



# Christian Chiropractic

Phone: 941-761-3919

Fax: 941-761-3897

4817 Cortez Rd W

Bradenton, FL 34210

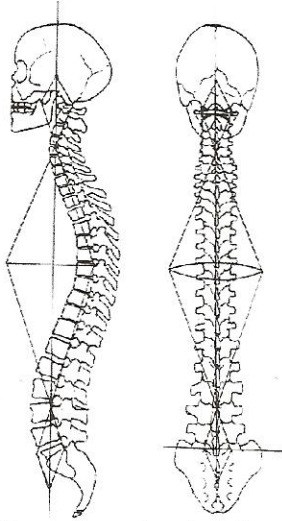
Low Back, Hip, Sciatica & Scoliosis

July/August 2012

## Our Mission

### Statement

Our Purpose is to serve God, with the intent of correcting vertebral subluxation, by providing the encouragement of hope, the heart of compassion, and the skillful hands of chiropractic, while faithfully relying on the healing power of God.



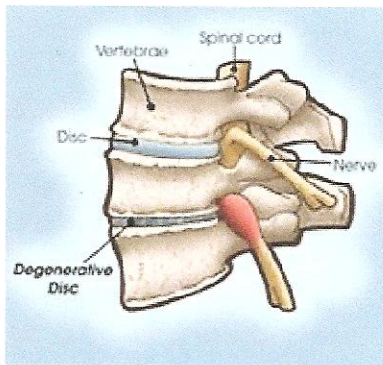
The Central Nervous System is composed of the brain, spinal cord and spinal nerves. It totally controls all function and healing in the human body. The most common and likely way to interfere with the Central Nervous System is with the "abnormal" position of the spine (subluxation). This interference will cause the organs and muscles of the body to not function, heal or feel "normally".

The normal alignment of the spine:

1. Is a straight spine with a level pelvis.
2. Has curves with parallel and thick disc spaces
3. The vertebrae must have smooth edges and must be aligned on top of each other.

When the spine has lost its normal alignment it can cause many SYMPTOMS: low back pain, hip pain, sciatica, numbness/tingling in the legs, restless leg, scoliosis, bulging/herniated discs, arthritis and more. The only way to determine if your spine is in normal alignment is through an exam and X-RAYS. Schedule a chiropractic check up today.

## DISC PROBLEMS



The **INTERVERTEBRAL DISC** is a common culprit in spine-related health problems, its function is widely misunderstood. The disc is a small cartilage pad that is situated between spinal bones. When healthy, discs allow normal turning and bending.

It is important to understand that most disc problems are the result of long-standing misalignments (subluxations) in the spine.

**DISC TEAR** - The most common disc injury is a small crack or microtear in the tough, outer cartilage material of the disc called annular fibers. This allows the fluid to start leaking out, and the disc begins to wear thin.

**BULGING DISC** - The soft jelly-like material in the middle of the disc pushes to one side, forward or backward, and swelling occurs. The nucleus is still contained within the tough outer fibers of the disc, but can still cause pressure and painful symptoms.

**HERNIATED DISC** - The soft jelly-like material from the nucleus in the middle of the disc ruptures through the tough, outer fibers and extends to the outer edge or beyond the normal limits of the disc.

**PROLAPSED DISC** - A piece of disc material separates away and becomes a fragment or a free-floating piece.

**DESSICATED DISC** - The disc loses its fluid content and degenerates down to a rough, worn-down or worn-out appearance. This occurs as the bones begin to fuse with each other.

# CONSIDERING BACK SURGERY???

A major cause of lower back symptoms (including low back pain, numbness, tingling, or pain down the leg) can be a bulging disc putting pressure on the spinal cord or a nearby nerve root. Surgical treatment often involves cutting away the bulging disc tissue and that will permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause of the problem.

*CHIROPRACTIC CARE IS SAFER AND OFTEN MORE EFFECTIVE THAN SURGERY!*

## Injections Could

### Worsen Pain



What is cortisone?

