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"treating the cause of your problem, not just the symptoms"

What Does a Chiropractor Really Do?

I have spent the last couple years trying to educate the general public about many different physical problems people have and how to treat them. I see combinations of these problems in my practice every day but the one thing I address more than any other is called a "subluxation". Although other health care practitioners may have a slightly different definition for the word, chiropractors have been using this word to describe a very specific problem for over 100 years. There are volumes of quality scientific information and studies demonstrating what a subluxation is and how chiropractors successfully treat it.

In order to keep this interesting, I will simplify the definition harshly. As we go through our daily lives, we expose ourselves to all kinds of stresses. They may be physical (such as an accident) or emotional (such as job or family stress). Either way, they have a negative effect on your physical health, particularly in the muscles, nerves and joints of your spine. In my practice, I see people every day who are or have been under some form of stress. These people are seeing a chiropractor to correct the lack of mobility or restricted areas in their spine. When these problem areas are present, they can cause irritation of the nerves as they exit the spine. These nerves control the neighboring muscles, pain sensation, and other internal organs and glands. If left untreated, the muscles can go into spasm, mild to severe pain can occur, and other seemingly unrelated problems can occur at different areas where the nerve travels to. By doing a series of "chiropractic adjustments", the movement or "alignment" (as my patients like to call it) of a problematic area can be restored. This allows the joints and nerves of the spine to function normally and the person feels much healthier because of it.