



Chiropractic - can't stop you getting old, but might stop you feeling it!

Like tooth decay, degeneration of your joints begins without your knowing. Like the hard skin on an often-rubbed toe, it happens - slowly - to all of us. The general wear and tear of a lifetime results in joints laying down extra areas of bone in an attempt to support the damaged area.

Generally, our bodies compensate for this, and we feel little or no pain - even if the wear and tear is quite advanced. However, slight loss of proper movement in a worn joint may cause nerve irritation and inflammation which could lead to pain.

Arthritis and joint pain

Arthritis, spondylitis or rheumatics are names normally given to the pain and stiffness resulting from wear and tear to your joints. They can occur in any joint of your body, including your spinal vertebrae, but chiropractic may often relieve the pain.

There are, however, some types of arthritis - such as rheumatoid arthritis - that also involve periods of inflammation and destruction of the joints causing severe pain. Although chiropractors cannot treat the cause of this kind of arthritis, they may be able to

help relieve the disability that results from it once the inflammatory phase is over.

Other joint problems, caused by repeated trauma, that chiropractors treat include:

- shoulder pain
- tennis elbow
- golfer's elbow
- knee pain
- repetitive strain injury (RSI) as a result, for example, of working at computer keyboards.

Putting a stop to it

Degeneration of your joints cannot be reversed, but your BCA chiropractor can help to improve muscle and joint function and if necessary, reduce any nerve irritation. Once he/she has examined you fully, discussed your case history with you and, where necessary, taken X-rays, you will be given a diagnosis and appropriate treatment. This may involve often gentle, specific hand movements, known as adjustments, to treat the joints, reducing pain and inflammation. You may also be given advice about healthier habits in your workplace or favourite sport, as well as tips on exercise, diet and posture.

After chiropractic care, your body will be more resilient to further damage. Many chiropractors have a special interest in orthopaedic-related conditions.

Make an appointment today!

*You can also log onto
www.chiropractic-uk.co.uk
or call the BCA on
0118 950 5950*

*if you want to know more
about chiropractic.*



*Many elderly patients
participate in spinal
rehabilitation with
specially modified
exercise programmes.*



What about just taking painkillers or anti-inflammatory drugs?

These can dull your pain, but it may well return as they do not necessarily deal with the cause. They may also have side effects.

How can chiropractic help joints that are already degenerated?

Degenerated joints are sometimes the result of the surrounding joints not doing their fair share of work, so that the load is not managed equally. Chiropractic aims to restore your normal joint function spreading the load and taking excessive strain away from degenerated joints. Your BCA chiropractors can also give you advice on exercise for maintaining joint function.

Can chiropractors help osteoporosis?

Osteoporosis happens when the amount of calcium in the bones (which gives them strength) is very low and leaves them weak and easily breakable. This is particularly common in women past the menopause. However, having osteoporosis doesn't mean that you will have a fracture. Your BCA chiropractor will be able to use various modified treatment methods to cater for someone with osteoporosis as well as advise on other available treatments. Chiropractic helps to keep your joints mobile and improve your balance and muscle tone to minimise the risk of falling.

References:

Tessell, MD & Harth, MD. *Functional restoration: returning patients with chronic low back pain to work. Spine 1996;21(7):844-847*
Yeomans, DC. *The assessment of cervical intersegmental mobility before and after spinal manipulative therapy. JMAPT 1992;15(2):106-114.*



British
Chiropractic
Association

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Chiropractors treat problems with your joints, bones and muscles, and the effects they have on your nervous system. Working on all the joints of your body, concentrating particularly on the spine, they use their hands to make often gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of your nervous system and release your body's natural healing ability. Chiropractic does not involve the use of any drugs or surgery.

Members of the British Chiropractic Association (BCA) abide by a strict code of ethics and the association only accepts members who have graduated from a nationally or internationally-recognised college of chiropractic education after a minimum of four years full-time training. The BCA ensures its chiropractors maintain high standards of conduct, practice, education and training. Like medical practitioners and dentists, all chiropractors are registered by law.



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Wear & Tear