

CHIROPRACTIC -HOW IT AFFECTS YOU.

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Chiropractic

Chiropractic focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health.



Doctors of Chiropractic

- Undergo 5 years of undergrad studying at the University at the University of Johannesburg or DUT.
- Includes a completion of Master Degree in Chiropractic
- With internship and community service
- Total of 7 years
- There are currently about 620 qualified chiropractors in South Africa.



Most mornings of a Chiropractor

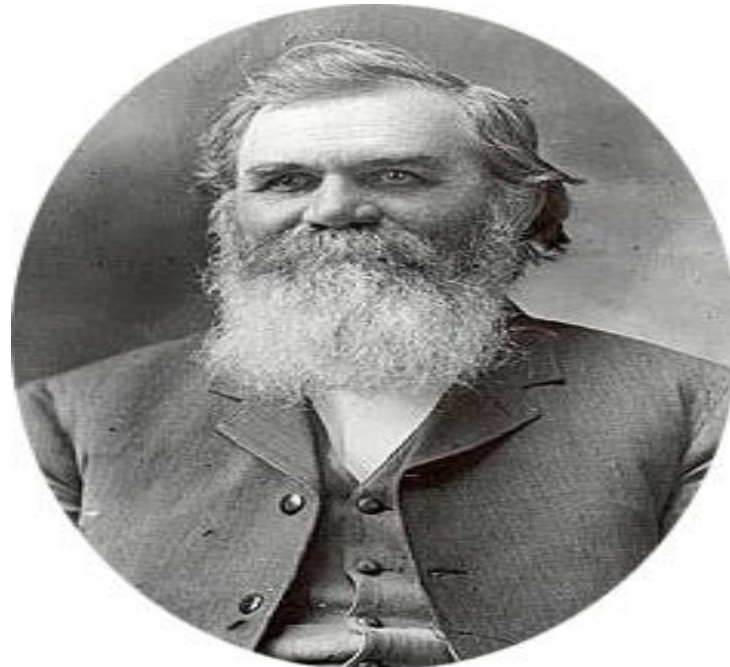


What is Chiropractic?

It's a hands on approach to healthcare that includes patient examination, diagnosis and treatment.

- The most common therapeutic procedure performed by chiropractor is “Spinal Manipulation” which we call the “Chiropractic Adjustment”.
- The purpose of the manipulation is to restore mobility to the facet / any joint that have become hypomobile or restricted in their movement as a result of injury.
- Injury can occur by a single traumatic event, such as improper lifting of a heavy object, repetitive strain such as sitting, sleeping awkwardly , which leads to changes in tissue causing inflammation.
- Manipulation or an adjustment on the Joint and tissue, restores mobility, thereby alleviating pain and muscle tightness.

History of Chiropractic



D.D. PALMER
DISCOVERER OF CHIROPRACTIC

History



- The first recorded chiropractic adjustment was performed on 18 September 1895 on Harvey Lillard, by Dr Daniel David Palmer, a Canadian born teacher and healer.
- Harvey informed Palmer that while working in a cramped area, he felt a “pop” in his back and had been unable to hear ever since.
- Palmer examined and found a sore lump which he believed was a spinal misalignment and was the cause of his poor hearing.
- Palmer claimed to have corrected the misalignment and his hearing improved.
- D.D Palmer’s open the first School of Chiropractic in Davenport, Iowa.
- His student and Son B. J. Palmer continued his work.

History continued

- Soon after B.J took over his father's work the expansion of chiropractic was speedy and significant.
- Chiropractic Adjustment by the B.J Palmer.

[BJ Palmer Adjusting in 1924.mp4](#)

What do Chiropractors Treat?

The primary reason patients consult a chiropractor is for back pain as well as other musculoskeletal conditions such as:

- Neck pain
- Back pain
- Pain in the joints of arms and legs
- Headaches including Migraine
- Sciatica
- Disc Herniation (Lumbar and Cervical)
- Whiplash
- Sporting Injuries
- Tendonitis
- Sprain and Strains
- Research also supports conditions such as: Colic and Otitis Media



Mr. Govender before and After treatment

- Mr. Govender presented with left shoulder pain and decrease range of motion.
- Job description- Telkom Technician.
- He previously fall on his shoulder and dislocated it 2 twice approximately 2 years. The pain and restricted range of motion impacted him as he was having difficulty performing his daily duties.
- He was referred by the GP to us to see if we could assist.
- All necessary test and exam was performed.

