by chiropractors is a precise and gentle therapy whose aim is to return motion to restricted spinal joints and to improve the overall mechanics of the spine.

Chiropractic is widely recognized as one of the safest non-invasive therapies available for the treatment of neck pain, headaches and other neuromusculoskeletal complaints. In addition, a significant amount of evidence shows that the use of chiropractic care for certain conditions can be more effective and less costly than traditional medical care.

Numbness

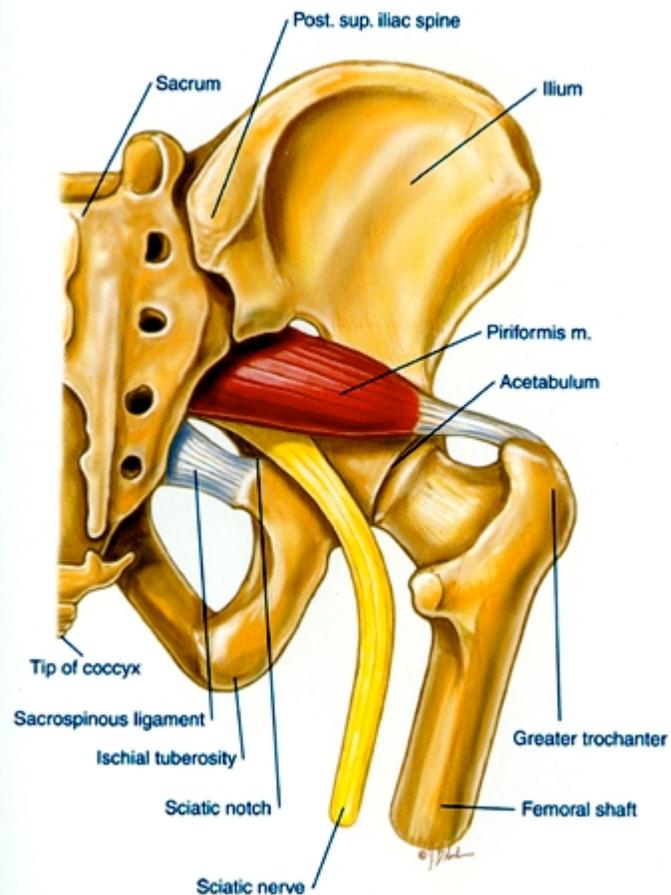
Numbness is an altered sensation and loss of feeling. This is due to an abnormal sensory nerve function. Many times there is numbness that is a very specific spot and is often accompanied by tingling in the same area. The numbness and tingling sensation similar to the feeling of having a foot "fall asleep" is a familiar one. This same combination of numbness and tingling can occur in any region of the body and may be caused by a wide variety of disorders.

Why does this happen? Messages in the body travel along a path from the brain down the spinal cord and out through the spinal nerves. These same nerves also carry the feelings of sensation up and down that same pathway to and from the brain. When there is interference in that pathway that is when you notice a change in sensation. Direct compression on nerves causes paresthesias, or loss of sensation. There can be short-lived compression from things such as carrying a purse or backpack or more chronic compression, with entrapment syndromes like carpal tunnel syndrome.

As chiropractors if we can determine the exact area of numbness or loss of sensation, we can better determine which nerves are being compressed and irritated. The nerves in the cervical spine and neck control all the functions and sensations in the neck, shoulders, arms, elbows, hands and fingers. Many times it is a chronic compression of the nerves in the neck from a misalignment. We will assess your spine for misalignments or (subluxations) and use a chiropractic adjustment to begin to realign your spine. This will help alleviate the symptoms of numbness and tingling or loss of sensation. We also adjust extremities including hips, knees, ankles, feet, shoulders, elbows, wrists and hands. Extremity adjustments are more beneficial if there is an entrapment syndrome causing the numbness and tingling and loss of sensation.

