

## Do You “Believe” in Chiropractic?

When taking a history on a new patient, I often hear the comment that my husband, wife, friend, doctor, etc., doesn't believe in chiropractic. Just as it is unnecessary to believe in exercise, tooth-brushing, eye glasses, antibiotics, eating a healthy diet, etc., for them to be effective, the same is true for chiropractic. Chiropractic is a time-honored profession, and manipulation of the spine is an effective treatment.

The goal of chiropractic spinal manipulation is to restore proper vertebral movement. Keeping your spine flexible and fully functional prevents degeneration of and around the vertebrae and allows the nervous system to function properly. The nervous system uses the spine as its protective conduit to get information from your brain to every tissue in your body. If your spine isn't functioning properly, the rest of your body is not functioning optimally.

A biological process known as “Immobilization Degeneration” begins to occur within the first week of a joint being immobile. There are hundreds of peer-reviewed research articles supporting this process. This is not up for debate. It is proven. In a nutshell, here's what happens: Normal joint movement is reduced, leading to altered movement patterns. This stresses the spine and other joints such as the knees, hips, and ankles, as well as all the tissues within and around them. This stress creates inflammation, followed by the degeneration of the joint and its associated connective tissue.

Degeneration of the spine is like a dental cavity. It's a process that takes time to develop and is typically not painful until the final stages. Chiropractors are specifically trained to identify the early signs of structural stress and degeneration. The sooner normal movement is restored, the more complete the healing. When restoration of normal movement is delayed, the degeneration becomes more extensive and permanent. Therefore, the next time you are tempted to just take a pain killer for joint pain, please consider seeking our restorative treatment.

If you or someone you know is suffering from back or neck pain and have not found the relief you are looking for, please contact our office. We may be able to help you.

*Information provided by Christopher M. Renze, D.C., D.I.B.C.N. of Renze Chiropractic Clinic, P.C.  
For more information, visit [www.renzechiro.com](http://www.renzechiro.com) or call the office at 965-3844.*