

Edgerton Chiropractic & Wellness

Welcome to the Spring Edition of Better Health & Wellness

Issue 3
April 2006

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Hello to all!

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Well we hope that everyone is enjoying getting out and about now that spring has sprung! Remember with all those summer activities, such as golfing and gardening, to warm up well, lift properly, and get your spine checked to help avoid any problems.

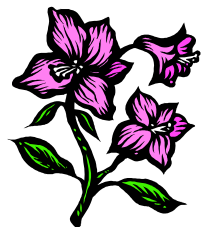
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We want to inform everyone that massage therapy sessions are now available in our office. The fee for massage therapy is \$60 for 1 hr. and \$30 for half hour. One of our newsletter articles explains all the wonderful benefits of massage. Call to schedule an appointment today!

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Enjoy the newsletter articles that are about the positive growth of chiropractic in Canada, benefits of massage, and also a good article illustrating proper lifting techniques.

Dr. Michael Edgerton, D.C



Good health is key
to good living!

Benefits of Massages

- Massage Therapy is now available in our office \$60/ 1 hour and \$30/ 30 minutes.
- One of the many benefits of massages is faster healing from pulled muscles and sprained ligaments; reduced spasm, pain and swelling; reduced formation of scar tissue

The art of massage promotes healing and has recuperative benefits. Massage relieves everyday stress and tension by increasing flexibility and improving circulation.

Physical Level

- ◆ Deep relaxation and stress reduction
- ◆ Relief of muscle tension and stiffness
- ◆ Reduced muscle spasm and tension
- ◆ Greater joint flexibility and range of motion
- ◆ Increased ease and efficiency of movement
- ◆ Promotes deeper and easier breathing
- ◆ Better circulation of both blood and lymph fluids
- ◆ Reduced blood pressure
- ◆ Relief of tension-related headaches and eyestrain
- ◆ Healthier, better nourished skin
- ◆ Improved posture
- ◆ Faster healing from pulled muscles and sprained ligaments; reduced spasm, pain and swelling; reduced formation of scar tissue

- ◆ Strengthens immune system

Mental Level

- ◆ Relaxed state of alertness
- ◆ Reduced mental stress; a calmer mind
- ◆ Greater ability to monitor stress signals and respond appropriately
- ◆ Increased capacity for clearer thinking
- ◆ Emotional Level
- ◆ Satisfying the need for caring and nurturing touch
- ◆ Feeling of well-being
- ◆ Greater ease of emotional expression
- ◆ Enhanced self-image
- ◆ Reduced levels of anxiety
- ◆ Increased awareness of the mind-body connection
- ◆ A sense of being unified and in harmony

Neck Pain Helped by Chiropractic - Study Shows



A fall or a car accident may cause sudden damage to the neck, or may occur slowly through vertebral subluxation, spinal imbalance, physical or emotional stress or poor posture.

Chances are, you've experienced a stiff or sore neck at one time or another. Given the complex mechanics and functions of the neck, it's no wonder that neck pain is so common. This slender stem supports and balances a 10-pound head allowing it to bend up and down and swivel almost 180 degrees. Through it passes blood vessels, nerves, the esophagus, the trachea, many muscles, ligaments and the cervical spine. All communications from the brain to other parts of the body must pass through the neck.

Many neck problems, while not life threatening, can damage your health if not corrected. A fall or a car accident may cause sudden damage to the neck, or may occur slowly through vertebral subluxation, spinal imbalance, physical or emotional stress or poor posture. Damaged or irritated nerves from misaligned cervical vertebrae can cause neck pain. In addition, they can also cause a reduction in the normal range of motion in the neck, as well as pain in the face, shoulder, arm, wrist, hand and fingers.

A pilot study published in the December 2005 scientific journal, *Clinical Chiropractic*, from the European association, The College of Chiropractors, showed that chiropractic helped subjects in the study with neck pain. The study starts off by noting how common neck pain is by pointing out that more than 70% of people in the developed world will experience neck pain at some point in their lifetimes.

In this pilot study, the 21 people who completed the study, were divided into two groups for study. One group was those who had neck pain for less than 7 weeks and the other consisted of those with chronic neck pain of more than 7 weeks duration. Outcomes were measured for values such as pain, disability, and perceptions of improvements in quality of life, as well as levels of anxiety and depression.

The 21 patients who completed the study all received a regime of chiropractic care. The number and frequency of visits were determined by the clinical decision of the individual practitioner rendering care to the study subjects. A standardized outcome measurement was made using a scientific method called the Bournemouth Questionnaire (BQ) for neck pain.

