

The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease.

—Attributed to Thomas Edison



What Is Chiropractic Care?



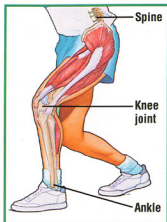
Chiropractic is a natural method of health care that treats the causes of physical problems rather than just the symptoms. Chiropractic is based on a simple but powerful premise: With a healthy lifestyle and normally functioning nerves, joints, and spine, your body is better able to heal itself. That's be-

cause the spinal cord, which is protected by the spine, is the main pathway of your nervous system. It controls movement, feeling, and function throughout your body.

Your chiropractor has at least six years of professional training in the sciences and health care, leading to a doctor of chiropractic (DC) degree. He or she works to restore your health and guides you in a personalized approach to overall wellness.

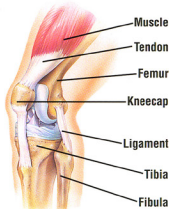
What Causes Knee Problems?

The knee is a complex joint where the upper leg bone (femur) and the lower leg bone (tibia) meet. The kneecap protects the joint. Repeated strain on the joint, an injury, poor posture, or a misaligned joint in the foot, ankle, or spine can damage the tissue in the knee. This leads to swelling, stiffness, pain, and sometimes locking or “giving way.”



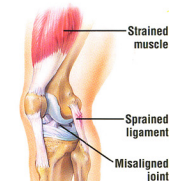
A Healthy Knee

Ligaments connect the bones and help brace the joint by limiting forward and sideways motion and rotation. **Muscles**, connected to the bones by **tendons**, provide strength for movement.



An Injured Knee

Long-term wear, overuse, or a sudden injury, such as twisting your knee, can cause the muscles or tendons to overstretch (**strain**) or the ligaments to tear (**sprain**). The bones may twist, causing a **misaligned joint**.



Can Chiropractic Care Help Me?

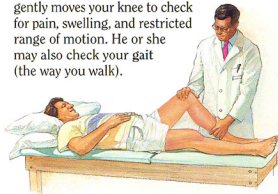
Your doctor of chiropractic looks at your overall health—focusing not only on your knee but also on your lifestyle. This total approach to wellness helps determine the best treatment for your problem.

History

To help find the cause of your knee problem, you and your chiropractor discuss your symptoms, any prior injuries, your health history, and your lifestyle, including work and leisure activities.

Physical Exam

Physical, orthopedic (bone and muscle), and neurological (nerve) tests can help reveal the condition of your knee. Your chiropractor gently moves your knee to check for pain, swelling, and restricted range of motion. He or she may also check your gait (the way you walk).



X-rays

As “blueprints” of your bones, x-rays can reveal misaligned joints, fractures, and other causes of knee problems. If needed, other tests may be done to show detailed images of ligaments, muscles, and other soft tissue.

Diagnosis

Based on the results of your exam and tests, your doctor of chiropractic will recommend a treatment program to improve your knee's range of motion and reduce pain. If needed, your chiropractor also consults with or refers you to other medical specialists.