Sciatica and the Sciatica Nerve and Chiropractic

Sciatica is a pain associated with your sciatic nerve. The sciatic nerve is a combination of nerves that originate in your low back including the L3, L4, L5 and sacral vertebrae. They come together to form the sciatic nerve. The sciatic nerve runs down the back of the legs, buttocks and even into the lower leg, calf and foot. Sciatica is characterized by pain that originates in the low back or buttocks that travels into one or both legs. Pain is often characterized by a sharp, shooting pain down the legs, a "toothache-like" pain, or pins and needles. Sciatica is generally caused by sciatic nerve compression. Disorders known to cause sciatic nerve pain include lumbar spine subluxations (misaligned vertebrae), herniated or bulging discs (slipped discs), pregnancy and childbirth, tumors,



and non-spinal disorders such as diabetes, constipation, or sitting on one's back pocket wallet.

One common cause of sciatica is Piriformis Syndrome. Piriformis syndrome is named after the piriformis muscle. The piriformis muscle is located in the lower part of the spine, connects to the thighbone, and assists in hip rotation. The sciatic nerve runs beneath the piriformis muscle. This muscle is susceptible to injury from a slip and fall, hip arthritis, or a difference in leg length. Such situations can cause cramping and spasm to develop in the piriformis muscle, thereby pinching the sciatic nerve and causing inflammation and pain. Sciatic nerve compression may result in the loss of feeling or numbness and tingling, paralysis of a single limb or group of muscles, and loss of sleep due to symptoms.

Chiropractic is very successful at helping to alleviate and reduce the symptoms of sciatic nerve pain. This is done by using chiropractic adjustments to the low back and pelvis. Sometimes we will also utilize a pelvic drop piece adjustment on the table which is much easier on the body. This will be used to help realign and balance the pelvis. The adjustments are designed to remove the blockage that is pinching the sciatic nerve and causing the pain. Massage therapy may be used to reduce muscle spasms in the low back, buttocks and leg. Chiropractors have been recognized as experts in the field of low back and sciatic nerve problems for years and offer a drug free non-invasive approach to treating sciatica. You will be amazed at the difference!

Scoliosis

When the body is viewed from behind, a normal spine appears straight without much deviation from side-to-side. However, if when looking at the spine, there appears to be a lateral or side-to-side curvature, the person might have a condition called scoliosis. This is a condition that chiropractors see quite often. A scoliosis often gives the appearance of the person leaning to one side, though it should not be confused with poor posture. Scoliosis is a complicated deformity that is characterized by both lateral curvature and rotation of the vertebrae often causing a characteristic rib hump in the mid or thoracic spine. This is caused by the vertebrae in the area of the major curve rotating toward the concavity and pushing their attached ribs posterior causing the characteristic rib hump seen in thoracic scoliosis. If the thoracic curve and rib rotation is quite severe, it can affect pulmonary and cardiac function. We will be able to help to detect and screen for a scoliosis in our office. Early detection of scoliosis is vital, since it's important to stop or slow a progressing curve to avoid surgical intervention. The curve generally progresses while a child is still growing and stops once the child reaches skeletal maturity. During these crucial and high risk growth years (10-14 years), it is vital for youngsters to be regularly screened by a doctor of chiropractic, such as us at Hart Family Chiropractic. The earlier that we detect a scoliosis, the better we are able to help you. In most cases for

scoliosis to be detected at school screenings it is already at a pretty advanced stage. X-rays are the best and most definitive way to diagnose scoliosis. At our office we have a digital x-ray machine that provides the highest quality pictures with the lowest amount of radiation on the market today.

Scoliosis is an abnormal curvature of the spine and affects about three to five of every 1000 people, and is most frequently seen in adolescent girls. Teenagers, especially females should get checked and this is a great time to get in and check for any misalignments or the start of a scoliosis. We do corrective care at our office where we look to correct the cause of the problem and not just treat the symptoms. Many times a scoliosis has been developing or getting worse and there are no signs or symptoms or pain. In order for your body to have symptoms, your body's nervous system may be functioning at 60%-70% of normal function. Don't wait until there are symptoms, before you do something about it. Have a proactive, preventative approach and find out the alignment of your spine right now. If you already have a scoliosis, come in to see what we can do for you. For severe or worsening cases, bracing and even surgery may be necessary. But some promising new case studies and research suggests that alternative treatments, including chiropractic adjustments, may eliminate the need for surgery in some severe cases.

