

Arthritis is a condition that can cause discomfort but doesn't have to limit your activities. Through exercise, chiropractic adjustments and supplementation you can keep those arthritic joints functioning at their best

As most of you will know Whiplash is a condition that neck injury that results from a motor vehicle collision. Injuries from motor vehicle collisions can be very complex and result in chronic problems in almost half of those affected. If you or a loved one has been in an accident you should be evaluated.

One simple step that can help prevent worse whiplash injuries is to have your head restraint (rest) of your vehicle adjusted properly. This means that the top of the head restraint should be level with the top of your head.

Do you have pain in your shoulder when you move or elevate your arm. Many people do and most just ignore it. Why put up with it? Tell one of us about it so we can help.

Shoulder pain is sometimes the result of acute injuries where you may have lifted something and the pain was immediate. This is usually classified as a strain and we can help.

You can injury your shoulder without an acute injury by performing repetitive motions and this type of injury is sometimes associated with tendonitis or bursitis and once again this should be addressed before it causes more problems.

Another common cause of shoulder pain is actually due to years of activities, poor body biomechanics or due to old injuries where the pain stopped but the dysfunction continued. This is sometimes called an impingement syndrome. If you feel a deep achy feeling at times but maybe a sharp pain at other this needs to be evaluated.

Millions of people deal with chronic headaches. The questions to ask yourself are how many headaches do I have on average a month and how severe are these headaches. If you have headaches more than once or twice a month or you have severe headaches these should be evaluated.

If you have regular headaches and are sick of dealing with them just mention it to your doctor and we will see if we can help you.

There are many types of headaches including migraine and tension headaches. Often people feel stress is the main cause and it does play a role but often there is a musculoskeletal component that is the main cause.

Everyone has heard of sprains and strains and but do you know what these injuries mean. Well a sprain is when you tear a ligament and a strain is a tear of a muscle.

You can have different levels of injury. You may only have microscopic tearing which heals very quickly. A partial tear is like a crevice of the tissue and a complete tear is obviously when you have pulled the tissue apart.

Healing times of Strains is faster than healing times of sprains. The pain may stop after a few days of weeks depending on the injury, but the tissue will continue to heal for weeks and months.

Strained/Sprained tissue will heal with scar tissue and this tissue is less flexible and can have more pain nerve endings in it and can decrease the function of the tissue. This is why it is so important to properly rehabilitate

the injury to help decrease the chances that this injury will turn into a chronic injury or further injuries down the road.

To some extent we are all athletes and we can all have athletic type injuries. However, athletes tend to have more strain/sprain and tendonitis type injuries. These usually occur due to the repetitive nature of many sports as well as the

Some injuries such as “tennis elbow” does well when it is supported with a proper brace. This tissue is in a constant state of inflammation and we need to support this tissue will be treat it. You can develop a similar injury without playing tennis.

I have weak ankles is a common statement we hear from people who often injure their ankles, usually during a sporting activity. However, weakness is not usually the main problem. Usually the problem is that the tissues were damaged and never rehabbed properly to help restore the nerve component. This can be addressed so if you have “weak ankle” and want strong ankles let your doctor know.

Often people who sit all day start having low back or neck pain and they don’t know why. The issue is usually due to the posture we maintain while sitting.

Sitting working out front of yourself like on a computer can cause chronic neck and upper back problems. Proper ergonomics can help but may not address all the issues. As we sit we tend to assume poor postures that over a period of time this causes real wear and tear to our bodies. We can help address these problems.

Sitting can cause low back pain by poor posture as well. Another cause is that when we sit the normal curve of our low back is flattened out and the ligaments holding this curve are stretched. Over time this stretching weakens the ligaments and this weakens the low back and we start having chronic soreness and it can actually lead to disc injuries.

Elbow pain is often caused by repetitive motions leading to tendonitis. This tendonitis causes pain in elbow region when we try to lift something as simple as a glass of water or a container of milk. This to the pain can often be debilitating and through proper treatment this issue can be resolved.

Elbow pain can also be caused by nerve pain. A nerve can be compressed in the arm or neck and this can cause pain in the elbow region.

Carpal tunnel syndrome is often talked about when people have hand/wrist pain and numbness/tingling. This condition is usually caused by a friction of the nerve in the wrist region due to poor ergonomics, repetitive motions and very tight muscles. We can address these often without the need for surgery.

Numbness/tingling in the hands is often blamed on carpal tunnel syndrome and true it can be the cause there are other causes that need to be evaluated, such as nerve irritation in the neck or upper arm can also cause these symptoms. Without proper evaluation and proper treatment for the actual cause this type of complaint can be

Many of you reading this are currently dealing with neck pain or have had neck pain in the past. There are many causes for the neck to hurt and if we haven’t examined you for this let us know so we can get you feeling better.

Often patients ask what can I do to help myself when I have neck pain. One of the most important things you can do is to provide proper support while you are sleeping. One pillow properly fitted is our suggestion. An orthopedic pillow that support your head so your back stays straight.

Often we will hear people who have a sense of dizziness that occurs frequently. This tends to occur more as we age, but it can happen anytime. It can be caused by different issues including from inner ear damage, blood pressure issues, neck joints and medication. Some of these issues can be addressed through chiropractic and if your curious if we can help just ask the doctor.