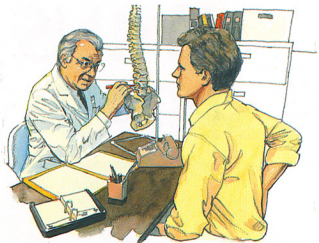


The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease.

—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 because

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 Strains and Sprains?

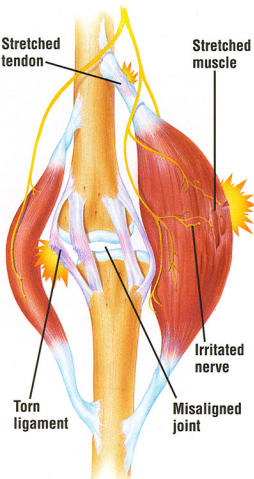
Strains and sprains are caused when a joint is forced beyond its normal range of motion, or when you overuse muscles that are out of shape or haven't been warmed up properly. Back strain can occur when you suddenly twist your back or lift without bending your knees.

Strains

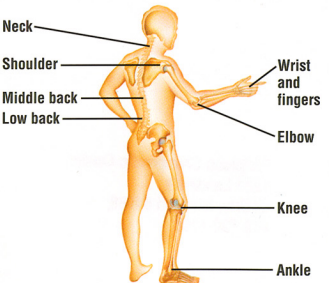
A strain occurs when a **muscle or tendon** (tissue that connects muscles to bones) is overstretched. Strains are usually caused by putting stress on tight or weak muscles.

Sprains

A sprain is a tear in a **ligament** (tissue that connects bones). Sprains are caused by a sudden, forceful twisting of a joint. If the tissue doesn't heal properly, the muscles may shorten. This causes the joint to misalign and the nerves to become chronically irritated.



Common Sites of Strains and Sprains



Can Chiropractic Care Help Me?

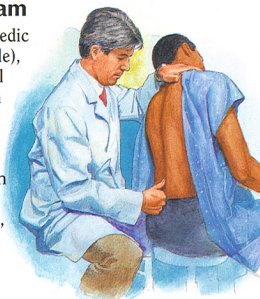
Your doctor of chiropractic looks at your overall health—focusing not only on your spine and joints but also on your lifestyle. This total approach to wellness helps determine the best treatment for your problem.

History

To help find the cause of your pain and stiffness, 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 a joint. Static and motion palpation tests check for tenderness, pain, swelling, and restricted range of motion.



X-rays

As “blueprints” of your bones, x-rays can rule out other problems, such as fractures, arthritis, or bone diseases. If needed, other tests may be done to show detailed images of muscles, ligaments, 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 range of motion in your joint and reduce pain. If needed, your chiropractor also consults with or refers you to other medical specialists.