Tension

We work with your body using adjusting techniques and massage therapy to decrease and remove your tension. Stress, anxiety, and overuse are the three main causes of tension. Muscle tension refers to the condition in which muscles of the body remain semi-contracted for an extended period. Muscle tension is typically caused by the physiological effects of stress and can lead to episodes of back pain. Stress may change the body's nervous system by constricting blood vessels and reducing blood flow to the soft tissues, including muscles, tendons and nerves in the back. This process causes a decrease in oxygen and a buildup of biochemical waste products in the muscles, resulting in muscle tension, spasm and back pain.

Some of the most common areas for tension are the base and middle of the neck and shoulder (trapezius) regions, the mid back (thoracic) region, and the low back (lumbar) region. When subluxations are present, they cause nerve impairment that can affect the functionality of the muscles. Receiving an adjustment removes that nerve impairment and allows that nerve to relax the tensioned muscle. Our massage therapists also work with muscle tension by working with the muscles to rid them of metabolic wastes and to break up any scar tissue that may be present from past injuries.

Your Spine and Chiropractic

This will give you a better idea about when you are having symptoms, where are they coming from. Many things can impair your nervous system and interfere with its function. When there is **NO INTERFERENCE**, your nervous system controls the **HEALTHY FUNCTION** of virtually every cell, tissue, organ and system of your body.

Brain Stem Affects: Blood supply to the head, scalp, bones of the face, brain, base of the skull (occiput), eyes, ears/eustachian tubes, nose, sinuses/forehead, mouth/tongue, vocal cords, tonsils, neck muscles, shoulders, esophagus, heart/coronary arteries, bronchial tubes/lungs, liver, stomach, pancreas, spleen, small intestines and colon.

Cervical Spine Affects: Scalp, base of skull (occiput) neck muscles, shoulders, elbows, arms/forearms, wrists, hands/fingers, esophagus, heart/coronary arteries, bronchial tubes/lungs, chest/breast and diaphragm.

Thoracic Spine Affects: Blood supply to the head, brain, eyes, ears/eustachian tubes, nose, sinuses/forehead, mouth/tongue, esophagus, heart/coronary arteries, bronchial tubes/lungs, chest/breast, gallbladder, liver, diaphragm, stomach, pancreas, spleen, kidneys, small intestines, uterus, appendix, buttocks, reproductive organs, bladder and colon.

Lumbar Spine Affects: Uterus, large intestines, buttocks, groin, reproductive organs, colon, upper legs/thighs, knees and sciatic nerve.

Sacral Plexus Affects: Buttocks, reproductive organs, bladder, prostate gland, sciatic nerve, lower legs, ankles, feet, arches, toes and rectum.

Cranial Involvement: Headaches, migraine headaches, dizziness, fatigue, head colds, vision problems, hearing, sinus problems, common cold, allergies, runny nose, sore throat, tonsillitis, hoarseness, laryngitis, stiff neck, cough, croup, difficulty in breathing, heart conditions, bronchitis, pneumonia, congestion, blood pressure problems, liver conditions, jaundice, skin conditions, acne, pimples, stomach troubles, indigestion, heartburn, gastritis, gas pains, chronic tiredness and irritable bowel.

Cervical Involvement: Headaches, migraine headaches, dizziness, fatigue, head colds, vision problems, hearing, sinus problems, common cold, allergies, runny nose, sore throat, tonsillitis, hoarseness, laryngitis, stiff neck, cough, croup, pain in upper arms, tennis elbow, wrist, hand and finger numbness, wrist, hand and finger pain, shortness of breath, difficulty in breathing, asthma, heart conditions, chest pains, heartburn, chronic tiredness and bed wetting.

