

CHIROPRACTIC *And* OSTEOARTHRITIS

By Dr. Robert DeVincentis

When one hears the term arthritis we tend to think of a degenerative disease within the elderly population. However, this is a huge misconception in our thought process that we are finding out today.

For instance, low back pain is the leading cause of disability for people under forty-five years of age. Most people are unaware that arthritis is the basis for their low back pain as well as chronic shoulder and neck pains. The questions that we have to ask ourselves is what is arthritis and how can we manage this?

In order to answer this question we have to get back to the basics on what osteoarthritis really is. In Latin osteoarthritis” is translated and defined as an inflammation within the joints.

This inflammation is due to wear and tear injuries (accumulative traumas), such as repetitive motions or poor posture on the computer terminal, improper lifting techniques, accidents, etc. Over time this causes the cartilage formation within the joints to wear down. This places pressure in unequal amounts distributed upon the human frame.

Common places for arthritis to occur are in the low back, hips, knees and shoulders. Most people manage their soreness and achiness that arthritis causes by taking medication or an over the counter drug. This solution does allow for temporary relief of an acute arthritic flare up, but does nothing to manage the actual cause of this problem. This can become very frustrating for sufferers of this disorder.

With chiropractic care on the rise, more and more people who suffer with arthritis are seeking benefits through natural procedures. People are learning that they do not have to live with the pain. The cause of the disorder must be addressed, not just the effect. How does chiropractic fit in with the osteoarthritis equation?

Most people are unaware that we have normal curves in the spine. With a lack of curvature in the spine this stress will produce an unequal amount of distribution not only on the intervertebral discs themselves, but also upon the human frame. Just as a misalignment in your car would cause wear and tear on the automobile's tires and other parts, likewise in your body. This is a major reason for osteoarthritic change within the spine which often leads to pain.

Chiropractors that deal with structural correction work to restore the normal curvature in the spine and break up the scar tissue formation that surrounds the joints in the body leading to osteoarthritis. This in turn gets to the root of the problem enabling the person to have more flexibility and a greater range of motion within their joints.

Chiropractic has been a proven alternative that has become mainstream for these osteoarthritic conditions. Structure determines our function. If our structure is not aligned properly, excessive wear and tear will occur within our joints leading to pain. Hippocrates, the father of medicine, said to "look well to the spine for the cause of disease." Understanding the cause of our problems will make way to facilitate the success of the effects of osteoarthritis.

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