

YOUR SPINE

by Diane MacPherson

Cervical Spine

Adjustments of the cervical spine (neck) are common chiropractic techniques for treatment of issues including: reducing pain, improving range of motion, and restoring function to the head and neck. Your chiropractor will use one or more approaches for treatment: Cervical Spine Manipulation (HVLA) and/or Cervical Spinal Mobilization (LVLA), adjunctive therapy such as massage, therapeutic heat and/or cold application, gentle stretching and strengthening exercises, and more.¹

Upper Back

There are many possible sources of dysfunction in the mid and upper back (thoracic spine). When one muscle or joint is injured or irritated, it can affect much more than the one point of injury, making it difficult to treat. All of the thoracic vertebrae, together with the ribs, protect the thorax. Upper back pain can affect any one of any age.²

There are 12 spinal bones (vertebrae) in the thoracic spine, 7 in the neck (cervical spine) and 5 in the lower back (lumbar spine).



Lower Back

“Many studies have concluded that manual therapy commonly used by chiropractors is generally effective for the treatment of lower back pain, as well as for treatment of lumbar herniated disc. . .”³

Spinal Manipulation, Manual Manipulation (chiropractic adjustment), and Mobilization may all be used with the goal of increasing your range of motion in specific areas.

As with all chiropractic treatment, it is important to follow through with regular adjustments to accomplish the goals of pain reduction and relief and increased mobility.

- 1-Chiropractic Manipulation for the Cervical Spine by Steven G. Yeomans, DC.
- 2-Chiropractic Care of the Upper Back by William E. Morgan, DC.
- 3-Chiropractic Treatment for Lower Back Pain by Steven G. Yeomans, DC.

CALL US FOR AN APPOINTMENT!

Office Hours:

Mon, Tue, Thur
& Friday 9-6
Wednesday 2-6
Saturday 9-2

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For more information:

Drperezchiropractic.com



Check out YouTube in EV/**expert village** for: Benefits of Chiropractic Adjustment : What Causes Nerve Stress?

SEND US AN E-MAIL using the

Subject Line: NOV16NEWS for a chance to win this month's **FREE ADJUSTMENT!**

Entries accepted November 1-30, 2016.

One entry per person (must be over 18 and a current or new patient to win).

Winner will be notified by e-mail.

Schedule an appointment now!