Thoracic Involvement: Headaches, dizziness, fatigue, head colds, vision problems, hearing, sinus problems, common cold, allergies, runny nose, sore throat, tonsillitis, hoarseness, laryngitis, stiff neck, cough, croup, tennis elbow, wrist, hand and finger numbness, wrist, hand and finger pain, shortness of breath, difficulty in breathing, asthma, heart conditions, chest pains, bronchitis, pneumonia, congestion, gallbladder conditions, hiatal hernia, blood pressure problems, liver conditions, jaundice, skin conditions, acne, pimples, stomach troubles, indigestion, heartburn, gastritis, ulcers, blood sugar problems, kidney conditions, gas pains, chronic tiredness, constipation, diarrhea and bed wetting.

Lumbar Involvement: Gas Pains, Chronic tiredness, irritable bowel, constipation, diarrhea, hernias, sterility, bladder problems, menstrual problems, cramps, bed wetting, knee pains, sciatica, low back pain, difficult or painful urination, numbness, poor circulation in legs, shin splints, swollen ankles, weak arches, leg cramps and cold feet.

Sacral Involvement: Constipation, diarrhea, sterility, bladder problems, menstrual problems, cramps, bed wetting, knee pains, sciatica, low back pain, difficult or painful urination, numbness, poor circulation in legs, shin splints, swollen ankles, weak arches, leg cramps, cold feet, sacroiliac problems, hemorrhoids and pain at the end of spine.

Car Accidents or Motor Vehicle Accidents

Motor Vehicle Accidents whether they are low impact or a high speed collision can cause significant damage to your spinal column and the proper alignment. Many times there is a whiplash injury associated with the car accident. Whiplash is a relatively common injury that occurs to a person's neck following a sudden acceleration-deceleration force, most commonly from motor vehicle accidents. The term "whiplash injury" describes damage to both the bone structures and soft tissues, while "whiplash associated disorders" describes a more severe and chronic condition. If this goes uncorrected it can lead to early degeneration in your cervical spine and neck. While some people involved in minor motor vehicle accidents recover quickly without any chronic symptoms, others may not experience symptoms right away, but develop symptoms months to years later. This can lead to chronic and permanent damage to the spine and nervous system.

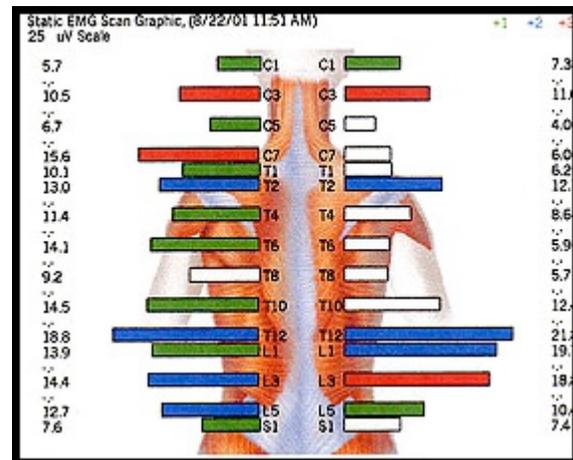
Each individual case of whiplash is different; it is not possible to generalize about chiropractic treatment. The appropriate chiropractic treatment strategy is unique to each whiplash injury and is directed at the primary dysfunctions detected during the examination and x-rays. However, we commonly employ the following chiropractic treatments for whiplash including chiropractic spinal adjustments which is the primary

treatment for joint dysfunction. We gently adjust the subluxations or misalignments into the direction in which it is restricted and may involve the application of a short thrust in that direction. This allows for the nerves to flow without interference to your tissues, organs and muscles, therefore allowing your body to heal without having to take unnecessary drugs and have unnecessary surgery. We will also work with restoring your proper cervical neck curve by having you do cervical compression extension traction. This will help to correct and stabilize your muscles and ligaments from the whiplash injury. Rehabilitation exercises are also prescribed and taught to be done at home to stabilize the condition and prevent it from returning.

We will work with your auto insurance company so that you can get the care that you need. It is very important to get your spine checked as soon as possible after a car accident so you do not end up suffering from these injuries, which if left untreated can lead to chronic pain, stiffness, premature degeneration, decreasing the quality of life that was intended for you.