[Mr. Govender before \(2\).3GP](#)

- Treatments used included:
- Graston Technique
- Faktr and
- Chiropractic Adjustment

This is immediately after treatment:

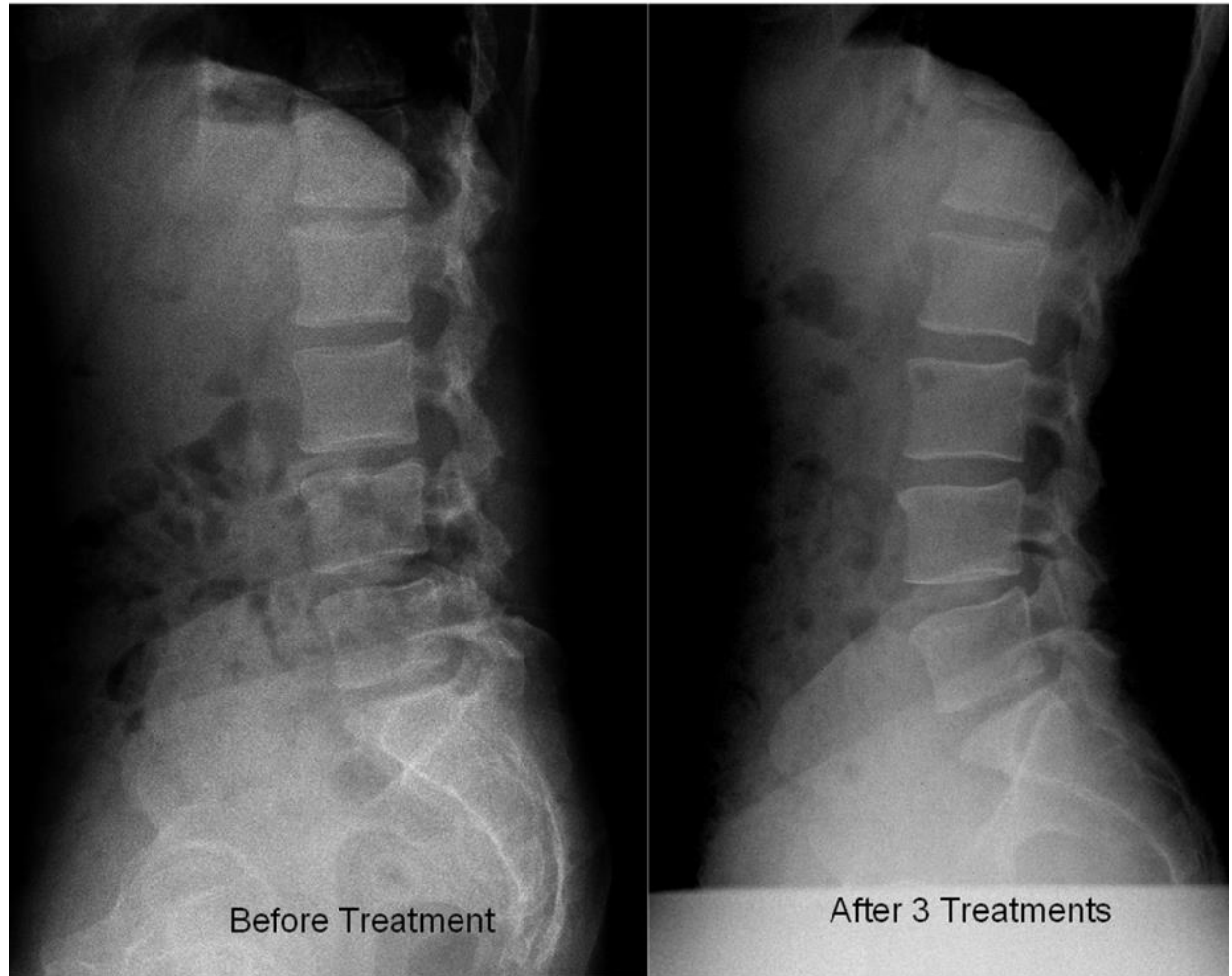
[Mr. Govender after treatment.3GP](#)

