

# health & beauty matters

FEELING BETTER ALL AROUND

## Not just back doctors

DR. SHAUN DEMERIS AND DR. HEATHER EVELEIGH, CARRIAGE SQUARE CHIROPRACTIC HEALTH CENTRE

Chiropractor does not mean Back Doctor. Chiropractic is derived from Greek meaning "treatment by hand" or "skillful use of hands". Chiropractic is unique in that it focuses treatment on the source of pain rather than symptoms. It has been described as hands on treatment that works!

Commonly chiropractors are known for their successful treatment of back pain. It is true that chiropractic is very safe and effective for neck pain, headaches, and lower back pain; however, this is not all that Doctors of Chiropractic can treat.

In Canada, chiropractors are required to complete some university followed by four years at a chiropractic college. Here they receive extensive academic and clinical training in the human neuromusculoskeletal system, which includes the nerves, muscles, bones, and joints of the body.

With this knowledge of the musculoskeletal system, there are a wide variety of conditions that Doctors of Chiropractic can conservatively manage. Some of these conditions are as follows: shoulder, elbow, and wrist injuries; hip, knee, and ankle injuries; repetitive strain injuries such as carpal tunnel type syndromes; as well as work and motor vehicle accident injuries. If chiropractic treatment is not appropriate for the patient's condition, the chiropractor will refer the patient to the suitable health care professional. Medical doctors and chiropractors often work together to provide the patient with the

best possible care.

Your first visit to the chiropractor will include a health and family history and chiropractic physical examination. During this examination, the chiropractor may perform some tests including the following: posture; blood pressure and pulse rate; reflexes; muscular strength, flexibility, and co-ordination; specific orthopedic tests; and gait analysis. These tests will allow the doctor to properly diagnose the condition and determine the health professional best suited to help the condition. If chiropractic treatment is required, the doctor will then explain what he or she is going to do and expected time for recovery.

Chiropractic treatment may involve a gentle manipulation/adjustment of the skeletal system using a quick thrust that increases movement in a particular joint. Specific treatments to tendons and muscles may include heat or cold therapy, ultrasound, muscle stimulation, or soft tissue therapy. Doctors of Chiropractic also advise patients on correct posture for work and home, stretching and strengthening techniques for general health and/or the patient's specific condition, basic nutritional advice, and other general health concerns.

If you have any questions about what chiropractic is or if you may be a candidate for chiropractic care, please feel free to visit the Ontario Chiropractic Association website at [www.chiropractic.on.ca](http://www.chiropractic.on.ca) or call Carriage Square Chiropractic Health Centre at 905 876-9987.



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