



Northfieldchiropractic.ca

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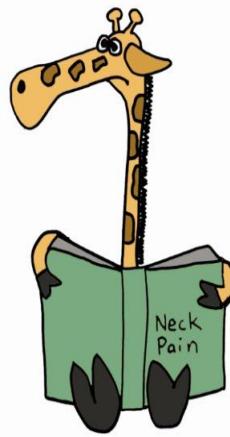
LASER THERAPY

Northfield Chiropractic has been using Low Intensity Laser Therapy (L.I.L.T) for over ten years. Having now applied MedX Laser Therapy to hundreds of patients it is our experience that laser can be effective in decreasing pain as well as improving long term patient outcomes.



We have found that Low Intensity Laser (LILT) is a safe and effective therapy. Laser may give relief to a number of inflammatory pains including: **tendonitis, sprains and strains, arthritis, "heel spur" and Carpal Tunnel Syndrome.**

Laser therapy is **not a Panacea** and needs to be used alongside appropriate medication and exercise. In this newsletter we focus on neck pain which often appears to respond well to LASER Therapy.



I've Hurt My NECK Now What Should I Do?

First don't panic! With evidence-based hands-on type treatment most **NECK PAIN** can be managed effectively and will not require surgery.

1/ If the pain persists for more than a few hours, or if it becomes more severe, even with rest, you should contact your Chiropractor.

It is important that you are **Diagnosed** promptly so that appropriate treatment can begin. Early intervention of the Problem usually means that a faster recovery can occur.

Neck Pain (cont.)

2/ If significant trauma has occurred or if pathology is suspected X-rays may be required.

3/ When the cause of your neck pain is fully diagnosed, then treatment can be initiated.

4/ The most common cause of neck pain is muscle or joint irritation. This type of problem responds well to Chiropractic treatment and **does not usually result in chronic pain.**

5/ Best evidence available at present indicates that treatment protocols including mobilization and manipulation work well to speed recovery.

6/ You can manage the acute pain at home with ice, anti-inflammatory meds (such as *Aleve, Motrin or Advil*) and stretching exercises.

7/ Neck collars/supports are not usually advisable: best evidence indicates recovery is faster if you keep as active as possible.

8/ We will teach you specific exercises to help you manage your own neck pain.

Dr. Harold Paisley, DC
99 Northfield Dr. E., Suite 302
Waterloo, ON N2K 3P9

Website www.northfieldchiropractic.ca E-mail drpaisley@northfieldchiropractic.ca Tel (519) 886-3191

CHIROPRACTIC TREATMENT EFFECTIVE FOR NECK PAIN

A study published in the respected journal “**SPINE**” provides further evidence that mobilization and manipulation are effective for treating neck pain.

The report recommended that neck pain be classified as a system of four grades:

Grade 1: neck pain with little interference with life

Grade 2: neck pain that limits daily activities

Grade 3: neck pain with radiculopathy (nerve pinch)

Grade 4; neck pain with serious pathology

The study concluded: **“there is sufficient evidence to support neck mobilization, massage, low level laser, acupuncture, exercise, neck manipulation, education and analgesics in the treatment of Grade 1 and Grade 2 neck pain.”**

The study also found that some commonly prescribed therapy protocols are unlikely to be effective in the treatment of Grade 1 and Grade 2 neck pain. These included **cervical collars, TENS, injection therapies and surgery.**

MULTIPLE CAUSES OF NECK PAIN

There are many different causes of neck pain. Below find three of the most common.

OSTEOARTHRITIS



Osteoarthritis of the neck is also called degenerative joint or disc disease. It is usually found in patients that are over fifty. X-rays will reveal narrowing of the disc space and the presence of bone spurs (osteophytes). Symptoms often include stiffness and dull ongoing pain.

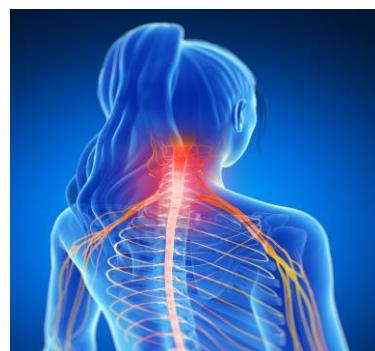
WHIPLASH



Whiplash most often is caused by the trauma of a motor vehicle accident. If you or any of your family is involved in a MVA then prompt Chiropractic care will be of benefit.

Whiplash injury usually responds well to chiropractic treatment and prompt care can help to avoid any ongoing long-term consequences of the injury.

RADICULOPATHY



Radiculopathy is commonly known as a “pinched nerve”. The pain from this problem can be excruciating. Along with neck pain a pinched nerve can also cause pain, numbness and weakness in the arms. Traction, exercise and laser therapy can give relief. This type would be classified as a “Grade 3” neck pain and can take 4 – 6 weeks to respond to treatment.

Depending which nerve of the cervical spine is involved various symptom patterns will be found. If the C-5 nerve is pinched the pain will be primarily in the neck, upper back and shoulder. However, if the lower nerves in the neck are pinched (C-6,7 or 8) then the pain will radiate down the arm and can cause hand pain. Often numbness into the hand and fingers will also occur.

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