

Back and Neck Pain

The most common cause of back or neck pain is injury to the muscles and joints of the spine, or degenerative arthritis of these joints due to aging. Car accidents for instance often cause long standing weakness of the neck which, if not treated, can develop into neck pain as well as degenerative arthritis later in life. Joints in the lower back can lock, or become fixated, after weeding in the garden, or moving furniture, or swinging a golf club. The pain can be severe and disabling, to the extent that the patient is unable to perform normal activities of daily living. Chiropractors identify these joint fixations, and adjust these joints to restore optimal movement to them. They also relieve the tension in the surrounding muscles to aid in the recovery of function. A course of adjustments is supplemented by exercises and advice on posture and the like that in most cases leads to complete recovery. For those with degenerative arthritis or occupations that require heavy loading of the spine or repetitive movements, or for those with chronic conditions, regular check-ups are recommended.

Headaches

A lot of people suffer from headaches, and there are numerous causes for headaches. Those with longstanding headaches such as tension headaches or some people with migraines can respond very well to chiropractic treatment of the neck. Fixations of the neck joints and longstanding tension in the muscles of the neck can trigger headaches and are responsive to a course of chiropractic treatment. These fixations can even contribute to pain around the jaw and affect the motion pattern of the joints of the jaw. Occasionally, a headache can be a sign of a more serious medical condition. Your chiropractor is trained to recognise these headaches and to refer you for further investigations.

Aches and Pains in The Elderly

You are never too old to care for your body, or too old for chiropractic care. We have a large number of elderly patients whom we treat with a range of gentle techniques, and they derive a lot of pain relief and become much more active and mobile. Our chiropractors have a friendly, caring and respectful attitude towards the elderly and find that a lot of pain that the elderly assume they have to live with can be readily treated by chiropractic methods. For instance, a multitude of aches and pains that are often put down to aging or arthritis can be relieved by careful application of gentle chiropractic methods.

Back Pain in Pregnancy

Back pain is a common problem during pregnancy particularly in the third trimester. Naturally, pregnant mothers try to avoid taking pain medications, and are in particular need for natural methods of treatment of their back pain. Most of the time, back pain during pregnancy is due to the changes in weight bearing that put extra strain on the lower back. These changes make it easy for mechanical fixations of the spinal joints to develop in the lower back, causing pain. Gentle

chiropractic treatments during pregnancy including, massage, joint mobilisation and adjustments can reverse the mechanical dysfunction in the lower back relieving pain. A specific program of simple back exercises are then prescribed that help prevent the recurrence of these problems to the extent possible.