There are 2 types of cortisone: natural and synthetic. The first - a hormone produced by the adrenal glands - is vital for the proper functioning of the body, especially during times of stress.

It's the synthetic version, belonging to a group of chemicals known as corticosteroids that we are concerned about. In the case of back pain, cortisone is typically administered via an epidural injection to the spine. Mild to severe headache and injection-site infection are among this typically painful procedure's list of complications.

Additional side effects include:

- Rupturing of Tendons
- Allergic reactions
- Local bleeding

Synthetic cortisone creates a communication breakdown within the body by blocking vital pain signals from the brain. However, it is important to note that the ABSENCE OF PAIN DOES NOT MEAN THE ABSENCE OF INJURY.

Because cortisone blocks pain receptors, mild to moderate joint degeneration can escalate into serious injury.

Research has discovered that "corticosteroids cause dose dependent suppressive effects on immune function." How? By restricting antibody production.

Chiropractic care, on the other hand, boosts immune function by promoting optimal spinal health, nutrition, exercise and stress reduction.

## BACK FACTS

- Low back pain affects 60-80% of U.S. adults at some time during their lives.
- Back symptoms are among the ten leading reasons for a person to visit an emergency room.
- Back pain will become chronic in 5 to 10% of those who suffer.
- Back symptoms are the most common cause of disability for persons under age 45.
- People who smoke, are obese, depressed, anxious or have high stress jobs, have a higher incidence of low back pain.
- The back is more vulnerable to injury during the first hour after waking and any time after prolonged periods of sitting or sleeping.
- Most back injuries are not the result of a single activity or exposure to heavy lifting but instead are related to repetitive motion.



EMERGENCY



**Make your joints  
and spine a no-shots and no  
surgery zone.**

**The key is to focus on PREVENTION:  
Regular chiropractic care wards off  
joint pain before the onset of  
symptoms. When pain does occur,  
chiropractic can hasten healing with  
an all-natural strategy, free of the  
side effects of potentially  
hazardous medication.**

# THE HIP BONE IS CONNECTED TO THE THIGH BONE...IT'S MORE THAN JUST HIP PAIN



© Mark Parisi, Permission required for use.

and the upper end of the femur (also known as the thigh bone). Although this ball and socket joint is extremely stable, anchored to the pelvis by tough ligaments, conditions can arise that generate mild to debilitating hip pain.

## SHORT LEG?

Many individuals have one leg that is slightly shorter than the other. But more often, the legs are physically the same length, but one functions shorter than the other by being slightly lifted by a tilted pelvis. This disparity leads to a disproportionate amount of force being applied to one hip during walking and other activities. X-rays are key in determining your pelvic tilt. In our office many patients are able to correct or stabilize short leg syndrome.

## SCIATICA

The sciatic nerve is the longest nerve in the body. It runs from the pelvis through the hip area and buttocks and then courses down the back of each leg. The term "sciatica" refers to the inflammation of this nerve and the pain that radiates along its course. Sciatica may feel like a leg cramp or as numbness, burning or a pins-and-needles sensation. Sciatic pain can also be excruciatingly piercing or stabbing.

Although sciatic pain is generally in the legs, the root cause is often compression of the sciatic nerve root, which is at the beginning of the sciatic nerve as it exits the spinal cord in the low back.

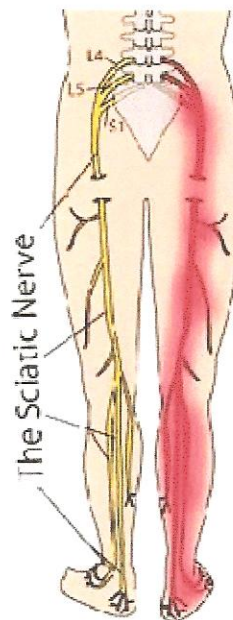
Nerve root compression is frequently the result of a vertebral subluxation (misalignment of the bones) when the spinal or pelvic bones are even slightly out of place, spinal movement is restricted, which in turn irritates the muscles, discs and the nerve root--causing pain.

