

What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can chiropractors do?

Chiropractic is a profession, not a treatment. Chiropractors provide a package of care after taking a detailed case history and performing a thorough examination, which considers all aspects of the presenting complaint. This package of care may include physical treatments drawn from all types of manual therapy as well as spinal manipulation, exercise, muscular therapies and a range of advice on activity, lifestyle and prevention. The most compelling evidence for chiropractic care relates to low back pain, but chiropractors help people manage a range of other conditions.



This does not necessarily mean that joint manipulation is used, but that the package of care given by the chiropractor provides relief.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please call the telephone number below.

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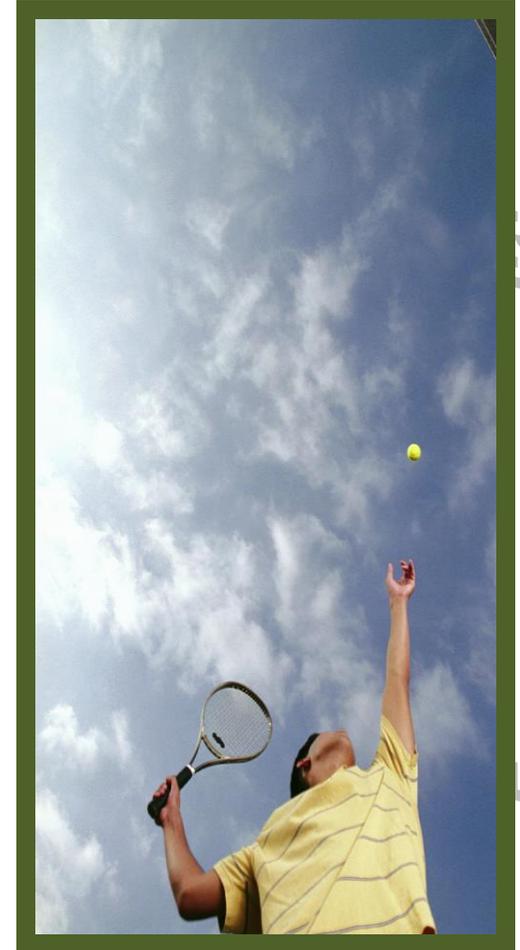
Tennis & Golfers' Elbow

During the summer months, the number of people playing outdoor sports such as tennis and golf is at an all time high. Tennis and golf are becoming increasingly popular within the UK, with over 2000 golf courses nationwide and almost four million people playing tennis on a regular basis.

Tennis is a great all round sport, providing many different benefits. The arms, back, abdominals, bottom and legs all get a good work out during a game of tennis, and don't forget the rally, which is great cardiovascular exercise.

Although it may appear to be a slower paced sport, golf also has many advantages and can help improve fitness levels by increasing flexibility, stamina, co-ordination, strength and skill as well as burning calories whilst carrying golf bags across the long courses.

As with all sports however, care must be taken to avoid injury. A proper warm up and correct technique is vital in reducing the likelihood of sustaining an injury.



Focus on conditions

**Please give this to
a friend or colleague
if you think
chiropractic may help.**

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Chiropractic – Safe & Effective

Golfers' elbow (medial epicondylitis)

Golfers' elbow is an overuse injury to the inner part of the elbow caused by repetitive, forceful wrist movements. This is usually with the wrist bent at the point of contact with the ball, grounding the club, or excessive twisting of the forearms on the follow through. When done repeatedly, as in a game of golf, this results in a repetitive strain being placed on the muscles and tendons (wrist flexors) around the inside part of the elbow joint, and a severe inflammatory reaction and pain (tendonitis). As the name suggests, golfers can be susceptible to this type of injury, mainly at the beginning of the season as technique is at its most rusty. However, non-golfers are also susceptible with many injuries caused by everyday activities such as gardening and DIY.

Sometimes, the injury can be caused by a direct bang or blow to the inside part of the elbow, or if the cause is repetitive strain, tearing of the muscles can occur. Symptoms include: sharp pain over the inside part of the elbow (which may travel up or down the arm) when grasping objects, wrist weakness, tenderness to touch, pain at the inside part of the elbow on wrist movement and swelling.

Tennis elbow (lateral epicondylitis)

As with golfers elbow, tennis elbow is inflammation (tendonitis) of the muscles and tendons, but on the outer part of the joint. When placed under repetitive strain, joints can get irritated causing pain and inflammation where the wrist extensor muscles join to the elbow joint. The repetitive movements required for this injury to occur are usually forceful wrist movements, which bring the thumb outwards and the palm upwards, causing

shortening of the muscles. When this occurs, a sudden movement at the wrist may cause a tear in the muscle or tendon.

Just as with golf, only 5% of people who suffer from this injury play tennis, with DIY and gardening as a more common reason for this injury. Symptoms include pain over the outside elbow, which may travel up or down the arm, wrist weakness, tenderness, pain when lifting or bending the arm, difficulty extending the forearm fully and pain when gripping, lifting and carrying.

What can be done?

Pain from both golfers' and tennis elbow typically lasts from 6-12 weeks if it is an isolated injury. However, the condition can last up to several years if the injury is recurrent and does not receive the care needed.

The first step is to reduce the inflammation and rest the elbow as much as possible. Ice is very effective in the first 2-3 days, but can be used for longer periods. Sometimes, an epicondylitis brace (medial or lateral) can help if the problem is persistent or recurrent. Your Chiropractor will examine and treat any areas relating to elbow function such as the wrists, elbow, shoulder and neck.

Once the pain has subsided, a stretching programme should be followed, taking care that the exercises are done slowly and carefully, so as to avoid re-injury.

Prevention is better than cure – the best way to reduce the risk of injury is to warm up properly and stop when tired, as technique can falter. Always warm up and stretch before exercising and cool down.

Common Conditions that can benefit from Chiropractic Care

Headaches and migraines

Spinal manipulation has been shown to be effective in the treatment of tension-type headache and migraine. Your chiropractor may provide advice on relaxation and exercise.

Neck pain/disorders

Mobilisation and/or manipulation when used with exercise are beneficial for persistent mechanical neck disorders with or without headache. Manual therapy and exercise are more effective than alternative strategies for patients with neck pain.

Osteoarthritis

Arthritis is a term most people recognise, but different mechanisms cause the painful and disabling joint pain. Osteoarthritis is a degenerative joint disease and the result of "wear and tear". Such wear and tear in the spine is part of the aging process and is often an incidental finding. You may be experiencing pain that is not necessarily related to the arthritis, but your chiropractor will be able to offer a package of care most appropriate to your problem. This may include thermotherapy (application of heat or cold), use of orthotics (shoe inserts), prescribed

exercise and lifestyle advice.

Osteoporosis

Osteoporosis is a disease in which bones become fragile and more likely to fracture due to a loss of calcium and other mineral components. This condition is often called the "silent disease" because bone loss may occur without symptoms. Your chiropractor can offer low-grade mobilisation techniques, muscle-strengthening exercises and lifestyle advice to help you avoid falls and injury.

