In this info kit...

- Chiropractic Health Care
- Medical Acupuncture
- Do you suffer from back pain?
- Frequently Asked Questions About Chiropractic Treatment
- Backpack Safety

Do you suffer from BACK PAIN??

CHIROPRACTIC HEALTH CARE

COULD BE RIGHT FOR

YOU!

OR

MEDICAL ACUPUNCTURE
CHIROPRACTIC

. . . . Is the art, science, and philosophy of natural, hands-on healing. Chiropractic practitioners account for patient needs, and use clinical expertise and judgment to formulate the best care for the patient.

- CHIROPRACTIC TESTS may include:
  - breathing, blood pressure, pulse and reflex check
  - test of muscle strength, flexibility and coordination
  - analysis of posture and movement
  - x-ray of the spine

- Other CHIROPRACTIC PROCEDURES involve:
  - advice on posture and exercise
  - massage and ultrasound
  - chiropractic joint manipulation

*** In CHIROPRACTIC JOINT MANIPULATION, a chiropractor uses his or her hands to apply a quick, precise, safe amount of pressure directly on the problem area of the spine, relieving pressure on the joint and surrounding nerves

ACUPUNCTURE

. . . . stimulates the body’s natural healing mechanisms by helping to restore physical and mental balance. This is accomplished through eliciting a complex set of responses in the peripheral, central and autonomic nervous systems.

- fine, solid needles are inserted at specific points in the body by health-care professionals trained in biomedical sciences (ie. chiropractors, physicians, physiotherapists).
- acupuncture is derived from an ancient therapeutic method of chinese medicine, based on the concept of restoring the normal flow of vital energy that circulates along vital channels through the body.

DID YOU KNOW?

- the word chiropractic is Greek, meaning ‘treatment by hand’
- chiropractors (Doctors of Chiropractic - DC) must:
  - complete minimum 3 years university education, 4 years at an accredited chiropractic college
  - pass provincial and national exams
- your spine supports your body’s weight, and protects the spinal cord (the ‘central highway’ of your nervous system)

WHICH ONE IS FOR YOU?

CHIROPRACTIC HEALTH CARE
For the treatment of:
- low back and neck pain
- headaches
- muscular tension
- range of motion problems

This procedure is:
- effective, drug free and hands on
- proactive, by treating the source of back pain, not just the symptoms
- safe!

**MEDICAL ACUPUNCTURE**
For the treatment of:
- neurological and muscular disorders (headaches, neck and back pain, sports injuries, sciatica, osteoarthritis, neuritis, facial pain)
- digestive disorders (irritable bowel, constipation, diarrhea, gastritis)
- menstrual and reproductive problems (dismenorrhea, perimenopausal symptoms)
- respiratory problems (sinusitis, asthma, sore throat, recurrent respiratory tract infections)
- stress and psycho-emotional problems

This procedure is:
- sterile
- safe!

**A CHIROPRACTOR WILL . . . .**
- listen to you describe your pain and symptoms
- use his or her hands and knowledge to locate the exact problem area
- use x-rays, orthopedic tests (ie. walking, muscular strength), neurological tests (ie. reflexes)
- test mobility in the problem area
- determine if other parts of the back / body are affected by the problem
- offer diagnosis and relief care for immediate pain and discomfort
- offer corrective care
- offer continuing supportive and maintenance care

For more information, please contact:
Dr. Marco Lozej B. SC. (HK), D.C.
Health and Performance Centre
University of Guelph
2nd Floor J.T. Powell Building
Guelph, ON
Phone: (519) 767-5011
Email: mlozej@uoguelph.ca
IS YOUR LOAD WEIGHING YOU DOWN?

How widespread is the problem?

More than 76% of Ontario chiropractors agree that improper packing and carrying of backpacks is a leading cause of back and neck pain among school-aged patients.

Experimental evidence suggests...
the improper use of backpacks can have long-term effects on the back

- Carrying a backpack alters the mobility of spinal bones, leading to restricted movement — a risk factor for back pain (1).
- Backpacks alter fluid content of intervertebral discs, a risk factor for disc herniation (a “slipped” disc) and osteoarthritis (2).
- By the end of the teen years, more than 50% of youth experience at least one low back pain episode. This may be due in part to improper use of backpacks (3).

