#401 Magazette (English)

PREMIER PATIENT COMMUNICATION MATERIALS
BACK Talk SYSTEMS INC

Report Of Findings Magazette

Header: Magazette

How to get faster relief and better results from your Chiropractic Care.

WELCOME TO CHIROPRACTIC!

Chiropractic is based on the scientific fact that your nervous system controls the function of every cell, tissue, organ, and system of your body. Your nervous system consists of your brain, spinal cord, and millions of nerves. Your brain is protected by the skull, and your spinal cord by the 24 moving bones of the spine. Many everyday activities can cause these bones to lose their normal position or motion. This can result in nervous system dysfunction and ultimately, ill health.

The chiropractic approach to better health is to detect, reduce, and help prevent nervous system dysfunction.

The Doctor's Education

Today's Doctor of Chiropractic is well educated. After completing the same undergraduate study that other types of doctors get, chiropractic doctors receive still another 4 years of post graduate college education. Before practicing, they pass a rigorous National Board Examination and meet stringent licensing requirements. To keep up with the latest research, doctors attend seminars, scientific symposia, and read professional journals.

Photo: Students in classroom
Caption: After completing undergraduate requirements, your doctor completed still another four years of postgraduate college.

A Thorough Examination

After taking a complete case history to review important aspects of your health, a thorough examination will be conducted.

You'll be asked to turn and bend, your posture will be checked, your reflexes and muscle strength will be tested, and other orthopedic and neurological tests may be performed. These tests are designed to show any areas of your spine causing problems.

Diagnostic Imaging

Based on your examination findings, X-rays or other types of diagnostic imaging may be necessary.

These images can help reveal any pathologies, document the history of your spinal health, and guide your doctor in creating a care program based on your unique spinal condition. Today's high-tech equipment and ultra-sensitive films help minimize your exposure.

Photo: Doctor and patient at X-ray view box
Caption: X-rays can provide valuable information, revealing the structure and health of your spine.

A Teamwork Approach

When you consult this office you are entering into a unique partnership. Your health today is the result of your habits, your thoughts, your actions, and all the circumstances of your life. Little can be done about the past, but we're here to help with the future.

Learn as much as you can about the nature of true health and follow your doctor's recommendations.

WHAT'S WRONG?

Your examination revealed areas of your spine that are malfunctioning. This often results in nervous system compromise, impairment to the muscles that support the spine, damage to soft tissues of the spine, and sets in motion a degenerative process. Researchers refer to this five-part problem as the Vertebral Subluxation Complex.

Abnormal motion or position of SPINAL BONES
(Spinal Kinesiopathology)

Physical trauma such as improper lifting, car accidents, repetitive motions, and poor sleeping habits can cause spinal problems. Emotional stress and chemical imbalances are common culprits, too.

Photo: Mechanic checking uneven tire wear
Caption: Like the tires on your car, without proper alignment your spine can experience uneven wear and tear.

Photo: Rowers in boat
Caption: Like the coordinated strokes of these oarsmen, each spinal joint must move properly for optimum health.

Abnormal NERVOUS SYSTEM function (Neuropathophysiology)

Improper motion or position of spinal bones can rub, irritate, pinch, or choke delicate nerves. This can impair the function of the tissues, organs, and systems controlled by these nerves.

Photo: Frenzied trading at stock exchange
Caption: Nerves can become overexcited and hyperactive like the commotion on the trading floor of a stock exchange.

Photo: Highway traffic accident
Caption: Nerves can be choked or compressed like traffic congestion at the site of an accident or breakdown.

Abnormal MUSCLE function (Myopathology)

Muscles supporting the spine can weaken and atrophy, or become tight and go into spasm. Unfortunately, scar tissue and adhesions penetrate these malfunctioning muscles, changing their elasticity.

Photo: Close-up of gristle in a steak
Caption: Muscles that support the spine can be damaged with gristle and scar tissue, like a cheap cut of meat.

