



BENEFITS BEYOND BACK PAIN

AT EVERY STAGE OF LIFE

Chiropractic care has long been recognized for being a natural, drug-free, highly effective method for managing both acute, subacute and chronic neuromusculoskeletal pain for patients of all ages.¹

However, doctors of chiropractic (DCs) go well beyond back pain to provide strategies to support optimal health, increase quality of life and lay a strong foundation in the prevention of future health issues for the entire family.



FERTILITY AND PREGNANCY

Studies in the Journal of Manipulative Physiologic Therapeutics (JMPT) and Obstetrics Gynecology respectively, have reported that nearly 50% of all pregnant women experience back pain during their pregnancy and up to 75% of women have back pain during labor.² DCs understand how variations in hormones can affect the synovial joints and soft tissues in pregnant women. Synovial joints are found at the ends of bones and are surrounded by a joint capsule with fluid that protects the soft tissues. In the spine, these joints are called facet joints and are the most commonly adjusted joints in the chiropractic office. Chiropractic works to optimize joint function and provide stability as the biomechanics of expectant mothers change during gestation to relieve back, neck and joint pain to create a more comfortable and vigorous pregnancy.

Additional benefits of chiropractic care on the neuromusculoskeletal system include helping many women to:

- **MAINTAIN A HEALTHIER PREGNANCY**
- **FACILITATE JOINT STABILITY WITH CHANGING HORMONES**
- **IMPROVE POSTURE**
- **IMPROVE SLEEP**
- **CONTROL SYMPTOMS OF NAUSEA**
- **REDUCE LABOR AND DELIVERY TIME**
- **PROMOTE AN UNCOMPLICATED DELIVERY³**



NEWBORN BABIES

The birth process itself can be stressful for newborns. Their small bodies must respond to strong uterine contractions and travel through the birth canal. In situations of cesarean section, breech birth, shortened or wrapped umbilical cord, an unnatural rotation or pulling on the head, surgery or the use of tools like forceps, the trauma can be compounded. It's an issue that has long been recognized. Statistics from the Journal of the American Osteopathic Association imply that 80% of newborn babies have suffered some sort of insult that may not be easily recognized and go unattended.⁴

DCs are trained to examine the musculoskeletal systems of infants and know what imbalances to look for in our littlest family members to relieve potential discomfort that they are not able to tell us about themselves.

Examining babies from cranium to pelvis and optimizing joint function can help facilitate the best possible start in life. Maximizing neuromusculoskeletal dynamics may also benefit babies to:

- **RELIEVE RESTRICTED MOTION THAT MAY IMPEDE DEVELOPMENTAL MILESTONES**
- **EASE UNDERLYING ISSUES SUCH AS COLIC**
- **IMPROVE SLEEP**
- **MITIGATE FEEDING PROBLEMS AND MORES**



CHILDREN AND ADOLESCENTS

As babies grow into children, a number of developmental events take place including rapid growth of the skeleton, brain development, fusing of the cranial bones, hormonal changes and so much more. From toddlers to school-age, children are developing and increasingly engaged in a variety of activities that can affect the neuromusculoskeletal system. Learning to walk, riding a bike, growing pains, tumbles and falls, rough-housing during play, heavy backpacks and sports all can contribute to creating imbalance or inciting injury that DCs are prepared to provide care for.

In addition to providing pain relief and healing from injuries, DCs also work to facilitate a healthy growth process and lay a foundation for future health:

- **MONITOR GROWTH SPURTS AND IMBALANCES THAT MAY OCCUR WITH RAPID GROWTH**
- **EASE BED-WETTING FOR OLDER CHILDREN STILL STRUGGLING WITH NIGHT-TIME ISSUES**
- **DETECT AND MONITOR SIGNS OF SCOLIOSIS**

Formative years of growth are the peak time to watch for it. As spine experts, dcs are often asked by parents or invited into schools for professional scoliosis screenings.

- **AID KIDS IN INJURY PREVENTION THROUGH BACKPACK SAFETY DEMONSTRATIONS**
- **ENHANCED PERFORMANCE FOR KIDS THAT PLAY SPORTS**
- **IMPROVED POSTURE AND HABITS FOR POSTURE**
- **PROVIDE CARE AND EDUCATION TO PREVENT FUTURE ISSUES FROM 'TECH NECK'**

TECH NECK

DCs are on the front-line as the condition is becoming a global 21st-century issue. This syndrome refers to the abnormal straightening or reversal of the spinal curve that comes with an abnormal forward lean of the cervical spine while looking at mobile devices for multiple hours a day. It can lead to pain, headaches, muscle spasm, a change in the natural curve of the spine, premature degeneration of the spinal joints and ultimate deformity. The resulting abnormal posture and joint damage is an issue of epidemic proportions for children and teens and may also be linked to other developmental, medical, psychological and social complications.⁶



EARLY ADULTHOOD AND MIDDLE AGE

From motor vehicle accidents to changes in lifestyle and posture from entering the workforce, a variety of factors can affect the joint health of young adults. In middle age, we add additional factors with changing hormones. The onset of musculoskeletal pain and arthritis are recognized as being increasingly common after you pass the age of 50.⁷ DCs are well equipped to handle personal injuries, overuse injuries, pains from poor workstation ergonomics and other conditions that may affect us as we age.

In addition to addressing pain and injury concerns, chiropractic care can provide a variety of other benefits:

- **RECOMMENDATIONS FOR ON-THE-JOB ERGONOMICS AND POSTURE TECHNIQUES THAT CAN HELP PREVENT JOINT DEGENERATION**
- **BETTER SLEEP**
- **INCREASED RELAXATION AND STRESS REDUCTION**
- **ANALYSIS OF RISK FACTORS FOR OSTEOPOROSIS**
- **PROVIDE PREVENTATIVE MEASURES FOR CONDITIONS LIKE ARTHRITIS OR OSTEOPOROSIS (JOINT MOBILITY, SPECIFIC EXERCISES AND NUTRITION TO SUPPORT JOINT AND BONE HEALTH)**
- **STRATEGIES TO MAINTAIN STRENGTH AND BALANCE TO PREVENT FUTURE INJURIES OR FALLS**
- **INCREASE ENERGY, MOBILITY AND QUALITY OF LIFE**



THE GOLDEN YEARS

(AGE 65+)

As our bodies age we find that joints stiffen and balance naturally declines. These factors increase the risk of falling and make the possibility of suffering an injury more common. Older adults are also particularly vulnerable to back pain.⁸

In our golden years, chiropractic care strives to enhance quality of life and promote independence by helping patients maintain optimum mobility and stability in the joints and decrease the risk of falls. DCs continue to increase in popularity with seniors for the wide variety of benefits they offer beyond pain relief:

- **GENTLE LOW IMPACT TECHNIQUES THAT FEEL GOOD AND ARE SAFE AND EFFECTIVE TO MAXIMIZE JOINT FUNCTION**
- **REDUCE THE NEED FOR SURGERY OR DRUGS THAT COULD HAVE POTENTIALLY DANGEROUS SIDE EFFECTS**
- **INCREASED BALANCE AND STABILITY TO DECREASE FALL RISK**
- **INCREASED STRENGTH AND ENDURANCE**
- **IMPROVED SLEEP**
- **INCREASED VITALITY AND ENERGY**

Not only can DCs offer targeted strategies that maximize joint function and deliver injury care for neuromusculoskeletal issues, chiropractors also provide consultation on other health topics like nutrition, exercise, posture and ergonomics so that family members of all ages can enjoy better health and well-being. For the young, the young at heart and all the steps in-between, the benefits of chiropractic care can be found at every stage of life.



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