Usain Bolt



Patient before and After treatment

- A 37 year old patient presented with lower back.
- She experience pain for approx. month
- Job description- data capturer. Sits +/- 6 hours a day.
- Pain localized to lower back and aggravated from sitting to standing and bending forward.
- X-rays revealed: loss of lordosis
- After 3 treatments to lordosis improves
- Pain decreased

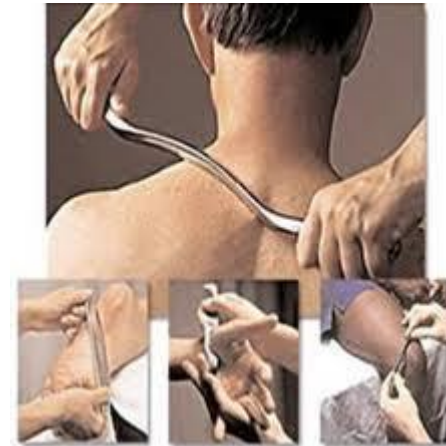


What does chiropractic treatment involve ?

- Chiropractic treatment usually involves chiropractic adjustments using high velocity impulse thrust to a joint which produces a 'pop 'or 'crack'.
- The actual pop is called a cavitation, and it's a release of gas that makes the popping sound. The joints in the spine are called synovial joints and they produce synovial fluid. The synovial fluid lubricates the joint. The by products formed in the production of synovial fluid are gasses- oxygen and nitrogen and CO2.
- When a joint is gapped or opened up the gas is released giving a sound of pop/ crack.
- [Extreme sciatic pain Gonstead Chiropractic case.mp4](#)

Treatments involved

- Other treatments may include:
- Heat or Ice
- Electrotherapy- IFC and TENS
- Ultrasound
- Graston Technique
- Active Release Technique
- Exercises
- Faktr



[Dr. Duke Treating the IT Band using Graston and Active Release Techniques.mp4](#)

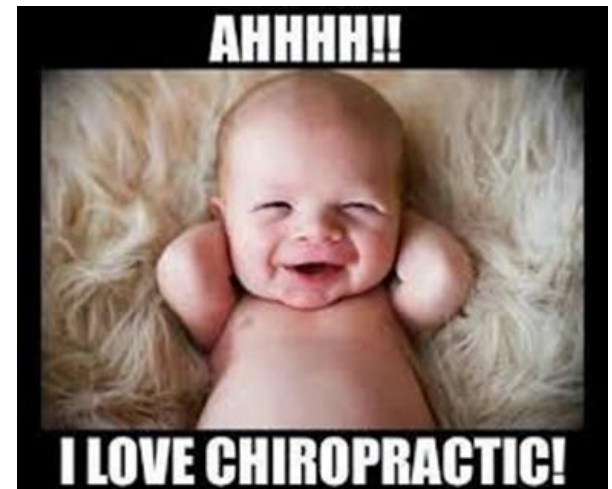
- A 47 year old patient presented with neck pain that radiated in to his left arm with pins and needles in his fingers.
- He been experiencing the pain for approximately 3 months.
- Initially when to the GP who referred for X-rays and medicated with Anti-inflammatories and Analgesics.
- The patient initially responded but the pain returned once the medication was done. He went back to GP who referred to Orthopaedic Surgeon.
- Orthopaedic surgeon examined and injected patient with cortisone, and medicated again with anti-inflammatories and Analgesics, which helped the patient for 2 weeks and pain returned.
- Patient presented to us and with extreme pain and difficulty sleeping.
- Necessary test were done and the neurological test was unremarkable.
- We treated with chiropractic adjustment and Graston Technique.
- Patient improved too 100% pain free after 6 treatments. We then re x-rayed.

Patient before
and After
treatment



Is Chiropractic safe?