Photo: Tug of war
Caption: Like the stronger team, overdeveloped muscles on one side of your spine can cause individual spinal bones to twist and lose proper function.

Abnormal SOFT TISSUE function (Histopathology)

Discs, ligaments, and other soft tissues can malfunction, too. These important soft tissues have a poor blood supply, so proper healing often requires continued care even after the relief of obvious symptoms.

Photo: Severe sunburn
Caption: The inflammation and rise in temperature from soft tissue damage is a lot like a bad sunburn.

Photo: Bulging ice cream sandwich
Caption: Like soft ice cream filling, discs can bulge, tear, or herniate, putting pressure on sensitive nerves.

Abnormal function of the SPINE AND BODY (Pathophysiology)

The body responds with bone spurs and spinal decay, fusing malfunctioning spinal joints. Degenerative changes can be seen in other organs and tissues which have been deprived of normal nerve control.

Photo: Mineral deposits in cave
Caption: If neglected, joints of the spine not moving properly can fuse into a solid block of calcium, like mineral deposits in a cave.

Photo: Cowboy boot spur
Caption: Jagged bone spurs can form, irritating surrounding soft tissue.

CAN CHIROPRACTIC HELP?

If areas of abnormal spinal function identified, your doctor will recommend a chiropractic care program of spinal adjustments. Your plan of care is based upon your age, condition, lifestyle, and unique spinal problem(s).

SPECIFIC ADJUSTMENTS

The primary course of care will be specific chiropractic adjustments. This will help return individual spinal bones to their proper motion and position. There are hundreds of ways of using carefully directed and controlled pressure to restore better position and motion to “stuck” or fixated spinal joints. Sometimes this may require a quick thrust, and in other instances a slow, constant pressure. Sometimes only one area of the spine is adjusted, and other times the entire spine will receive attention.

Some doctors use only their hands, while others will use special tables or instruments. Sometimes the patient’s own body weight is used. Every doctor has a preference based on training, clinical experience, and the particular spinal problem of the patient.

Some adjusting approaches can result in a faint “popping” sound. This sound is created by the shifting of gas and fluids in the joint. The presence or “loudness” of this sound has little meaning and varies with each patient.

OTHER PROCEDURES

Your doctor may recommend additional procedures or suggest others ways to help reduce inflammation, provide relief, or enhance the healing process. These may include ice, heat, muscle and soft tissue rehabilitation, nutritional advice, exercises, or other procedures.

CHIROPRACTIC CARE IS SAFE

Chiropractic adjustments are safer than aspirin,

muscle relaxers, and back surgery. Dozens of research studies have documented the safety and effectiveness of chiropractic adjustments. When compared with traditional approaches, chiropractic care is remarkably safe. In fact, millions of chiropractic adjustments are safely delivered to delighted patients every day!

Regardless of the technique, millions of patients have been delighted with the results of their chiropractic care since chiropractic was discovered in 1895.

Photo: Posterior thoracic adjustment
Caption: Your doctor will likely use a push or pull to help get “stuck” bones moving again.

Photo: Posterior thoracic hand instrument adjustment
Caption: A handheld instrument can be used to deliver a consistent and measured force.

Photo: Posterior lumbar adjustment on flexion table
Caption: Some doctors use a special table to traction and stretch the spine as it is adjusted.

Photo: Gowned patient receiving Gonstead-style adjustment
Caption: Certain approaches necessitate direct skin contact or the use of special instruments.

Photo: Lumbar adjustment on drop table
Caption: Tables with drop-way sections can be used to direct or reduce the adjusting force.

Photo: Palpation of infant spine
Caption: Naturally, adjusting methods are modified for each patient's size, weight, and condition.

HOW LONG WILL IT TAKE?

Chiropractic results vary. Some patients get results quickly. Others find their recovery takes several months or longer. Children often respond quickly, while adults with long-standing spinal problems heal more slowly. The healing process takes time.

