

## Degeneration

**SYMPTOMS:** Arthritis pain can be stiff, sore, dull and achey. Pain increases with movement. Pain may be sharp occasionally. Pain has often been present for a long period of time. One may also notice increased pain and stiffness in the morning or after sitting that improves with movement or activity. In addition, radiating pain into the buttocks, legs and feet. Also, sometimes there may be a constant painful inability to walk or move without the use of some sort of assistive device. Other signs and symptoms may be present.

**CAUSES:** Mis-alignment of the bones can be caused by repetitive motion such as computer work, or repetitive lifting, sports injuries, car accidents, poor posture, stress or a traumatic fall. No matter how old a person is, if spinal damage goes uncorrected long enough, the body responds by laying down more bone. A little additional bone is okay, but too much can cause much pain and discomfort. Just like when a person cuts the skin and the body forms a scab, when two bones rub abnormally together for a long period of time, the body repairs itself by laying down additional calcium. This can lead to arthritis deposits or even complete fusion of two bones. When the bones expand abnormally, there is less room for the delicate nerves that are exiting from the spinal cord. When arthritis becomes severe enough, the delicate nerves can become pinched, stretched or irritated.



**TREATMENT:** With early detection, chiropractic care can slow, stop or even reverse the early stages of arthritis formation. By keeping joints aligned and supple, the body is prevented from laying down too much bone. Similar to the proper alignment of the tires on your car, chiropractic adjustments can maximize the "mileage" you derive from your skeletal system. Your chiropractor can also customize exercises that will allow the muscles to be strengthened. When your muscles are strong, less strain is placed on the skeletal system.