

Joint Manipulation

In the chiropractic realm, an “adjustment” is a manipulation performed on a joint that is not moving through its full range of motion. Chiropractors are the most qualified professionals to locate and treat joint restrictions. Adjustments can be done on any joint in the body. The purpose of treating joint restriction with an adjustment is to:

- expedite the healing of the injured tissue
- balance the joint motion throughout the body evenly so that the wear and tear on the joints is evenly dispersed - (when a joint locks up in one place it usually affects another joint causing it to compensate by having too much motion)
- prevent degenerative and arthritic changes in joints
- relieve tension on nerve trunks as they exit the spine
- increase circulation of blood and lymph fluid
- increase the flow of life force through the bones which maximizes health
- balance soft tissue surrounding the joint
- balance the nervous system

Soft Tissue and Muscle Treatment

With a loss of joint motion we frequently observe what is called muscular “guarding” (this is a muscular tightening). I combine treating soft tissue and joints together. This helps adjustments hold better and last longer and subsequently treatments are needed less often. When soft tissue is tense, it restricts joint motion. Chronic soft tissue tension can cause chronic loss of joint motion. Muscle therapy restores joint motion and neurological reflexes that influence vascular, lymph, and nerve components.

Types of Injury

Accidents

It is crucial that if someone has an accident of any kind that they get seek chiropractic care as soon as possible. When soft tissue is injured it has a tendency to “over heal” and scar up. Over time this “over healing” limits joint motion which can create degenerative changes in the joints. The most optimal window of time to be treated after an injury is within the first 6-12 weeks. Treatments support the soft tissue to heal in a supple, flexible way. When people skip being treated after an injury, or delay treatment, the likelihood of chronic pain is high. And, when treatment is finally sought it takes much longer to get good results.

With a car accident, treatment becomes even more important, as the amount of force that goes through the body can be quite intense. Even if you do not have symptoms after an automobile accident, it is a good idea to be treated for a short time to ensure proper tissue healing. I have treated many patients who waited to get care, and started having health complaints as late as one year after the accident. This often because the soft tissue has healed in a restrictive way and starts to limit motion and cause inflammation (which translates to pain). So don't wait, get help right away!

Repetitive Micro-Trauma

Activities that are repeated over long periods of time can also injure soft-tissue. Oftentimes these types of injuries arise gradually, for example, when a body part is over used and it cannot tolerate anymore activity resulting in symptoms. Education about modifying activities to lessen the repetitive stress load helps. Chiropractic care also promotes healing for these types of injuries.