Your Choice of Backpack is Important

Choose a backpack that is proportionate to your body size and is made of lightweight material, such as vinyl or canvas. It should have a padded back, waist belt, and adjustable padded straps at least two inches wide. Having many different compartments is helpful to allow carrying odd-shaped items.

TIPS FOR PACKING A BACKPACK

DO:
- Ensure the weight is evenly distributed in the backpack
- Pack the heaviest items close to your body
• Pack odd-shaped items on the outside of the backpack
• Pack it light!

DON’T:
• OVERLOAD! Take only what you need!
• Pack more than 15% of your body weight!

TIPS FOR LIFTING AND CARRYING A BACKPACK

DO:
• Put the pack on one shoulder at a time
• Wear it using both shoulder straps
• Adjust straps so it fits snuggly against the body
• Use the waist strap to transfer some of the load from the shoulders to the hips

DON’T:
• Twist when lifting
• Wear the pack with only one shoulder strap
There are long-term implications of improper backpack use. A heavy backpack carried on the back can cause numbness in the arms and muscle strain, irritate the spine and joints, create poor posture, and put stress on the neck muscles, which can contribute to headache and neck pain. A heavy backpack carried on one shoulder can place uneven stress on the mid- and lower back and cause muscle strain by forcing muscles to compensate for the uneven weight. To help prevent complications from heavy long-term backpack use, never pack more than 15% of your body weight in your pack!

Chiropractors can help in the treatment of backpack-related injuries by providing early detection and care, as well as providing preventative education in order to reduce the incidence of backpack-related injuries.

Courtesy of:
Dr. Marco Lozej, B.Sc.(HK), D.C.
Chiropractor, Contemporary Medical Acupuncture Health & Performance Centre,
University of Guelph
REFERENCES:
(1) Spine 1999; 15: 1015-22
(3) Spine 1998; 23: 228-34
FREQUENTLY ASKED QUESTIONS ABOUT CHIROPRACTIC TREATMENT

What is chiropractic?
Chiropractic is based on the scientific fact that your body is self-regulating and self-healing and the fact that these functions are controlled by the brain, spinal cord, and all the nerves of the body.

The skull protects the delicate tissues of the brain and the moving bones of the spine protect the spinal cord and nerve roots. If the nervous system is impaired, it can cause malfunction of the tissues and organs throughout the body. Chiropractors call this the Vertebral Subluxation Complex. Subluxations can create a variety of health problems.

Chiropractic is an art, a science and a philosophy. The science of locating subluxations, the art of reducing their impact to the nervous system and the philosophy that when working properly, the body has the potential to heal itself. Each of us is designed to be healthy! Chiropractic care helps restore optimum function!

Chiropractic is simple. It's natural. It honours the wisdom of your body. It has helped millions enjoy relief and better health for more than a century.

What type of education do chiropractors get?
Today's Doctor of Chiropractic is well educated.

The science of chiropractic requires a special emphasis on anatomy, physiology, pathology, neurology, biomechanics and x-rays, spinal adjusting techniques, and related subjects. This demanding curriculum prepares chiropractic doctors to locate spinal subluxations and correct the resulting nervous system dysfunction.

To graduate with a Doctor of Chiropractic degree, each candidate passes demanding National Board Examinations. Then, doctors apply to a governmental or professional licensing board and pass additional tests before being granted the privilege to practice.

A chiropractic education never ends. Most doctors complete continuing education in order to stay current with the latest research.

What do chiropractic doctors do?
Helping to restore proper spinal biomechanics and improved nervous system function begins with a case history. This gives the doctor a background about your health such as surgeries, accidents, the onset of your condition, and other details affecting your current health.
After reviewing your history and discussing your problem, a thorough chiropractic examination is performed. Spinal scans, orthopedic tests and chiropractic spinal analysis are part of the initial examination. In addition, x-rays may be taken to uncover structural or functional problems associated with the spinal column.