Other causes of sciatic nerve compression include herniated spinal discs and piriformis syndrome. Often, more than one of these causes occur simultaneously, so it is vital to identify and address all factors.

Chiropractic adjustments correct vertebral subluxations. They are safe and effective in successfully realigning spinal and pelvic bones.

## Tips for Prevention

- Walk Right! Foot placement during walking can spark hip pain.
- Be shoe savvy! Choose shoes with adequate arch support and cushioning.
- Stretch pain away: toning the hamstring muscles and stretching programs can reduce the risk of pain
- Avoid sitting on your wallet. Sitting on your wallet can trigger a misalignment. Even this slight additional weight during walking can interrupt the balance of the hip joints.
- Prolonged sitting may contribute to back and hip pain. Pay attention to HOW and upon WHAT you sit. Don't compromise form for function. Make sure your seating is a perfect fit: not too big, not too small, but just right.



**If you are having back or leg pain, DO NOT self-diagnose. This may be unrelated to sciatica. Schedule an appointment to determine the underlying problem.**



## KIDS PROMOTION!!!

ALL SCHOOL aged CHILDREN May  
receive a COMPLIMENTARY EXAM &  
X-rays FROM NOW UNTIL  
AUGUST 30th.

Let'S get these KIDS OFF to a  
HEALTHY Start THIS SCHOOL year!  
SCHEDULE a CHIROPRACTIC CHECK UP  
FOR ALL your LITTLE ONES!!!  
AND big ONES too!!!

## SCOLIOSIS

In most cases of scoliosis the cause is unknown; the vertebrae and spinal structures all appear normal. Chiropractors are specialists when it comes to bones, muscles, and nerves. They can detect changes in spinal alignment before a curvature becomes very noticeable, as early as 5 years old. Often spinal x-rays will be taken to confirm the diagnosis and assess the severity of the curvature. Unfortunately, most children's spines are inadequately evaluated by medical pediatricians or school nurses who do not diagnose scoliosis until the curvature has become very obvious, often very close to puberty. Early detection by a chiropractor means that any alignment problems can be taken care of before the curves become disfiguring.

Research shows that chiropractic has had good clinical results in scoliosis control, reduction, and correction. A report of 100 chiropractic patients revealed improvement in 84% of the patients and no worsening of the curve in the other 16%. WE LOVE CHILDREN & CHILDREN LOVE CHIROPRACTIC!!!

## LOW BACK PAIN IN CHILDREN????

Most people consider low-back pain (LBP) an adults-only malady. But you should be aware that children are also susceptible to this potentially debilitating condition. LBP was considered a rare condition, but in the last two decades, studies show that it has skyrocketed.

Among a group of 622 children and adolescents, researchers discovered that LBP was responsible for 23% of school absenteeism and 29% of sports absenteeism. Even more stunning: LBP sparked psychological symptoms (including DEPRESSION) in a whopping 75% of the youngsters.

PUBERTY: Researchers noted a highly significant trend for increased puberty-related LBP among girls: particularly between the beginning of puberty and mid-puberty. Although they were unable to identify a reason for the link, doctors conjecture that it's all about the "growth spurt" that occurs during this time.

SPORTS: Participating in sports is a wonderful way for children to acquire the exercise they need. Doing so, however, also ups the likelihood of accidents: including injury to the lower back.

OTHER CONDITIONS: Childhood LBP may also be a warning sign of a serious disorder, such as juvenile rheumatoid arthritis, muscular dystrophy, cancer and a plethora of other disorders.

That's why it's important to never attempt to diagnose the cause of your child's discomfort.

If you child is complaining of LBP, take it seriously and get them checked for subluxations.

