

## Spinal Checkups Explained

Early detection of problems is achieved by **regular** spinal checkups. Problems that can bring about abnormal or incomplete function within the body can lead to disease — sometimes referred to as dis-ease by doctors of chiropractic. These doctors are extensively trained to check your spine for misalignment of any vertebrae and to correct these problems whenever possible. Chiropractors also teach you how to take better care of your health with proper diet and exercise, with reduced tension and with better care of the spine. They will show you how to prevent these problems before they develop.

Plan now to have regular chiropractic checkups for you and your family thus maintaining your health and vitality.

### Ask Yourself These Questions:

1. Is your posture sometimes poor?
2. Are you tense between the shoulders or is there pain?
3. Are sore throats a regular problem with you?
4. Do your arms and/or hands feel numb or tingle?
5. Do you suffer from frequent headaches or dizziness?
6. Is your vision ever blurred?
7. Do you have problems with hearing?
8. Do you ever have jaw pain?
9. Do you experience depression or irritability?
10. Are your muscles often stiff and sore in the morning?
11. Do you ever have nonspecific chest pain?

Of course, any of the above symptoms of head and neck problems could be caused by other disease conditions, but if your answer to several of the questions is "Yes" the root of your problem could be spinal misalignment.

A complete spine and nerve test from your doctor of chiropractic can determine where the problem lies. Whenever a nerve is obstructed, its normal nerve flow to organs, glands or tissues will be affected. Consequently, the normal organ, gland or tissue will fail to function properly. It is almost like cutting off electricity to an appliance.

Doctors of chiropractic are specialists in the areas of spine and nerves. They are highly skilled and particularly well qualified in this field.

**SEE YOUR DOCTOR OF  
CHIROPRACTIC TODAY!**

Complements of:  
**Dr. Cameron Stewart**  
Chiropractic Physician  
[www.drcam.rocks](http://www.drcam.rocks)

# HEAD AND NECK PAIN

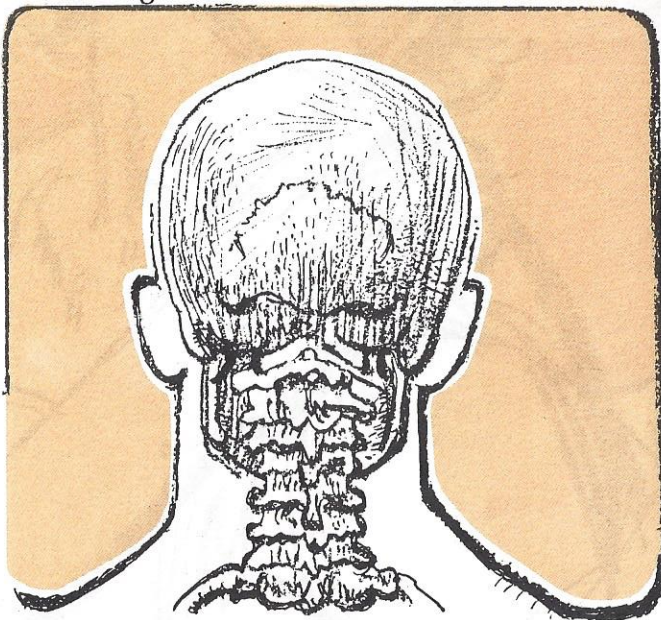




## Head and Neck Pain

Have you ever wondered why head and neck pain can be so severe? Their motion is limited and there is much less bone and muscle work than in other parts of the body. It seems that arms, legs and feet, for instance, bear a lot more weight. But structurally, have you ever considered the stresses placed upon the head, neck or spinal cord?

The delicate neck is made up of seven individual small bones whose job it is to support the head (which weighs an average of 14 pounds). That load in itself would put quite a strain on the neck; but the neck must also maintain a delicate curve at all times to allow passage of the vital spinal cord, which goes down through the neck to the rest of the spine. The cervical spine (the term for that part of the spine that forms the neck) has an intricate balance of bones and muscles for constant support as well as maintaining the openings between each for the nerves to pass through.



## Your Skeletal Support

Our human framework, like the rest of our body, is really quite awesome in its construction. Some of the bones are weight-bearing structures and some, like the ribs and the skull (which has 22 bones of its own) are protective of other organs. All bones are directly or indirectly connected to the backbone, which gives support, maintains flexibility, while at the same time housing the length of the spinal cord. Doctors of chiropractic are specialists of the spinal column and can help you keep your spine in top condition for better health.



## Why Does the Neck Ache?

There are a number of things that can cause pain in your neck. Every day your cervical spine receives jolts — small, like the jarring you feel when you slip and regain your balance, or large, like a major contact in sports or whiplash in an automobile collision. People who sit at a desk all day reading, typing or writing, or those who bend over a table or counter for long periods of time, can suffer neck pain. If your job or home situation brings about a lot of stress or tension, it can be reflected in your neck with a tightening of the muscles. Any of these situations could

bring about slight misalignments of the vertebrae of the neck.

## What Happens Then?

Misalignment occurs when the bones move out of their proper alignment with one another and thus take on abnormal positions. This permits restriction of the nerves which pass through the openings of the spine. Irritation of the nerves results in interference of nerve transmission. When this happens, there is reduced function — or sometimes a complete inability to function — in the area served by nerves from that particular portion of the spine. When the neck has misalignments, it can affect your vision or hearing, arms or hands, and shoulders (with pain between the blades). It also can cause headaches or dizziness.

The presence of such symptoms indicates that the patient's spinal problem already has reduced the proper communication between the brain and body parts. Pain or dysfunction is the result.

## What Are the Symptoms?

Symptoms such as headaches, neck pain or tingling in the arms are often signs of pressure from misalignment; but the wise patient does not wait for symptoms. A regular spinal checkup by your doctor of chiropractic can detect misalignments well before they cause symptoms since it usually takes time for symptoms to develop. In the same way, a patient who has come to the chiropractor for pain relief may obtain relief quite quickly; however, the real healing process takes longer, just as the degenerative process took time to develop.