

Spinal Column

Brought to you by:

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SPINAL COLUMN is a monthly newsletter packed with information on chiropractic and tips to help you achieve a healthier and more satisfying lifestyle.

I hope you enjoy reading this newsletter with family and friends.

I welcome your comments, feedback or any question.

Dr. Ayache earned a Bachelor of Science Degree (B.Sc) in Biology and minor in Chemistry from Texas A&I University in Kingsville, Texas., And a Doctor of Chiropractic Degree, (D.C.) from Texas Chiropractic College. Houston, Texas. He is a diplamt of the American Board of Chiropractic Examiners. A member of The American Chiropractic Association, the Texas Chiro. Association and the American Academy of Spine Physicians. Has been practicing for the last twenty seven years. of Dr. Ayache has completed postgraduate studies in sport injuries, nutrition, spine and joint manipulative techniques, acupuncture, rehabilitation and exercise.

WHAT IS CHIROPRACTIC?

Chiropractic advocates a natural method of healing; it is a non-surgical, non-invasive and drugless approach to the treatment to patients. Structural or mechanical abnormalities of the spine can cause pain, dysfunction and loss mobility. These symptoms can be successfully treated by the Doctor of Chiropractic; a great emphasis is placed on spinal health, since it is the key to overall health and wellbeing.

WHAT CONDITIONS DO CHIROPRACTORS TREAT?

Most people know chiropractic's excellent reputation in the treatment of musculoskeletal conditions, with low **back pain being the predominant complaint, disc, poor posture; scoliosis, muscle spasm and sport related injuries are successfully managed as well.**

These conditions are mirrors of injuries, stresses, nutritional deficiencies and discretions imposed upon the body and are the results of accidents, unexpected falls or simple twisting and turning.

WHAT ARE THE METHODS OF TREATMENT?

Treatment depends on the cause and stage of the problem. The procedure utilized is known as **vertebral adjusting or spinal manipulation**, it is a technique in which the doctor of chiropractic skillfully manipulates spinal vertebrae or joints to enhance **better function, reduce pain, relieve tension and improve mobility**. In addition to joint manipulation patients receive instructions in exercise rehabilitation, nutritional counseling and advice that may improve their overall health.

SAFETY AND EFFECTIVENESS

Doctors of Chiropractic carry out spinal manipulation in a sophisticated and refined manner; they are trained to deliver a safe and effective treatment, and to recognize any contraindications to such treatments. Should it found that the patient is not responding as expected, a referral to an appropriate health care provider will be made.

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