

“Finding the Right Key for the Job...”



You try to stay active, but you still feel stiff and locked up. Getting out of bed in the morning is a major feat and it takes a good 15 minutes to start moving freely. Could it be arthritis? Do you need a new mattress? Should you consult a physical therapist, an osteopath or maybe some other *master* spinal locksmith?

In your case, a Chiropractor may be the one holding the right key. In addition to alleviating nerve stress, one of the positive effects of Chiropractic adjustments is the restoration of normal joint motion. Unlike gross manipulative therapy, as done by PT's and DO's, a *specific* Chiropractic adjustment targets ONLY the parts of the spine that need work. Determining what segment to move, when to deliver the adjustment and how much force to use requires a skill set taught only in a reputable Chiropractic College.

You wouldn't use a sledge hammer to bust open your front door if the right key was handy to unlock it safely. The same goes for your spine. When it comes to unlocking a tough, painful back it's best to seek the advice of a master spinal locksmith (a DC) who knows what they're doing. In the long run you'll save time, money and frustration hiring the right person for the job. Until next time.

