

It is only reasonable that people equate chiropractic care with back and neck pain. After all, chiropractors focus most of their attention on evaluating and treating the spine. What most people don't understand, in fact what many medical doctors fail to understand, is the influence spinal function has on the function of the rest of the body.

Back pain is often a byproduct of irritated spinal discs, joints and muscles. These tissues can be irritated as the result of activities that over-stress the spine and cause spinal malfunction and misalignment. Chiropractic is very helpful in promoting healing of the damage caused by these activities.

A malfunctioning and misaligned spine can also have negative effects on the nervous system. The nervous system is made of the brain, spinal cord and nerves. The spinal cord is an extension of the brain and is located inside the spine. The nerves sprout off of the spine and travel through the body connecting the brain and spinal cord to the rest of the body.

The nerve system is the master system of the body and influences and regulates the function of every aspect of your life. Proper nerve function is essential for health and nerve function is directly linked to the health and function of the spine. Let me give you just one example.

A patient started care with me about two months ago. She was suffering from back pain as many of my patients are. We proceeded to treat her and her back pain rapidly improved. Two weeks ago we re-evaluated her spine to determine the degree of improvement she had achieved. When we sat down to review her test results she told me about another problem that she had.

She had been suffering from a kidney condition that made it necessary for her to get up 4 to 5 times during the night to go to the bathroom. She was tested medically and told that it was due to chronic inflammation (not infection) of the kidney. Medically they could treat the inflammation, but were unable to actually resolve the problem. This has been ongoing for over 2 years.

She told me that once she began receiving chiropractic care, she was able to sleep through the night most nights. Some nights she would still have to get up, but only once. Keep in mind that I did not know of this condition when she began care, because she didn't think to tell me about it. She believed as most do, that chiropractic is just for back and neck pain.

I was able to help her because my job is not to treat back or neck pain, but to restore function to the spine and nerves, regardless of the symptoms or condition. That is what I did for her and her body responded by healing the kidney disease. You never know how much any particular condition is related to the spine and nerve system until the spine function is evaluated.