

# How chiropractic adjustments can help relief pain symptoms associated with arthritis?

## News

Arthritis is more than skin deep-in fact, the inflammation and degeneration it can cause changes in the bones themselves. But despite this, there are Manual (or hands-on) therapies that can help Manage arthritis symptoms: Chiropractic treatment and massage.

Some Chiropractic treatment benefits:

- a) It restore joints bio-mechanics and correct the positioning of spine to restore the communication between the brain and body parts--to restore functions.
- b) It help restore ranges of motion ----- help you move more freely with less tension.
- c) Chiropractic adjustment help break scare tissues (in chronic conditions), which may help ease motion and restore functions.

## Chiropractic treatment/adjustment

Also known as Manual manipulation, is provided by licensed chiropractors. Manual adjustment commonly done by doctors of chiropractic medicine. They use their hands to adjust and manipulate the spine / joints to correct bio-mechanics and restore spine / joints correct positioning.

Some manipulation techniques used by chiropractors:

- a. High-velocity, low-amplitude (HVLA) thrusts, which include the quick movements (“ pop “ or “cracks = audible sound = may associate with chiropractic adjustment --- this noise (pop sound) -- result from of carbon dioxide release (waste product) from the manipulated joints)
- b. Gentle, low-velocity techniques, which use slow movements to mobilize joints and which don’t involve audible sound “cracks/pops”.

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Because people with arthritis have damaged and/or inflamed joints. If you have arthritis, seek out chiropractors with experience treating arthritic conditions using the gentler, low-velocity techniques. - Also, keep in mind that even if you don’t have arthritis in your spine, adjustments to the spine’s alignment may help other joints. For example, correcting the alignment of your hips could help take pressure off an arthritic knee.

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## Conflicts of Inetrset

None.