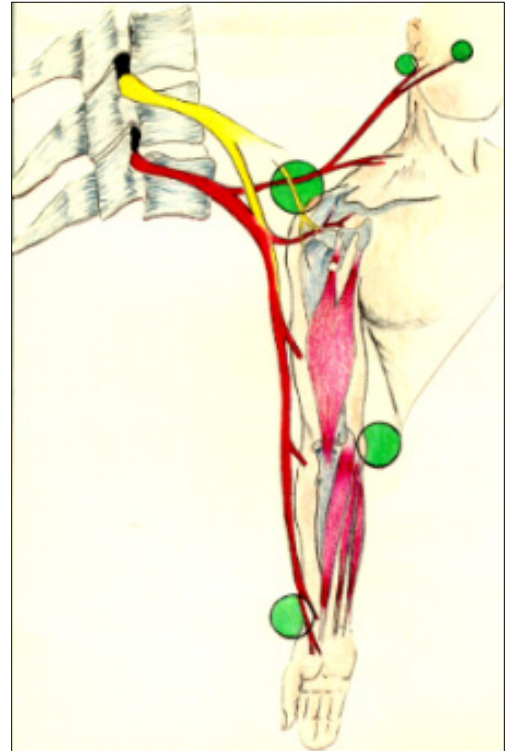


## CONDITIONS WE TREAT – PINCHED NERVES

### **PINCHED NERVES, ARM AND LEG PAIN, NEURITIS, MULTIPLE PAIN SYNDROME (Reflex Sympathetic Dystrophy)**

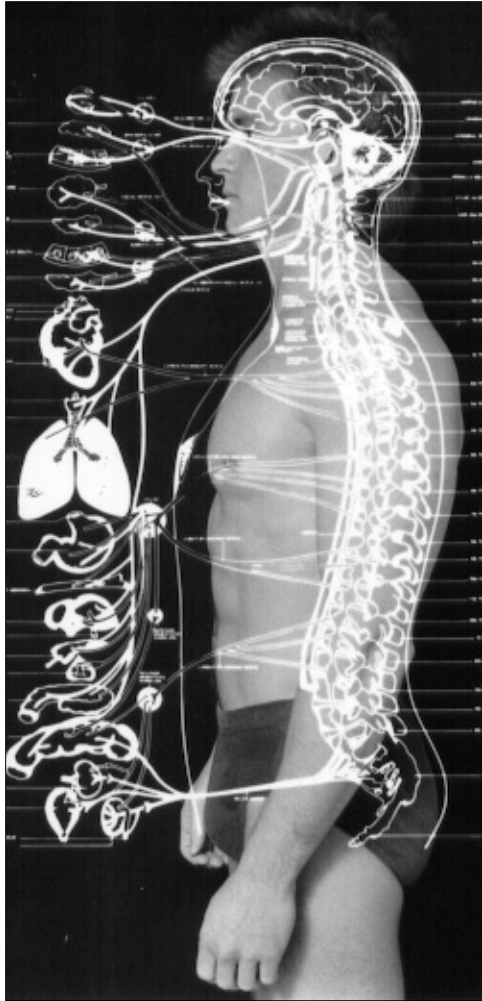
Unfortunately, problems in the neck/shoulder or back/hip can also affect the lower arm or leg due to pinching of nerves. Deep aching nerve pain or numbness may develop which travels into the elbow/forearm/hand or hip/leg/foot. Arm or leg problems may result when neuralgia (nerve pain) and neuritis (nerve inflammation) occur. Carpal tunnel and reflex sympathetic dystrophy may result. (Reflex Sympathetic Dystrophy, RSD for short, is a condition where nerves become irritated and function poorly affecting blood flow to an arm/hand or leg/foot. (This condition has now been renamed Multiple Pain Syndrome and is often related to pinched spinal nerves.) Numbness can be the major complaint. Usually such problems as sciatica, neuritis, reflex sympathetic dystrophy, carpal tunnel, and others cannot be successfully treated by focusing on the area of swelling or pain alone.

These conditions often involve compression of spinal nerves either at the spine or in areas outside the spine as they are transmitted down the shoulder/arm or hip/leg. To achieve complete resolution of these syndromes, treatment must often encompass both specialized therapies to increase blood flow to the area of complaint and adjustments of the spine and extremities to reduce spinal nerve compression to allow for normal nerve transmission to the area. We have had good success in dealing with RSD.



### **PINCHED NERVES AND ORGAN FUNCTION**

Spinal nerves carry messages from the brain directing your organs to function properly. Spinal soreness and pain can be an indication that spinal nerves may not be functioning normally. Good health depends on good spinal nerve supply to your organs.



The spinal nerves emanating from between each spinal vertebra, intimately control the functioning of our glands, organs and regulatory systems. These nerves reach out and contact every single part of our tissue and help to control the function of our respiration, our heart rate, our digestion, our kidney and liver functions, our ovaries, genitalia, the blood flow to our extremities, red blood cell production and in short all other activities of the human body. The effects that spinal manipulation may have on proper organ function when pinched or irritated spinal nerves are freed from entrapped or binding spinal tissue is still a topic of much debate. Many chiropractic patients however have seen a marked improvement in chronic health problems after spinal manipulation.

Many of my patients have muscular, joint and mechanical problems as well as general health conditions. They realize that spinal pain in a given area may also signal spinal nerve irritation as well. Therefore, adjusting the spine in these painful areas may bring relief and better health not only to the spine but also to the whole person.

Today millions of dollars are going into research to test many of the theories about spinal nerve stimulation of target organs following spinal manipulation. Perhaps in time, we will get enough information to state with some assurance what the effects of spinal manipulation may be in various health conditions. Lastly, let me say that chiropractic care is never a substitute for full medical diagnosis and treatment of organ and systemic health conditions. One should always seek a full medical work-up and indicated treatment for serious health problems. Chiropractic care may bring improvement but is simply an adjunct to such care.