

## DEEPER USE OF CHIROPRACTIC

By Dr. Derek Conte

Most people think of neck, back, joint or muscle pain when they think of chiropractic. This is very unfortunate because a doctor of chiropractic can detect problems with the internal organs as well and even correct problems with the proper adjustments. This is because the same nerves that supply the muscles, joints and skin also supply every organ and gland in the body, from the eyes to the reproductive organs. The distribution of these nerves is well-understood and relate to specific areas of the spine. The chiropractor should assess not only the musculoskeletal system but the related organ systems as well before proceeding to adjustments of the spine. Usually, a pain in the back is simply that and no more and resolves with adjustments. Sometimes, pain does not resolve for various reasons and a change in the adjustments may be called for or there may be a complicating factor such as arthritis, which may require care over a longer duration. Sometimes the source of the pain is other than spinal and adjustments, by themselves, cannot clear all of the pain. This can be a sign that the patient requires the attention of an MD for further examination.

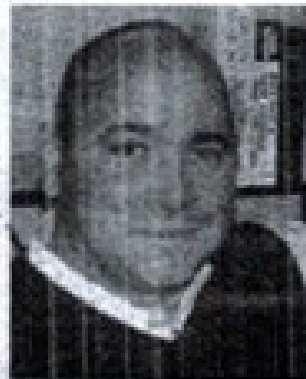
An example of this is Marjorie, a 50-year-old mother of 2. She is pleasant, attractive, cheerful and in generally excellent condition. She came into the office with a complaint of fairly constant dull, aching low back pain and tightness. She said she'd injured it lifting a heavy box 18 months before. The exam revealed no suggestion of direct nerve pressure from a disc bulge or such. There was significant postural distor-

tion and the left leg carried 69 lbs. while the right carried 53 lbs. when standing on bilateral scales. The right leg was ¼" shorter than the left, both face-up and face-down and there were areas of pain and restricted motion throughout the spine and in the associated muscles. Also noted was a history of constipation and irregular menstrual cycles.

We began the adjustments and by the 3rd visit we got a 60% reduction in low back pain, reduced the short leg side by 50% and got a great increase in cervical range of motion. On the 6th visit there was still low back pain and, after another brief exam, added a new adjustment. By the 8th visit, Marjorie reported having an 80% reduction in pain. Then, on the 10th visit, the low back pain returned again. I explained to Marjorie that the areas of continued tenderness (L2, L3, L5 and Sacrum) related to the ovaries, uterus, bladder and the lower digestive tract. Though

we were reducing the pain, I was not happy with the situation. I urged her to see her Internist and OBGYN for screenings and this she did. The doctors told Marjorie they found ovarian cysts, uterine polyps and adhesions (scar tissue) throughout, including the colon (had the findings been more ominous, her life could have been at risk). Surgery was performed and there has been no back pain whatsoever. Needless to say, Marjorie is very happy and understands the deeper use of chiropractic. Something we want everyone to know about.

*Dr. Derek Conte is a founding member of Chiropractic Specialists on Concord Rd. in Smyrna. For questions or an appointment, call: 404-784-6008.*



Dr. Derek Conte