

Chiropractic Top 10 list



Over the past two weeks you have been introduced to chiropractic as a global profession in the health care system and introduced to the reasons why this profession is dedicated to spinal health and spinal hygiene. This article will discuss some of the principal conditions people all over the world seek out a Doctor of Chiropractic.

Let us begin with the obvious... **PAIN in the spine.** At some point in life the spinal vertebrae that misalign will become painful. Sometimes the pain only comes while doing a specific activity, like lifting something heavy or sometime by turning to one particular position.

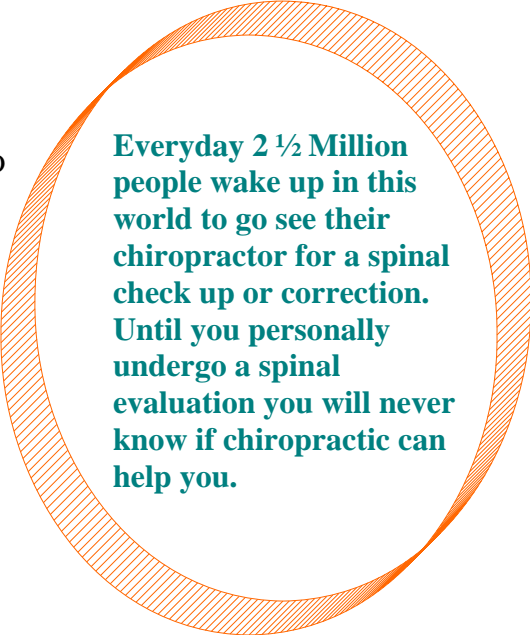
Neck pain can also be accompanied by stiffness in the neck, by some muscles of the neck (sore but not painful). Headaches are commonly associated with neck problems as are pain or numbness in either arm, wrist or hand.

Lower back pain, probably the most common complaint of spinal origin, can be dull, sharp, achy, mild, moderate or severe. Pain can come from tired swollen joints, irritated and inflamed nerves that radiate into the buttock or legs; or severe disabling deep pain caused by a herniated or slipped lumbar disc.

Less often or less severe are mid-back pains, shoulder & knee pains but are usually accompanied by neck and lower back pain.

TOP 10

1. Neck pain
2. Headaches
3. Shoulder pain
4. Mid back pain
5. Migraines
6. Knee pain
7. Lower back pain
8. Slipped disc
9. Leg & arm pain
10. Carpal Tunnel Syndr.



Everyday 2 ½ Million people wake up in this world to go see their chiropractor for a spinal check up or correction. Until you personally undergo a spinal evaluation you will never know if chiropractic can help you.