

## Extremities



Many people are often surprised to learn that pain in the arms and legs is often caused by improper joint motion in the spine. If the spine is moving improperly, delicate nerves can be stretched, pinched or irritated. Part of the function of these spinal nerves is to supply feeling and movement to the arms and legs. If this pathway becomes obstructed due to spinal misalignment (subluxation), this can result in pain, pins and needles, or weakness in the arms and legs.

For example, eighty percent of people with neck problems will develop shoulder problem. The muscles and joints of the shoulder are closely interconnected with the neck. If the spinal joints in the neck become mis-aligned or subluxated, the shoulder girdle must act in a compensatory way. This can lead to frozen shoulder, bursitis, rotator cuff problems, or other injuries. Consequently, this is why it is of utmost importance to have chiropractic adjustments in the vertebrae of the neck, so that the body is able to function optimally. Similarly, the low back should be checked for subluxations, so that the nerves that supply the legs do not become choked or irritated causing dysfunction.

Who is most at risk for extremity problems? Oftentimes, people who participate in rigorous sports or work in repetitive jobs involving a production line or computer input are particularly at risk for extremity related injuries. Elderly people who have arthritis are also at increased risk for injuring extremities. As we age, the joints become less mobile and less elastic, making them more prone to injury. Regular chiropractic check-ups allow people to enjoy life and participate in activities that are important to them.

Chiropractors also treat other extremity related conditions such as carpal tunnel, tennis elbow, hip problems, bursitis, heel spurs as well as knee injuries. Treatment may include chiropractic mobilization of the joints, massage therapy, stretching, and physical therapy modalities such as ultrasound, electrical stimulation moist heat and ice. Instruction will also be given on avoiding aggravating factors. Modification of job related tasks might be recommended. Your chiropractor will design a tailor made treatment plan for you with emphasis on prevention of re-injury.