The results showed that in the acute group, those with neck pain for less than 7 weeks, all the subjects experienced a decrease in pain with 6 of the 7 reporting a significant improvement. In the group with chronic neck pain of longer than 7 weeks, all but 2 experienced improvement. Most of that group had significant improvement, while one reported no change and one was worse at the end of the study.

The acute neck pain patients were usually suffering from more severe pain than were those with chronic pain.

Researchers summed up the results by stating, "The results demonstrate a positive effect for chiropractic on symptoms of neck pain. The more chronic the presentation, the more treatments were required to achieve asymptomatic status."

Muscle relaxers, painkillers, and tranquilizers are the standard medical treatment for neck pain. If these don't give relief, then more drastic measures like cortisone injections or surgery may be tried. The chiropractic approach to treating neck pain is to find the source of the neck pain and correct it. By correcting the source of the problem, the body can heal naturally without nerve interference. Neck pain, often responds dramatically to the restoration of normal spinal function through chiropractic care.

◆ Damaged or irritated nerves from misaligned cervical vertebrae can cause neck pain. In addition, they can also cause a reduction in the normal range of motion in the neck, as well as pain in the face, shoulder, arm, wrist, hand and fingers.



Scoliosis

Your spine, or backbone, helps hold your body upright. Without it, you couldn't walk, run, or play sports. If you look at yourself sideways in the mirror or look at a friend from the side, you'll notice that the back isn't flat like a piece of board. Instead, it curves in and out between your neck and lower back. All spines have natural curves like this. Despite that gentle curve, a healthy spine appears to run straight down the middle of the back. The trouble for someone with scoliosis is that the spine curves from side to side in a "C" or "S" shape or is twisted. See the X-ray image to get an idea of what scoliosis looks like. Scoliosis is a progressive, abnormal sideways curvature of the spine and when left untreated, it can cause severe spinal deformity.

What Is Scoliosis?

The word scoliosis (say: sko-lee-oh-sus) comes from a Greek word meaning crooked. If you have scoliosis, you're not alone. About three out of every 100 people have some form of scoliosis, though for many people it's not much of a problem. For a small number of people, the curve gets worse as they grow and they may need a brace or an operation to correct it. Severe scoliosis not only harms an individual's appearance and self-esteem, but it can also compromise one's health and ability to function. Health risks from severe spine curvature include neurological problems from pressure on nerves, arthritis, and even heart and lung problems. The ability to participate in sports or athletic activities is usually limited and difficult. And limited physical activity can lead to a decrease in overall fitness.

No one knows what causes the most common type of scoliosis called idiopathic (say: ih-dee-uh-pa-thik) scoliosis. (Idiopathic is a fancy word for unknown.) Doctors do know that scoliosis can run in families. So if a parent, sister, or brother had scoliosis, you might have it, too. A scoliosis can be caused by the body's attempt to adapt to some type of trauma or injury. Even birth trauma or minor childhood injuries, such as falling off a bicycle may trigger this abnormal spinal curvature. Therefore many parents prefer to have their children checked by a chiropractic physician at birth, and regularly throughout childhood.

How Do People Find out If They Have Scoliosis?

Because early detection is so important, preliminary screening is often done in public schools beginning around the 5th grade. This should be repeated every 6-9 months until skeletal maturity is reached. Sometimes scoliosis will be easily noticeable. A curved spine can cause a person's body to tilt to the left or right. And many kids with scoliosis have one shoulder blade that's higher than the other or an uneven waist with a tendency to lean to one side. These problems may be noticed when a person is trying on new clothes. If one pant leg is shorter than the other, a person might have scoliosis. It's also possible that the person does not have scoliosis, but one leg may be slightly shorter than the other. You might get examined for scoliosis at school or during a doctor visit. In the United States, about half of the states require public schools to test for scoliosis. It's an easy test called the forward-bending test, and it doesn't hurt at all. It involves bending over, with straight knees, and reaching your fingertips toward your feet or the

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Dr. Michael Edgerton, DC



, and reaching your fingertips toward your feet or the floor. Then, a doctor or nurse will look at your back to see if your spine curves. How is Scoliosis Treated? Unfortunately, in medical management, the most common approach usually is to "wait and see." While some cases may progress slowly, in others the curves may progress dramatically, creating significant physical deformity. When the problem becomes severe enough, unsightly braces or even surgery is standard treatment. The chiropractic approach is to use specific spinal adjustments along with a program of corrective exercises. Usually the doctor's hands or a special instrument is used to apply precisely directed force to the spine to return the vertebrae to a more normal position. The force is adjusted according to the patient's age and size. With careful monitoring, regular treatment, and exercise the spinal deformity of scoliosis can be minimized and more invasive procedures avoided. Scoliosis may throw you a curve, but with chiropractic care, a kid can grow up healthy and feeling fine.