



chiropractic
W O R K S

Chiropractic Works

“THE ULTIMATE IN SPINAL CORRECTION”

Volume 1, Issue 1

Special Edition

HOW CHIROPRACTIC WORKS CAN HELP YOU AND YOUR FAMILY

All chiropractic techniques have something valuable to offer. The chiropractic profession serves as an umbrella to a large number of alternative approaches to healthcare. So it's not surprising that there are so many definitions of what chiropractic is and what it is not.

According to the Council on Chiropractic Education, chiropractic care has been proven to reduce pain, increase range of motion and reduce muscular spasm. That being said, many techniques take the next step by offering additional benefits.

At Chiropractic Works, we focus on the structural correction of the spine. While our initial interest is the eliminations of your pain, our fundamental goal is to restore your spine to as close to its normal alignment as is possible. While this isn't always possible, it's important to understand that the closer the human body is to its normal alignment, the better it will perform. We are not claiming that this technique is superior to other chiropractic procedures, it's simply a different approach that is supported by an enormous amount of research.

Because of our commitment to your health, we focus our sights on the true cause of your condition, not simply the symptoms. Symptoms are important, but alleviating a symptom usually doesn't correct the condition. Does a pain down the left arm necessarily indicate a problem with the left arm? Could it also be a heart related problem? Unfortunately, many people have become accustomed to temporary fixes and medication (which simply mask the pain). It has been well established by peer-reviewed scientific research that the loss of the normal alignment of the spine is the likely cause of many musculo-skeletal and nerve related conditions.

The loss of the normal spinal curvatures (see page 2) creates the perfect recipe for a neck or low back

condition. Additionally, the function of the spinal nerves and their pathways to every cell in the human body doesn't always give us a warning signal until the damage is done.

As doctors that focus on structural chiropractic care, we naturally take a close look at posture. Posture is like a window into the spine. In fact, it's an excellent indicator as to what we'll find when we carefully examine your radiographs. Most people are very surprised to find out that years of poor posture (sitting at a computer, slouching, hours in the car) progressively causes a shift in the spine, which in turn, may lead to debilitating conditions such as disc-related problems and migraine headaches. Shifts in spinal alignment are also the primary causes of muscular imbalance, muscular tension, early joint degeneration and disc degeneration.

In addition to working to correct the structure of your spine we also provide many other services to help you achieve optimum health and not just temporarily relieve your symptoms.

We offer classes on ergonomics to help you set up your desk or work station, and ensure you are sitting and lifting properly. We also provide recommendations on choosing a pillow and mattress, after all you spend a third of your life sleeping!

As you know you are what you eat so we hold nutrition lectures to make sure you are eating properly. And since healing takes place from the inside out we may make recommendations on appropriate supplements for your individual case.

Our ultimate goal is to provide you with a total health package and be a resource for you to answer any questions on your health you may have.



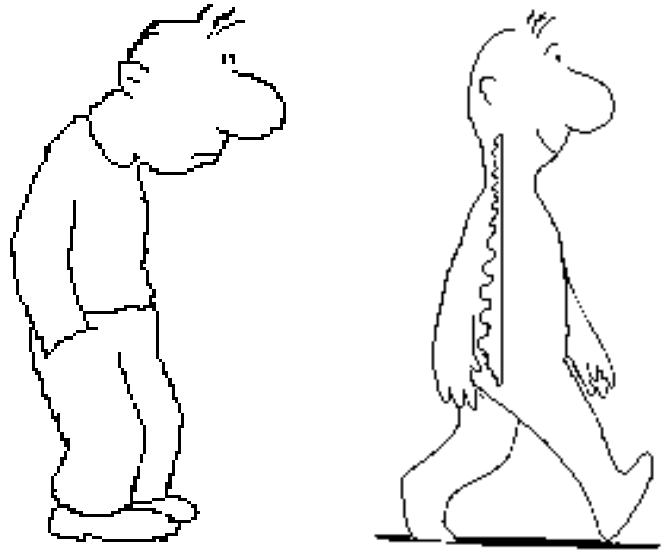
NORMAL SPINAL CURVES

Your spine is made up of 24 individual bones that function as a complete structural unit. Being a structure it should have a normal shape. Buildings and bridges have an ideal shape to handle the forces they are exposed to every day, so too should your spine.

In our office we first perform a detailed postural analysis. Posture is the window to your spine. Poor posture is the first clue that your spine may not be properly aligned. Next a detailed radiographic examination is done. This is the only way to accurately measure the displacement of your spine and provide the proper course of treatment.

