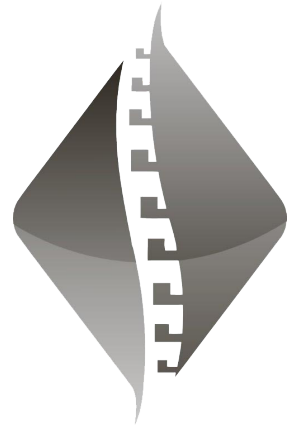


VANDAM CHIROPRACTIC



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LOW BACK PAIN

After upper-respiratory infections, back pain is the second most common reason for visiting a doctor. It will affect 80% of us at some point in our lives, and half of all adults are estimated to suffer this every single year, with over 10% of people suffering ongoing bouts of low back pain.

The reason low-back injuries are so prevalent is that this is a highly unstable part of the spine, much like the neck. Whereas the thoracic spine is supported and stabilized by the rib cage, the upper and lower spinal areas are on their own, so to speak. It is to our benefit in one way because it allows us greater flexibility to carry out more tasks, but it also makes us vulnerable to injury.

Having said that, provided the low back is cared for, it is able to offer immense support and withstand great forces. If that were not so, power lifters would not be able to do what they do, hoisting hundreds of pounds of weights off the floor. On the other hand, if your low back is weak or misaligned, even the lightest of movements can create problems.

The old approach to low back pain and injury was to let it heal on its own, as it was assumed this happened naturally. Recent research shows that this is not the case; it may ease for a while but often returns. This points to the importance of promptly attending to any low back pain through chiropractic care to prevent a recurrence.

Low-back pain can result from many conditions, such as sprained ligaments, strained muscles, ruptured disks, myofascial pain (muscular trigger points), and inflamed joints. It can happen following an obviously traumatic incident such as during hard sport, or it can be triggered by something as simple as sneezing where a weakness existed previously. It may also be the result of conditions such as arthritis, bad posture, obesity, mental stress, kidney stones, kidney infections, blood clots or bone loss.



This great variety of causes means it is very important not to assume the reason for any low back pain you may be experiencing. Professional help should be sought to identify the problem, or to at least rule out anything more serious. Doctors of chiropractic are specially trained in assessing low back pain, and offering appropriate treatment.

COMMON CAUSES OF LOW-BACK PAIN

• **Subluxations** – This refers to disruptions in the normal movement or position of the vertebrae, resulting in often debilitating pain and inflammation. In the lumbar spine, it is the point between the lower spine and the sacrum that is most usually subluxated. Thankfully, chiropractic treatment can

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effectively remedy subluxations, reducing pain and inflammation, and this improvement is often instantly felt following treatment.

- **Herniated discs** – It may surprise you that a herniated disc does not necessarily cause any discomfort in the low back. One study showed that half of those adults suffering from herniated or bulging discs did not even know it. However, a herniated disc can refer serious pain to other parts of the body, and they rarely recover to their previously perfect state. Chiropractic care is an effective way to retard this deterioration.

- **Sprains, strains and spasms** – Individuals who lead fairly sedentary lives during the week and then go a little crazy at the weekend are most prone to this kind of low back pain. Someone who perhaps has a game of soccer or a hard game of squash to blow out the cobwebs can end up overstressing themselves very quickly, suffering injuries that cause pain and inflammation.

- **Stress** – Mental stress causes your blood pressure and heart rate to rise, and stress hormones to flood your system. This leads to a tightening of the muscles, which are then more susceptible to injury. Ongoing muscular tension makes them weak, sore and full of trigger points, which are small concentrated knots that refer pain to other parts of the body, sometimes quite distant from the trigger point. Relaxation techniques, breathing exercises, and physical exercise are all important in combating stress.

CHIROPRACTIC TREATMENT OF LOW BACK PAIN

Low-back pain is bread and butter to a doctor of chiropractic, and usually treated with comparative ease. Adjustments are made to the lower lumbar vertebrae and pelvis, thus returning normal functioning to your bones and joints. Numerous studies have shown that chiropractic is the most effective treatment for low back pain, being cheaper to administer and producing far better long-term improvements. This is because it is only chiropractic that seeks to realign the spine and re-establish normal vertebral motion. Conventional treatments such as muscle relaxants, pain killers and bed rest do no more than temporarily mask the symptoms, and do not attend to or correct the root cause of the problem. (1)

CHIROPRACTIC Q & A

QUESTION: What is chiropractic for?

ANSWER: Ask different people what chiropractic care is for and you'll hear:

Chiropractic is for menstrual problems

Chiropractic is for ear infections

Chiropractic is for a better golf swing

Chiropractic is for headaches

Chiropractic is for better concentration and higher grades

Chiropractic is for asthma

Chiropractic is for autism

Chiropractic is for low back pain

Chiropractic is for disk problems

Chiropractic is for neck pain

Chiropractic is for infertility ...



Get the point? The list can go on and on because people often think chiropractic is locating and correcting subluxations to help their condition or problem. But in reality....

The purpose of chiropractic is to make your body function closer to its full potential. Chiropractors do that by locating and correcting areas of spine and nerve stress called subluxations. Subluxations can weaken or damage every tissue, organ and gland in your body.



Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$5 GIFT CARD TO STARBUCKS
We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.



THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.

NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH’S CASES AND SEE MORE NEXT MONTH.

Infertility and chiropractic. This is the case of a 30-year-old woman diagnosed with polycystic ovarian syndrome (PCOS), hypothyroidism and ulcerative colitis with an eight-year history of infertility.

She initially sought chiropractic care for neck pain and ulcerative colitis. Her history revealed three prior motor vehicle accidents (MVA’s) – in childhood, while in high school and in 2006 to which she attributed her neck pain.

She was diagnosed with hypothyroidism in 2004 and with PCOS in 2005. Two years of medical fertility treatments consisting of metformin, spironolactone and clomifene failed to help. In 2008 she was diagnosed with ulcerative colitis for which she was taking medications.

Spinal analysis consisting of spinal heat readings, palpation and leg checks located her subluxations which were corrected with periodic chiropractic adjustments.



After five months of care she was ovulating again for the first time in eight years. She got pregnant after eight months of care. As of this writing she is the mother of a healthy two-year-old boy and has recently given birth to a baby girl. In addition, the patient reports no more neck pain, improved sleep and improvement of colitis symptoms. (2)

Constipation and bedwetting in a 10-year-old. This is the case study of a 10-year-old girl who was brought to a chiropractic clinic for evaluation. The child had a history of four-day constipation and nocturnal enuresis (bedwetting).

Previous attempts to correct her constipation using probiotics, castor oil and flax seeds were unsuccessful.

Her parents brought her to their neighborhood chiropractor – improvement was seen within an hour of reducing cervical (neck) and ilium (hip) subluxations. On the third visit the mother revealed that a lifetime of bedwetting three to four times a week had ended after the first adjustment. (3)

Increase in height and chiropractic. A 59-year-old man began chiropractic care after suffering from 20 years of low back pain, low energy and poor immune function.

Chiropractic examination revealed long-standing subluxations and degenerative joint disease. This was probably caused or compounded by numerous injuries over his life including a concussion that left him with amnesia for one day. Only acupuncture gave him temporary relief from his back pain.

Various chiropractic techniques were used to correct his vertebral subluxations. The patient showed improvement in all subjective and objective findings – relief from low back pain, improved energy and improved immune function. In addition, due to the increase in disc height throughout his spine, his overall height increased. (4)

REFERENCES

1. <http://vandamchiropractic.com/we-can-help/low-back-pain/>
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