



The Clinic
NEWSLETTER
for
Eastbourne Chiropractic Clinic



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DO YOU KNOW PAIN?

Most of us go to see a chiropractor when we are in pain and suffering. As a chiropractic patient you would have been adjusted/manipulated by your chiropractor who would call upon a variety of techniques depending on the individual problem. The effect of these adjustments is to restore movement to a joint or joints that have become restricted in one or more direction of movement. As a result of this, different receptors on the joint are stimulated, there is an increase in blood flow around the area, there is relaxation of the muscle contracture (spasm) that is restricting the joint from its movement and the body's own naturally produced painkiller beta-endorphin is released.

PAIN IS A NORMAL WARNING FUNCTION and ignoring pain is dangerous. However, prolonged continuous pain is itself debilitating and the pain of backache has been likened to "toothache of the back". We believe that the sensible use of painkillers and anti-inflammatories, which reduce inflammation around the physical injury, can be valuable. Indeed there have been times when chiropractors have advised against any adjustment until the inflammation has been reduced by the use of ice packs and/or anti-inflammatories.

REST AND TIME certainly do give your body a chance to heal from a simple muscle strain. However in other cases, such as a locked vertebra, rest and time is unlikely to solve the problem and an adjustment is needed. You may have to make changes in your lifestyle to prevent "difficult to treat" physical injuries which cause prolonged pain. Equally however, you may not be able to do this due to your type of employment and in such cases your chiropractor will try and give you advice and/or exercises to limit the risk of further injury.

PAIN ALLOWS YOU TO MONITOR YOUR PROGRESS, but having no pain does not necessarily mean that you are healthy. Many conditions, such as osteoarthritis, can incideously develop without causing initial pain. Many people have regular check ups with their GP's or dentist, even when not in pain to prevent problems occurring. There is also a strong case for regular chiropractic check ups for those patients who have had long term problems, to ensure their continual well-being.

WHAT ABOUT THE USE OF DRUGS? The problem here is, which drug and for how long. Pain itself can be a severe stress factor and chiropractic care can certainly benefit patients with treatable injuries. However on occasions the pain can be so severe that we see no reason why patients should not use painkillers in such circumstances and indeed the use of anti-flammatories with ice packs should be positively beneficial.



A VERY SMALL NUMBER OF CHIROPRACTORS appear to be against conventional medicine. Equally there is no doubt that some GP's have been against chiropractic, but we are also well aware of many GP's and chiropractors who enjoy an excellent and co-operative working relationship.

We believe that **ALL HEALTH CARE** professionals, no matter what their discipline, should be professional and co-operate for the general well being of their patients, who will require their services across all aspects of their personal health care.

Finally, if you decide you do need to take painkillers and/or anti-inflammatories, then you must follow the manufacturers recommendations in respect of the dose. If you are taking other drugs for other conditions, then check with your General Practitioner or Pharmacist to ensure that the drugs you wish to take are compatible with those you are already taking.

Whatever you do, take good care of yourself!



As stated in our previous newsletters we are still celebrating 40 years of

CHIROPRACTIC IN EASTBOURNE

As a way of continuing the celebration we are once again offering **FREE** consultations throughout the month of **NOVEMBER**.

If you feel you have friends or members of the family who are unsure as to whether chiropractic can help them then please recommend they phone the clinic. All they have to do is speak to one of our friendly team saying who has recommended them and they would like to make an appointment for a **FREE** consultation and examination and we will do the rest.

WE NOW HAVE FREE PARKING !

Hope you all have a pain free winter.

Yours Chiropractically

Hilton, David, Carol, Kay, Jackie and Jan.

www.eastbournechiropractic.co.uk

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