

Is Chiropractic for me?

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Many people often wonder if Chiropractic is something that can alleviate the pain they are experiencing. Below, are some of the possible factors involved in back pain problems. Those listed are just the top of the back pain iceberg. Given the right conditions, any physical activity can bring on a back attack. Indeed, merely sitting, standing, or sleeping the wrong way can elicit back trouble.

- Headaches - malaligned spinal curvatures may cause mild to severe tension headaches, nausea, vomiting, as well as visual disturbances.

- Pinched Nerves - nerves exist between vertebrae and fan out to all parts of the body, thus supplying vital nerve energy pinch spinal nerves and alter normal nerve impulses. This can bring pain and serious trouble to the back as well as other parts, organs, and glands served by the affected nerves.

- Low Back Pain - many low back problems stem from simple, everyday stresses on stomach or back muscles and the ligaments designed to give the spine stability and hold the vertebrae in proper alignment. Falls, whiplash, sports injuries, and work injuries bring on many low back attacks, too.

- Short Leg Syndrome - one leg being shorter than the other often sets the stage for other troubles includes arthritis, spinal curvature, back pain, and a host of other painful and disabling ailments.

- Whiplash Injury - neck injury is brought on by a sudden acceleration or deceleration of the body that snaps the head

and neck backward, forward, or to the side. An automobile rear end collision is the most frequent whiplash event, but falls can do it, too.

- Falls - a primary cause of neck, back, arm, leg, hip, injury, and pain.

- Scoliosis - an abnormal curvature of the spine that usually shows up during adolescence. More common than people realize.

- Repetitive Stress Syndrome - commonly called "overuse injury". Almost any ongoing, repetitive irritation, stress strain, physical tension, prolonged tautness, or pressure can produce overuse injury.

- Sciatica - usually displays excruciating pain, numbness, or tingling along the course of the sciatic nerve beginning in the lower spine. May continue down the leg into the foot.

- Poor Posture - puts strain on back muscles and ligaments and is a major cause of back pain.

- Arm and Shoulder Pain - underlying cause is often misaligned spinal bones pinching spinal nerves serving the arm and shoulder.

- Between Shoulders Pain - often a nagging, irritating, pain which frequently becomes chronic.