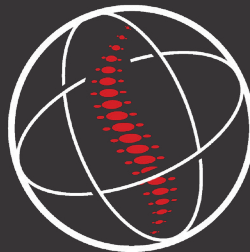




AXIS



SPINE CENTER

A DIVISION OF NORTHWEST SPECIALTY HOSPITAL
PROUDLY OWNED AND OPERATED BY PHYSICIANS

Call Axis
Spine Center
today to see if
Chiropractic Care
is right for you!

CALL NOW
208-457-4208



AXIS SPINE NEWSLETTER

Chiropractic Medicine
by **ADAM MILLS, DC**

WHAT EXACTLY IS A CHIROPRACTOR?

Chiropractors focus on conditions of the musculoskeletal and nervous systems. Chiropractors are experts when it comes to spinal adjustments and restoring proper segmental joint motion within the spine. The purpose of the spinal adjustment is to restore mobility in the spine or other joints with tissue damage, which decreases pain and muscle tightness. The adjustment, coupled with stretching and soft tissue mobilization, acts as a mechanism to restore spinal health and healing.



ADAM MILLS, DC

Dr. Adam Mills is board certified by the National Board of Chiropractic Examiners. He specializes in acute severe low back and neck pain, migraines, soft tissue injury, and rehabilitation.

A believer in a non-invasive approach that gives patients another tool to regain and maintain their health, Dr. Mills utilizes chiropractic both for preventative care as well as to address acute injuries and chronic pain.



“When spinal joints stop moving properly, they become restricted, leading to localized inflammation within the joint capsule and surrounding tissues.”

HOW DO DAILY ACTIVITIES CAUSE PROBLEMS?

Injuries, traumatic events, poor posture, repetitive use, and past injuries can lead to decreased joint mobilization. When spinal joints stop moving properly, they become restricted, leading to localized inflammation within the joint capsule and surrounding tissues. Your body senses this imbalance. The surrounding musculature tightens around the joint to protect the area from further injury. This cascade of events can lead to pain and loss of function.

WHAT DOES CHIROPRACTIC CARE INVOLVE?

Chiropractic care takes a hands-on approach to the restoration of normal joint motion, allowing for proper movement of the spine. This allows the body to efficiently start the healing process of the injured tissues. Restoration of joint motion can be done using various manual adjustment techniques or with the aid of a device, such as a table or hand-held tool.

WHAT ARE THE GOALS OF CHIROPRACTIC TREATMENT?

Regardless of the cause of pain, the goals for chiropractic treatment is the same:

- ▶ *To control and relieve the patient's pain as quickly as possible.*
- ▶ *Minimize frequency and severity of pain exacerbation.*
- ▶ *Minimize the patient's time lost at work.*
- ▶ *Support and enhance the patient's current level of function.*
- ▶ *Minimize the risk for acute relapse and functional decline.*

WHY MIGHT SOMEONE SEEK CHIROPRACTIC CARE?

Back pain and related symptoms are some of the most frequent medical complaints and probably the most common reason people seek chiropractic care. Patients seek chiropractic care for a verity of reasons. Headaches, sciatica, sprains/strains, degenerative disc disease, work injuries and car accidents are just a few that come to mind.