The findings of these examinations are explained and a plan of chiropractic adjustments will be recommended. Progress is monitored with periodic follow-up examinations.

The word "doctor" comes from the Latin word meaning teacher. Regardless of your doctor's unique clinical approach, he or she has a strong commitment to patient education.

**Will I have to have x-rays?**
Not necessarily. However, x-rays and other types of images can be helpful. Pictures of your spine, especially after trauma, can confirm our other findings and make your care more precise. We can tell if we need x-rays after discussing your history and completing other examinations.

**What is an adjustment?**
A chiropractic adjustment is the art of using a specific force in a precise direction, applied to a joint that is fixated, "locked up" or not moving properly. This adds motion to the joint, helping the bones gradually return to a more normal position and motion. The purpose of the adjustment is to improve spinal function, improve nervous system function and improve overall health.

**Are all patients adjusted the same way?**
No! There are many ways to adjust the spine. Doctors of chiropractic use several techniques in order to effectively adjust all types of patients and meet all kinds of patient concerns. Regardless of adjusting technique, chiropractic care is tailored to each patient's age, condition and spinal problem.

After years of training and clinical experience, each chiropractic doctor becomes highly skilled in the delivery of a variety of adjusting approaches.

**Is chiropractic care safe?**
Studies continue to show that chiropractic care is a natural approach to better health that is proven safe and effective.

Chiropractic has an excellent safety record that is the result of a conservative approach to health that avoids invasive procedures or drugs with potentially harmful side effects.

**Who can chiropractic help?**
Improved nerve function can help everyone. So, if you have subluxations, you could be a good candidate for chiropractic care. Modified adjusting approaches can help children, the elderly or those with special needs.
Why do children need chiropractic care?
Significant spinal trauma can occur at birth. Later, learning to walk, ride a bicycle and other childhood activities can cause spinal problems. While a bandage and some comforting words can help a skinned knee, the unseen damage to the child's spine is the unique domain of a chiropractor.

Many childhood health complaints that are brushed off as "growing pains" can often be traced to the spine. Regular chiropractic checkups can identify these problems and help avoid many of the health complaints seen later in adults.

Naturally, chiropractic adjusting procedures are modified to a child's spine. Most parents report that their children enjoy their adjustments and seem healthier than other children.

How long until I feel better?
Some patients experience almost instant relief. Other discover that the healing process can take months, sometimes years. Each patient recovers at his or her own pace. Factors which can affect your healing process include how long you've had your problem, your age, your overall health condition, muscle tone, diet and even your attitude.

Can I speed the healing process?
There are no short-cuts to speed your body's natural healing process but there's a lot you can do to give yourself the best chance for a quick recovery.

Getting spinal problems identified and treated early on is one way to help ensure that you will recover faster. Problems left untreated for even a few days, will be more difficult to fix.

Proper rest, good nutrition, adequate water intake, specific exercises or stretches can all help.

Most important of all is to keep your appointments and follow your chiropractor's recommendations. This way, you will see optimal results.

How long will I need chiropractic care?
Some patients continue with some type of regular chiropractic checkups. These patients show up for their visits feeling good. Their interest is in wellness, and preventative appointments help make sure that once they get well, they stay well. As well, those patients who are busy or have stressful jobs find that a schedule of preventive visits is helpful in the maintenance of good health, and helps avoid the risk of unseen complications arising.

Some patients seek chiropractic care only when their ache or pain becomes unbearable. While this style of "crisis management" is usually more costly and time consuming, our office stands ready to help all patients regardless of their health goals.

How long you decide to benefit from chiropractic care is always up to you!
What if my insurance doesn't cover chiropractic?
Each of us has the freedom to place a different value on our health. Ultimately, good health is about personal responsibility. While an insurance company or other third party may be helpful, be careful. Don't allow a profit motivated company to make decisions about what you do with your health.

Brought to you by:
Dr. Daniel Wilhelmus
100 Colborne St. N.,
Simcoe, Ontario
519-428-5636