There are three stages of chiropractic care. Periodic progressive examinations help determine the course of your care. Once you understand true health, you may want some type of ongoing chiropractic care. Like brushing your teeth, eating wholesome foods, and other healthy habits, a regular chiropractic checkup makes sense. How long you decide to benefit from chiropractic care is always up to you.

INITIAL INTENSIVE CARE

This is usually where most patients begin their chiropractic care. Visits can be frequent, depending upon the severity of your condition. The primary focus is to reduce or eliminate your most obvious symptoms.

REHABILITATIVE CARE

With your ache or pain diminished, the objective is to stabilize spinal function and promote a more complete healing. Muscles and soft tissues of the spine are strengthened during this stage of care, helping to avoid a relapse.

WELLNESS CARE

With the maximum restoration of spinal function many patients enjoy regular chiropractic “checkups.” This type of preventive wellness care can save time and money by helping to avoid little problems from becoming serious.

BASED UPON YOUR DOCTOR’S FINDINGS, THE VERTEBRAL SUBLUXATION COMPLEX IS PRESENT
AT THE INDICATED AREAS:

(Spinal Anatomy Chart)

PATIENT RESPONSIBILITIES

Here are some ways you can get faster relief and better results from your chiropractic care:

GET INVOLVED. Patients who get involved and assume personal responsibility for recovering their health, seem to get the best results.

KEEP YOUR APPOINTMENTS. The way to achieve the results millions of chiropractic patients have enjoyed is to keep your appointments.

STRENGTHEN YOUR SPINE. Your doctor may suggest specific exercises to help speed your recovery. These can help retrain muscles that support your spine.

LIFT WITH YOUR LEGS. Improper lifting can invite a relapse. Keep your back straight and the load close to your body as you lift with your legs.

AVOID EXTREME BENDING. Use caution when bending or working overhead. Avoid sudden twists and turns.

GET ADEQUATE REST. Proper rest is an important aspect of the healing process. Use a mattress that offers firm support, and avoid sleeping on your stomach.

WATCH YOUR DIET. During the healing process proper nutrition is more important than ever.

ASK QUESTIONS. Proper spinal hygiene is new for most people. The better you understand your condition, the faster your recovery.

REFER OTHERS. Share your chiropractic experience with others. Explain the relationship between proper spinal function and nervous system function—the key to health.

Your health may be your most valuable possession. Like losing any other possession, recovering your health will require an investment of your time and money.

Glossary

As you begin your chiropractic care, you may encounter some new words. Here are a list of commonly used terms and their meanings:

ACUTE—Of short duration and relatively severe.

ATLAS—The uppermost and most freely movable bone of the spine.

BIOMECHANICS—The application of mechanical laws to living structures.

CERVICAL—The vertebrae of the neck, usually seven bones.

CHRONIC—Persisting for a long period of time.

DISC—A cartilage (cushion/pad) that separates spinal vertebra, absorbs shocks to the spine, and protects the nerve system.

FACET—The actual joint surface of a spinal bone, facing the adjacent bone above or below.

FIXATION—Being held in a fixed position. An area of the spine or specific joint with restricted movement.

HEALTH—A state of optimal physical, mental, and social well-being and not merely the absence of disease and infirmity.

INTERVERTEBRAL FORAMINA—The lateral opening through which spinal nerve roots exit the spinal column.

LUMBAR—The vertebrae of the lower back, usually five bones.

PALPATION—Examining the spine with your fingers; the art of feeling with the hand.

RANGE OF MOTION—The range, measured in degrees of a circle, through which a joint can be moved.

SACRUM—The triangular bone at the base of the spine.

SPINOUS PROCESS—A posterior protruding part of a spinal bone that can be seen or felt when examining the spine.

THORACIC—Pertaining to the part of the spinal column from the base of the neck to about six inches above the waistline.

TRANSVERSE PROCESS—Lateral protrusions (wings) of bone from the vertebrae to which powerful muscles and ligaments attach.

VERTEBRA—Any of the individual bones of the spinal column.

WHIPLASH—An injury to the spine caused by an abrupt jerking motion, either backward, forward, or sideways.