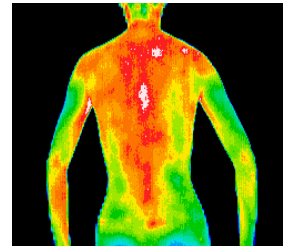


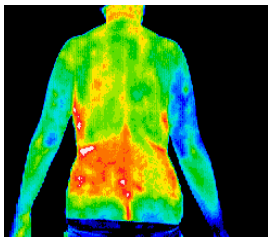
Spinal Dysfunction

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The leading cause for disability for adults is back pain. Along with neck pain it is one of the most common work related injuries. At least eighty percent of all Americans suffer from back pain at some point in their lives.



Spinal dysfunction can be acute or chronic. Acute conditions come on quickly and are often the result of a specific injury or a sudden motion such as sports injuries or whiplash. A Thermography scan can show the trigger points on the back and can be used as a diagnostic tool for a chiropractor or acupuncturist to help manage your spinal health and pain management. A thermogram may be a useful tool to prove whiplash but more importantly to help your health care provider to give you treatment options that will make you feel better faster.



Some individuals tend to treat back pain without addressing the underlying problem. This situation is complicated by the fact that the site of pain is rarely the same as the location of the dysfunction. For example an individual may complain of lower back pain and they may think it is coming from the lower spine when through a Thermography report find out they have a kidney infection and that is what is causing the lower back pain. If a person is living with spinal

dysfunction for a long period of time there may be complications of spinal degeneration, thinning of the discs, bone spur formation or the development of arthritic conditions. To avoid dysfunction and back pain it is important to maintain proper posture use appropriate lifting techniques and stay in good physical condition. Masking the pain or taking the pain away does not mean that the true problem is being addressed. The most important element in dealing with back or neck pain is having a proper diagnosis and treatment of the cause such as sprains strain, spinal bone misalignment, muscle spasm, a herniated disc, spinal stenosis, or disease process elsewhere in the body that refers pain to the back. Spinal dysfunction can exist without creating pain or symptoms. However, when spinal dysfunction does create symptoms, it can cause a sharp pain over a localized area or a dull, achy pain over a larger area. The pain can radiate into the arms or legs or around the rib cage. There can be a loss of muscle strength, numbness or tingling sensations, and headache. In addition, a patient may have one or more symptoms related to internal organs, including shortness of breath, ringing in the ears, heartburn, heart palpitations, or GI discomfort with diarrhea, constipation, or cramping... An individual can get relief by visiting a Chiropractor or Acupuncturist to make a plan to get their spine in the best possible shape. Take charge of your health don't wait until you are in chronic pain early diagnosis of health conditions will give you treatment options.

