



CLEAR PURPOSE CHIROPRACTIC  
& MASSAGE

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# TOP 3 PATIENT QUESTIONS

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# SPINAL DISCS

## DO I HAVE A SLIPPED DISC?

The disc is a soft pad of cartilage located between two vertebrae. The function of the disc is to create space between the vertebrae and through this space, our spinal nerves exit. When discs become damaged, excessive downward force can push the disc into the space that the nerve occupies causing sharp and sometimes sciatic pain. This is known as a ruptured or herniated disc and is extremely painful.

### *What can be done?*

All treatment for disc herniation should have the end goal of pulling the disc away from the nerve. Cox flexion/distraction technique™ gently separates the vertebra and takes pressure off of the discs. Misalignments of the lumbar spine can put undue pressure on one side of the disc. Chiropractic adjustments can correct these mis-alignments safely and more effectively than other disc treatments including medication and surgery.

I HEARD THAT ONCE  
YOU GO TO THE  
CHIROPRACTOR,  
YOU'LL HAVE TO GO  
FOREVER..

Since chiropractic is a hands on therapy, it often requires multiple office visits to correct the problem causing your symptoms. In contrast, a course of treatment from medical doctors often involves a pre-established plan that is conducted at home (i.e. taking a course of antibiotics once a day for a couple of weeks). Since we are working to change imbalances in the musculo-skeletal system, some repetition of treatment is necessary. Most things with our body require this (i.e. exercising won't change your body in one session).



VISITS



# MY NECK AND UPPER BACK ARE ALWAYS TIGHT. IS IT MY POSTURE?

The tightness you are referring to is due to a forward leaning head posture. Today this is more common than ever due to the prevalence of smart phones. The upper back muscles are trying to pull your head back on top of your center of gravity and that is the cause of the tightness and often other symptoms such as headaches, neck pain and sometimes numbness/tingling in the fingers.

## *What can I do?*

Our treatment combination of adjustments and reverse cervical traction will help restore your posture back to where it's supposed to be. Once your neck curve is restored (lordosis), you will no longer have to consciously correct your posture, your body will do it for you.