



**Did you know Chiropractic has the education and technology to treat many problems, not just back and neck pain.**

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The word chiropractic is derived from Greek and means “ To Perform With The Hands”. Paintings from ancient Egypt and Greece have shown chiropractic was used thousand of years ago. However, David Palmer did not establish modern chiropractic in the U.S.until 1895.

Treatment is usually painless, and contrary to popular belief, is not dramatic or frightening. Utilizeing several factors including the patient’s examination, history, spinal analysis, and/or x-rays the doctor can make a decision regarding how to best treat your problem.

Chiropractors today have the education and technology to treat many problems, not just back and neck pain. Your Chiropractor can also help you learn about proper exercise techniques, stretching of the muscles, and eating a healthy diet.

Once the diagnosis has been made and the problem relieved, your chiropractor can help you with prevention of similar problems by identifying stressors and strains that your body is exposed to everyday.

Chiropractic utilizes a detailed examination of the joints of the body to determine if and where a functional misalignment exists. If a misalignment exists, and can be isolated, the chiropractor will physically restore the joint to its optimal position and restore its normal range of motion. This requires a series of treatments to decrease pain, restore normal motion, and then stabilize the condition.

Chiropractic is a health care discipline that emphasizes the inherent recuperation power of the body to heal itself without drugs or surgery. The practice of chiropractic focuses on the

relationship between the spine and nervous system and how that relationship affects the preservation and restoration of health.

The chiropractic ideas regarding healing and health differ from the traditional medical view in many ways. Chiropractors utilize a vitalistic and holistic approach to medicine and its practice versus the mechanistic view taken by the average medical physician. They attempt to find the "cause" of a problem and treat that cause to restore proper function rather than treating symptoms. We know the body can maintain and heal itself from within, and this approach is what sets Chiropractic apart.

Chiropractors and their staff also know that under certain circumstances medical intervention is necessary, and in some cases life saving, but ultimately it is the body that controls and manages the healing process and not the doctor or externally applied forces.

Once the Chiropractor corrects areas of spinal motion dysfunction the areas of spinal nerve and tissue irritation are eliminated. Through this process pain is relieved, and the body's own healing capabilities take over.