Based on your displacement from a normal spinal alignment an individual treatment program will be set up for you. After the prescribed treatment plan a detailed follow up exam is performed to reevaluate how close to normal your spine has returned.

A properly aligned spine will be best able to handle the daily stresses we are exposed to. Taking care of our spines can help us remain active and healthy as we age.



- Which of the above pictures best represents the structure of your spine?
- Who do you think has less pain, more energy, and is less affected by stress?
- Who will be more active to play with their kids and grandkids?!

So what does a normal spine look like?

As you know from the front or back the spine should be straight up and down. (See figure 1) This places even stress on all of the discs, muscles, and ligaments of the spine.

The spine is the anchor for many of the muscles of the body. Many of the muscles that control our arms and legs begin at the spine. These muscles then attach to, and control the arm at the shoulder or the leg at the hip. So you can see how a structural shift of the spine could be the cause for a problem in the shoulder, hip, etc. The imbalance at the spinal level can travel all the way down the arm or leg. This means a structural spinal problem may even be the cause of a wrist condition such as carpal tunnel syndrome.

The most recognized shift of the spine when viewed from the front is known as scoliosis, which children should be evaluated for if there is anyone else in the family history with this condition.

Figure 1



The spine from behind

However it is possible for the spine to shift in other less dramatic, but no less harmful ways which should be evaluated for.

Viewed from the side the spine should have three smooth curves. (See Figure 2) The curves should be forward in the neck, back in the mid-back area, where the ribs are located, and forward again in the lower back.

These curves are essential for the health of our spine and our bodies. First and foremost the curves are the shock absorbers of our spine. These curves ensure that the proper amount of pressure is placed on the discs. Our spinal discs are 90% water excessive force on them pushes that water out and causes them to wear out prematurely and also damages the spinal bones. Shifts of the spine from the front or the side also have the potential to put pressure on the spinal nerves which control all of the actions of our body.

Figure 2



The spine from the side facing right

MEET YOUR CHIROPRACTOR: DR. SCOTT SZELA

I graduated Cum Laude from Palmer College of Chiropractic in Davenport Iowa. Palmer is the oldest and largest Chiropractic school in the world.

After Graduation my wife Jennifer and I had to decide where we wanted to live. Being big fans of outdoor activities like hiking, biking, skiing, and camping we settled on New Hampshire. The history and beauty of New England just can't be beat!

I initially was drawn to Chiropractic after suffering from tension headaches and migraines. It took waking up and going to sleep with them every day and taking over the counter pain killers like they were candy to make me look for an alternative. I was fortunate enough to find a Chiropractor that explained to me that the spinal bones (vertebrae) in my neck were out of alignment. This caused the muscular tension I was feeling throughout my neck and upper back. He explained to me that the misalignment of my spinal bones was also causing tension on my spinal nerves and could lead to other health problems if left untreated. My Chiropractor put me on a plan to restore the structure of my spine and I have been headache and migraine free ever since. I am still adjusted regularly and plan to keep getting adjusted. I look at taking care of my spine like I would taking care of my teeth. At home I brush, floss and go into the dentist regularly for check-ups to protect my teeth. To protect my spine I watch my posture and ergonomics throughout the day, sleep on a proper mattress, eat well and take the right supplements, and go to get a check up of my spine with my Chiropractor.

I encourage my patients to follow a similar regimen. I put together plans for addressing their spinal issues as opposed to just a quick temporary treatment. I also provide complimentary workshops on ergonomics, stretching, nutrition, etc. My goal is to serve as a health resource for you.



Dr. Scott and his wife Jennifer on Rattlesnake Mountain

OUR OFFICE HOURS

Adjustment times

Scheduled every 15 minutes

Monday & Wednesday

6:30 am – 11:00 am

3:00 pm – 6:15 pm

Thursday

9:30 am – 11:00 am

3:00 pm – 6:15 pm

Friday

6:30 am – 9:45 am

New patients are scheduled at

8 am, 10 am and 4 pm.

Please be respectful of these times.

Your initial visit to our office will begin with a complimentary consultation. During this visit you will learn what chiropractic is, how our office works and how we may be of service to you.

The next step involves a detailed exam during which we will utilize several methods to evaluate the structure of your spine.

Only after we have fully evaluated your condition will you then receive an adjustment and we will put together a plan that will address your individual health needs.

We also provide classes on nutrition, ergonomics, stretching, exercise, etc. to provide you with a total health package. Our goal is to help you achieve true health and not just provide a quick temporary fix for your problems.