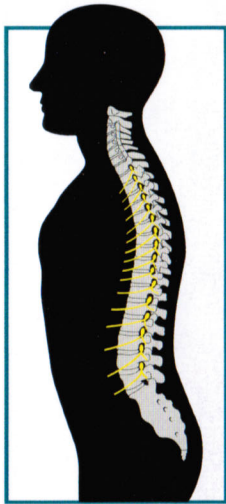


The doctor of the future will give no medicine, but will interest patients in the care of the human frame, in diet, and in the cause and prevention of disease.

—Attributed to Thomas Edison



What Is Chiropractic Care?



Chiropractic is a natural method of healthcare that treats the causes of physical problems such as arthritis, rather than just the symptoms. Chiropractic is based on a simple but powerful premise: With a normally functioning spine and nerves and a healthy lifestyle, your body is better able to

heal itself. That's because the spinal cord, which is protected by the spine, is the main pathway of your nervous system. The nervous system controls movement, feeling, and function throughout your body, including in your joints.

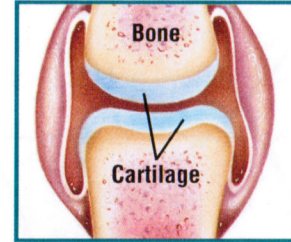
Your chiropractor has at least six years of professional training in the sciences and healthcare, leading to a doctor of chiropractic (DC) degree. He or she works to restore your health and guides you in a

What Is Osteoarthritis?

Osteoarthritis is a slow degeneration of the joints that connect your bones and allow you to move. Aging, injury, poor posture, and excess weight can cause joints to wear down and become stiff and painful.

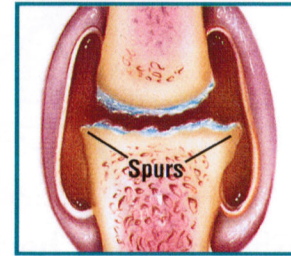
Healthy Joints

Inside each joint, the ends of the bones are covered with a tough tissue called **cartilage**. In healthy joints, the cartilage is smooth and slick, so the bones can move easily.

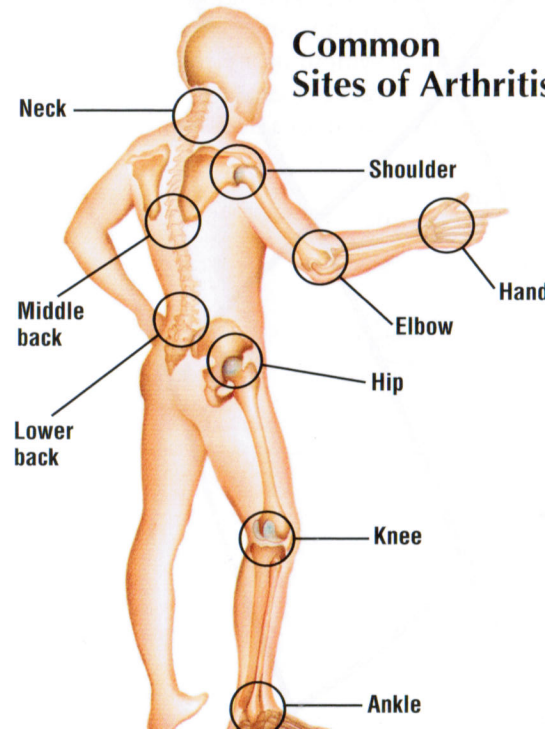


Arthritic Joints

With osteoarthritis, the cartilage becomes rough and pitted. As the joints wear down, calcium deposits, **spurs** (bony outgrowths), and swelling may develop. This restricts movement and causes pain.



Common Sites of Arthritis



Can Chiropractic Care Help Me?

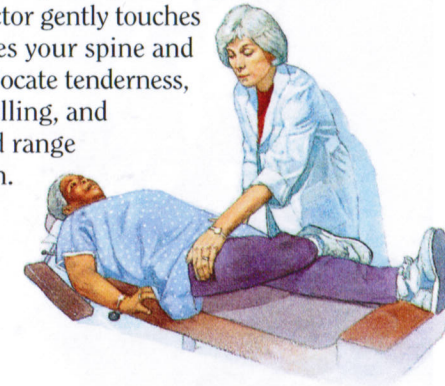
Your doctor of chiropractic looks at your overall health—not only your osteoarthritis but also your lifestyle. This total approach to wellness helps determine the best treatment for your problem.

History

To help find the cause of your arthritis, you and your chiropractor discuss your symptoms, any prior injuries, your health history, and your lifestyle, including work-related and leisure activities.

Physical Exam

Physical, orthopedic (bone and muscle), and neurological (nerve) tests can help reveal the condition of your spine and joints. Your chiropractor gently touches and moves your spine and joints to locate tenderness, pain, swelling, and restricted range of motion.



X-rays

As “blueprints” of your bones, x-rays can reveal arthritis or other problems such as fractures and diseases of your bones. Other tests can be done, if necessary.

Diagnosis

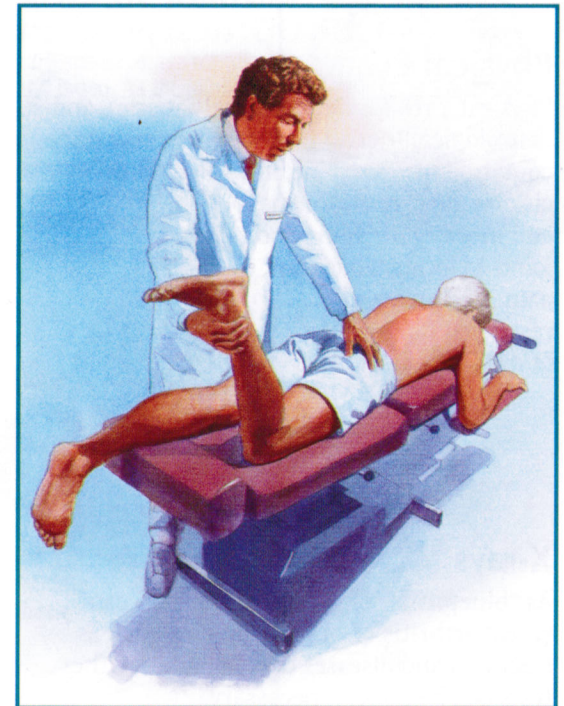
Based on the results of your exam and tests, your doctor of chiropractic may recommend a treatment program to improve the range of motion in your joints and relieve pain. If needed, your chiropractor also consults with or refers you to other medical specialists.

How Does a Chiropractor Treat Arthritis?

Your doctor of chiropractic is trained to restore the health of your spine and joints. Special chiropractic methods, called adjustments, can help reduce swelling and irritation, relieve pain, and slow degeneration.

Spinal Adjustments

Your treatment depends on the cause and location of your arthritis. During a spinal adjustment, your chiropractor gently presses on the joints to improve range of motion and relieve nerve irritation.



Related Treatment

Your chiropractor may suggest other types of treatment to improve your range of motion. These may include ice or heat, massage, electrical stimulation, ultrasound, or exercises. Your chiropractor can discuss these with you.