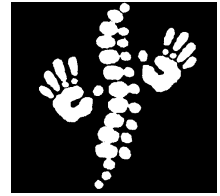


STEWART CHIROPRACTIC NEWS... *Taking charge of your health!*

DR KEVIN L. STEWART D.C. ♥ ADVANCED BACK & SPORTS INJURY CLINIC
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ANATOMY OF A PINCHED NERVE

THERE IS HOPE

It can cause numbness, tingling, burning, weakness, or a myriad of other symptoms. It can happen in your neck, back, shoulder, or wrist. It is a pinched nerve and it is often very painful. If you suffer from carpal tunnel syndrome, spinal stenosis, arthritis, or a disc herniation, you are at risk for suffering from a pinched nerve. "Pinched nerve" is a term that many patients use. But, it's not actually a physical squeezing. The condition is more of a compression that can occur in a number of places. There are many causes of a pinched nerve. For example, you could have tight muscles, which can create increased muscle tension, and cause compression on various nerves. You can get a vascular compression on the nerves from swelling. Both of these causes are in turn caused by subluxations or bones misaligned, which can cause a direct irritation to the nerve.



While patients can have a pinched nerve long before they feel pain, once the discomfort sets in, it can be debilitating. Current research says it takes 60% of the nerve fibers to be irritated before you feel pain. Therefore, you cannot use pain as an indicator of your health status.

Depending on where the pinched nerve is located, there are various types of chiropractic adjustments that can be administered with great effectiveness. Many times, the pinched nerve is due to misalignment. We try to identify if it is muscular, vascular, or bony in nature. Through adjustments, we try to restore the normal motion that would exist, and thereby reduce the amount of tension in that area. As chiropractors, we want to know what conditions are causing the pinched nerve. If the problem is stenosis, we would want to open up the spinal canal. However, if it is a disc herniation problem causing a pinched nerve, the treatment would be exactly opposite.



Chiropractors use a variety of techniques in treating pinched nerves as well as adjusting the joints. Myofascial release or trigger point therapy is used to release the restrictions in the tissues and muscles, like scar tissue. We use electrical stimulation and ultrasound to pump out inflammation, relax the muscle, destroy scar tissue, and bring blood to the damaged area to speed repair as well.

To prevent the recurrence of a pinched nerve, there are various exercises patients can do on a regular basis. While many patients think that the best prevention tool is to strengthen the muscles around the area of



complaint, in many cases, it is more important to stretch the muscles out healthily to relieve the pressure on the pinched nerve. Home stretches, including yoga, work very well to relieve and prevent the return of the problem. An overall program of chiropractic maintenance, along with a healthy diet, proper sleep, and stress reduction can do wonders in prevention and/or recurrence of a pinched nerve. The good news is that you do not have to suffer from this painful and sometimes debilitating condition. Start today to feel better and enjoy better health.



DR. KEVIN L. STEWART takes pride in the 12 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him abreast of the latest



technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.