- It's a widely recognised as one of the safest, non- invasive therapies.
- Most patients experience immediate relief following an adjustments, however some patients do feel temporary tenderness.
- [3 week old baby with reflux receives Gonstead Chiropractic adjustment.mp4](#)



Chiropractic: What Research Shows

- “Acute and Chronic patients experienced better outcomes in pain, functional disability, and patient satisfaction than seen by other health care providers”

Journal of Manipulation and Physiological Therapeutics, 2005

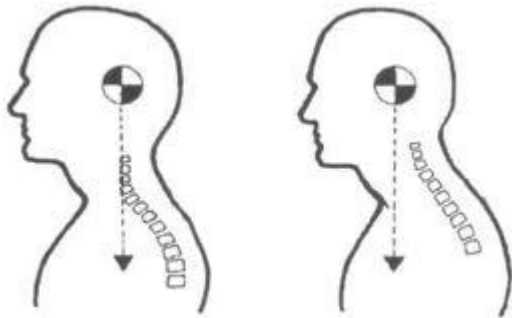
- “Cervical spine manipulation was associated with significant improvement in headache outcomes in trials involving patients with neck pain and headache”

Duke Evidence Report, 2001

Signs when you should see your chiropractor

1. Pain, achiness, burning sensation or stiffness comes and goes in parts of your body, with no explainable cause.
2. Any injury to muscle, joint or spine that hasn't healed.
3. You want to address joint and muscle pain.
4. Chronic pain in your joints and muscle that hasn't improved with traditional medical treatment.
5. Sharp pain shoots from your hip down your leg.
6. Your Job requires you to sit for long periods of time or preform repetitive physical task.

7. The soles of your shoes consistently wear differently.
8. Your head is positioned forward rather than directly over your shoulders.
9. Your one shoulder is lower than the other.

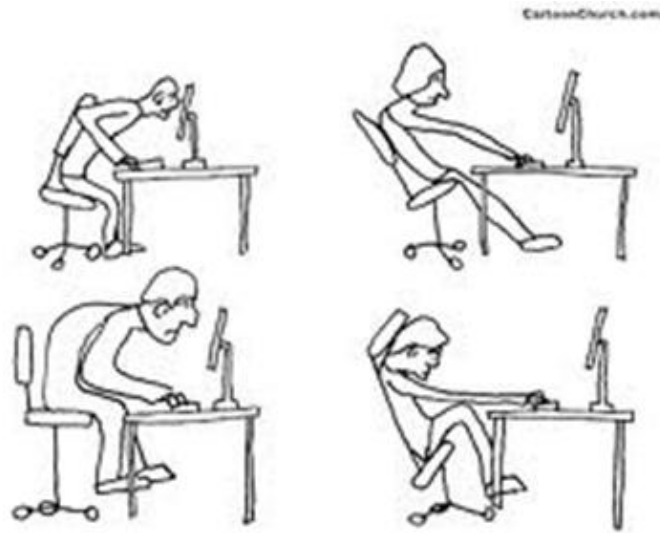




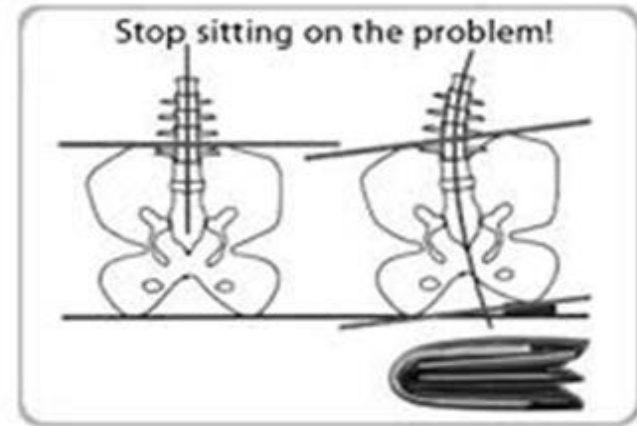
“Every newborn should receive a neck and spine examination and a Chiropractic adjustment if necessary. Is that idea too difficult to accept?”

LONDON SMITH, MD
Pediatrician

Help full hints and bad posture



BAD POSTURE (EXAMPLES OF)



Posture Exercise



10-20 seconds
2 times



10-15 seconds



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



10 seconds



10 seconds





GET ADJUSTED

"I've been going to chiropractors for as long as I can remember.
It's as important to my training as practicing my swing."

- Tiger Woods

Thank you

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