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

The Facts and Chiropractic

1) Did you know that in 1997, Canadian Doctors of Chiropractic provided approximately 30,000,000 treatments to 3,000,000 patients? Since then, chiropractic has been the fastest growing health profession in North America. Interestingly, over 90% of these chiropractic treatments involved neuromusculoskeletal disorders such as back and neck pain. Many of these treatments involved some type of cervical manipulation.

2) On average, there are three common treatments for neck pain: do nothing, take medication, or seek spinal manipulative therapy. If nothing is done, neck pain will usually subside in about six weeks. However, it is likely that the pain and headaches will reoccur and may lead to a reduced quality of life and time loss from work. Taking medication may relieve the pain but is unlikely to correct the cause of the pain. Spinal manipulative therapy can relieve the pain quickly and correct the cause of the pain.

3) A 1993 Health Canada study found that musculoskeletal disorders, at 13.8%, ranked second after cardiovascular disease in terms of total cost of illness. Although that doesn't sound too alarming, musculoskeletal conditions accounted for over 35% of the indirect costs of long-term disability, the highest of all conditions. The total direct costs attributed to physicians, drugs and hospitals in the management of musculoskeletal conditions in Canada was estimated conservatively at \$3.8 billion in 1996. It is much higher today.

4) Estimates are that, at any given time, as much as 35% of the population is suffering from back pain. Approximately 80% of the population will experience some type of significant back pain in their lifetime. Low back pain comprises close to 70% of all back pain syndromes.

5) Neck pain is an extremely common and disabling condition. A recent study of Saskatchewan residents found that half of those surveyed had suffered neck pain in the previous six months. Fifteen percent of these had either high intensity or disabling neck pain. Many of these people suffer depression at a rate two to four times higher than the average for the population

Now that you know the facts, how does chiropractic help? Well, chiropractic helps to remove postural imbalances and structural misalignments in your spine that can accumulate in our bodies over time. Our spines change and develop problems just like our teeth, eyes and heart. Left unchecked for a long time, these changes may lead to pain, stiffness or other more serious problems. As well, the nervous system is a key part of your body. It is the communication system between your brain and all of your body's muscles, organs and tissues. For your body to remain healthy, your nervous system must function well. For your nervous system to function well, it must be free of interference. The spine is the most common site of nervous interference because nerves travel from the spinal cord through openings on either side of the spine to get to all of your cells and organs.

For example, think of your brain as a central command post sending and receiving information through telephone wires (your nerves) which branch out to connect all areas of a city (your body). A short circuit in a wire cuts off communication just like misalignments in your spine can put pressure on the nerves. This pressure interferes with your nervous system, affects your ability to self-heal and may prolong injury or illness.

The customized care you receive from your chiropractor may help to improve your posture, muscle balance and mobility. It can also restore the integrity of your nervous system and get rid of pain quickly, so you can get back to feeling good...today.