Nerve Scan & Thermal Scan

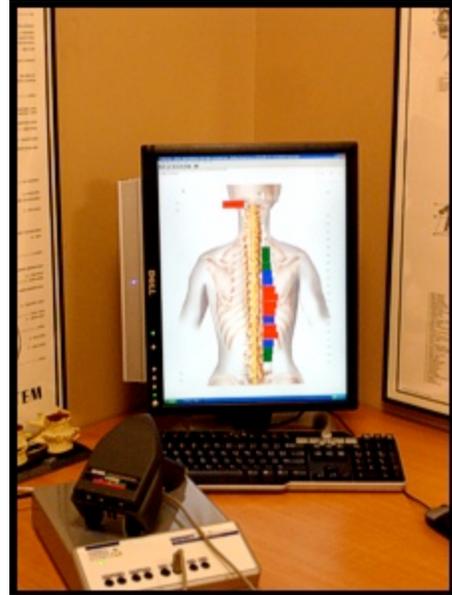
We have the most up to date technology in chiropractic in our office. We perform **Surface EMG and thermal scans** which allows us to see how well your nervous system is functioning. We feature the **Insight™ Millenium Subluxation Station**, which provides us the information to determine the extent of pressure or irritation on the nerves in the body. The patented **Insight™ Thermal Scanner** assesses autonomic function by measuring skin temperature differentials. Displays support both pattern and segmental analysis. On the **segmental analysis graph**, green, blue and red colors indicate mild, moderate and severe levels of thermal asymmetry respectively.



The surface EMG scan tracks the function of the muscles. A scan of a patient's muscle asymmetry depicts the amount of muscle pull from one side to another. Normal is marked by white spikes or no spikes at all. The same

colors are used here - green, blue and red for mild, moderate and severe levels of muscle asymmetry respectively. The patient's sEMG scan is compared to normal. When we are viewing the amplitude (amount of tension) of paraspinal muscle activity, along with **hyper-tonicity** or **hypo-tonicity** as it compares to a normal population. Green bars indicate one standard deviation over normal or mild elevation. Blue bars indicate moderate elevation and Red bars indicate severe elevation. Yellow indicates one standard deviation below normal. These tests provide a window into your health to determine if further testing such as X-rays is necessary. The sEMG and thermal scans are also very safe for patients that are pregnant and are unable to have x-rays taken.

Why do we perform these scans? We want to have as much information available when diagnosing and determining a treatment plan. These vital tests provide us with the most accurate information about the function and symmetry of the nerves and muscles. They are very simple tests and are non invasive and comfortable. We just roll the thermal scanner right up the back of your spine and it gives us the necessary values in a graph form.



Chiropractic For All Ages

Chiropractic for Babies

We see patients of all ages in our office including babies. We have patients as young as a day to weeks old that come to our office for care. You may be asking why a baby would need to get adjusted. One reason is because the baby may be developing in an abnormal position within the mothers stomach, or too often doctor twists and pulls the babies head when the baby coming out, causing their bones to shift out of alignment putting abnormal pressure on the brain stem spinal cord. Pulling on a baby's head with ten pounds would be like pulling an adults head with one hundred pounds of pressure.

That's why it is so important to check a Childs spine after birth. If the bones of the spine are out of place (subluxated) we will use gentle adjusting techniques to move them into the proper position. This will allow for optimal nerve flow to get to all of its muscle and vital organs. Many times if an infant is subluxated or has some misalignments in their spine, the bones of the spine will put pressure on the nerves; this can cause symptoms such as: ear infections, irritability/fussiness, colic, constipation, acid reflux, allergy problems, lowered immune system and the list goes on.

Colic in Babies

Many parents get there infants checked by a pediatrician, but never have a through evaluation of the Childs spine. The spine is the master controller of everything that happens and is happening in the body. When the baby checked for misalignments and they are corrected this will help not only as an infant but will also help prevent many health problems from rising as an adolescent and through there adult life. We have had years of experience working with infants with very favorable results.

