

# Chiropractic treatment

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## Arthritis

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

## Some chiropractic treatment benefits

1. It restores joints bio-mechanics and corrects the positioning of spine to restore the communication between the brain and body parts-- to restore functions.
2. It helps restore ranges of motion help you move more freely with less tension.
3. 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

1. 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)
2. Gentle, low-velocity techniques, which use slow movements to mobilize joints and which don't involve audible sound "cracks/pops".
3. 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.

## Chiropractic pain treatment/ management

Pain is a symptom/ effect (not a disease) with underlying cause. Pain can be defined as unpleasant feeling, emotional, and sensory experience associated with actual or potential tissue damage.

Dr. Hassan approach address pain as a universal problem using the whole person approach, addressing (physical, biochemical, mental, and emotional aspects of the human being), and treating the underlying cause not just the symptoms. After performing detailed examination, medical history, review diagnostic images (X-rays, MRI, Scans, E M G), and blood tests, to reach to proper holistic diagnosis.

Recognizing the emotional status of pain patients Tailor a treatment plan based on your individual needs, age, severity, and degree of tissue damage, and will Modify your treatment plan according to your body response to treatment utilizing multi - modality approach.

## Acknowledgments

None.

## Conflicts of interest

None.