Chiropractic for Toddlers

Chiropractic can help with many common symptoms and problems that pediatric patients present with. We treat many toddlers in our office. At this age group one of the most common complaints are ear infections. Many parents do not simply want to give their toddler antibiotics for every problem. Even in recent articles in the Journal of the American Medical Association, they state that antibiotics are over prescribed. The article states: ***"The crescendo of research during the past decade has established that antibiotic overuse is a major public health problem1; approximately 50% of***

prescriptions for children written by community-based practitioners are unnecessary, and the single most important factor in the emergence of antibiotic resistance among respiratory bacterial pathogens is selection pressure from antimicrobial agents. Thus, as a public health policy, there seems little doubt that overzealous prescribing habits and inappropriate use of antibiotics should be reduced on a community-wide basis."

Many times chiropractic adjustments can help reduce and eventually eliminate symptoms of ear infections using a non drug, non surgical approach. However, we don't just see toddlers for ear infections; we also assess their spine for scoliosis, misalignments or subluxations. Other reasons that we check infants and toddlers include: birth trauma, immune system maturity and developmental milestones along with any abnormal, congenital, traumatic or acquired injuries the child may have. The sooner a child spine is checked the better the child is at fighting off childhood problems and is least likely from developing chronic adult health issues. Research shows that children treated with chiropractic care are two times healthier than allopathic treated children and if a child gets sick they heal two times faster than the allopathic treated child.

After we have examined and assessed toddler patients, we will begin with a light adjustment. Kids love to get adjusted and the Doctors are great with interacting with kids. Our goal is to remove the interference in their nervous system and allow the body to function and heal the way it was designed to.

Chiropractic for Adolescents and Teens

This age group often is overlooked in the need for chiropractic care. This is when kids are the most active, whether they are participating in sports, dance or daily in gym classes. This is the prime years of growing and development especially of their skeletal system. Since their bodies are growing and developing this is also the best time to be assess for scoliosis. Scoliosis is a common problem with many adolescent and teenage children especially in females. A scoliosis is a significant curve in the spine. Typically a scoliosis is considered a curve or misalignment of 20-40 degrees.

This is an area in which we can help. If you already have a scoliosis or it is just starting, the earlier that it is detected the better chances you have of correcting and reversing any permanent effects. If you have a scoliosis, the spine is out of proper position and is putting pressure on the nerves that exit the spinal column where there is a curve. We work at correcting those spinal curvatures.

In addition to scoliosis, back and neck pain can be common for adolescents and teenagers. Many are sitting for seven to eight hours a day in school, many times with very poor posture. All that sitting can be hard on your spine especially if you are slouching or have poor posture. This is another reason to come in and get checked out for any spinal

misalignments. We want to maintain a healthy spine and teach you how to maintain proper posture, which is so important while you are sitting all day in school.

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Chiropractic for the Elderly/Seniors

Chiropractic care is extremely important for the maturing and elderly population. In a lot of cases unless there is some type of injury, symptoms that you are experiencing today have been going on in your body for ten to thirty years and are now showing up. An analogy to this would be a cavity in your tooth causing pain. The tooth pain did not just show up the tooth was rotting for quite some time before the pain finally presented itself. Many seniors are being advised to take medications that are not only not good for you, but are actually causing more damage to your body if you did nothing at all.

During this stage of life, there are significant changes that occur in the spine with increasing age. As we age, spinal discs, facet joints, ligaments, muscles and other spinal tissues become weaker, less hydrated, more fibrotic, and less able to withstand normal stresses of daily living. As a result, spinal pain from spinal degeneration (arthritis) becomes more prominent and the time to heal from injuries increases.

Chiropractic care can help in many ways, by taking into consideration the nature of the aging spine, and slowing and stopping any further degeneration in a safe and effective way. We use gentle adjustments and incorporation of stretching and spinal exercises. Spinal pain is reduced, spinal stresses are decreased, flexibility and mobility are improved, and degeneration is minimized. Seniors are always amazed when they see chronic problems they have been suffering from that are reduced or go away altogether that they have been suffering from for years.

Once again, we focus on how well the nervous system is functioning and healing. By allowing the nervous system to function properly we are addressing the cause of the symptoms and not just pain relief. Treatments which solely focus on pain and other "symptoms" only, are far less effective. We have experience and have treated several people over 100 years old. It is never too late, no matter how bad off you may be, to get your nervous system functioning more efficiently for better tomorrow.