

Are You Suffering from Back Pain?

by Dr. Richard A. Saladino



Are you suffering from back pain? If you suffer from back pain, you join as many as 85% of all Americans who will be disabled by back pain at some point in their lives. But thanks to chiropractic, there is a safe, effective, and scientifically proven answer to back pain.

Good news for bad backs! Each year millions of people find relief from back pain with chiropractic care. Chiropractic can help correct the cause of your pain and restore your back to full function, while preventing other back problems in the future.

The primary weapon against back pain is a specific form of manipulation called a "spinal adjustment." When properly administered by a trained professional, chiropractic adjustments have been scientifically proven to be highly effective in dealing with pain of spinal origin.

The U.S. government recently sponsored a study which concluded that most patients with simple backache, and many others with nerve root pain, should consider manipulative treatment. The Agency for Health Care Policy and Research found spinal manipulation to be a "safe and effective" treatment for adults with back problems.

WHAT YOU SHOULD "KNOW" ABOUT YOUR BACK

Chances are, you taken your back for granted...that is, until your back stops working the way it should! Understanding how your back works and what you can do to prevent back problems can help keep your back "trouble-free."

The key to understanding your back is to understand your spine. Your spine plays an important role in your body's health. Not only is it involved in every move you make, it also houses your body's lifeline—your spinal cord.

Your spinal cord extends vertically the length of your spine through an opening in each one of your vertebrae. Your

central nervous system, made up of your brain and spinal cord, generates electrical impulses that control and coordinate every cell, tissue, and system in your body.

Your nervous system interacts closely with your musculoskeletal system. Your ability to stand, move, bend, and twist comes from this complex network made up of nerves, muscles, ligaments, and bones. Your bones and ligaments provide structural support. Your muscles control your movement, while your nerves carry electrical impulses to your muscles.

WHAT IS OSTEOARTHRITIS?

Osteoarthritis is a slow degeneration of the joints that connect your bones and allow you to move. Aging, injury, poor posture, and excess weight can cause joints to wear down and become stiff and painful.

Healthy joints. Inside each joint, the ends of the bones are covered with a tough tissue called cartilage. In healthy joints, the cartilage is smooth and slick, so the bones can move easily.

Arthritic joints. With osteoarthritis, the cartilage becomes rough and pitted. As the joints wear down, calcium deposits, spurs (bony outgrowths), and swelling may develop. This restricts movement and causes pain.

As "blueprints" of your bones, x-rays can reveal arthritis or other problems such as fractures and diseases of your bones. Other tests can be done, if necessary.

What is "sciatica"? Sciatica is a term that refers to the painful inflammation of the sciatic nerve, the longest and largest nerve in your body. Sciatica comes from the Latin word meaning "hip." Your sciatic nerve extends from your buttocks all the way down to your toes!

Your sciatic nerve is formed from five nerve roots in your lower back which join together deep in your pelvis. From there, the sciatic nerve divides into many branch nerves that serve your muscles, joints, skin, and other tissues in your legs and feet.

Sciatica flare-ups may or may not involve back pain; the pain can be "referred" to other areas. Sciatica sufferers, however, often have a history of low back pain.

The most common cause of sciatica is an irritation of nerve roots as the exit from your spine. Eventually, damaged

nerves can restrict your joint movement, which interferes with the transport of lubrication to your discs.

When unhealthy discs dry out, this causes the gel-like center to bulge out or herniate. The bulging or herniated disc matter can press against your sciatic nerve, causing further irritation. Irreversible damage may occur if the nerve interference is not removed. That's where chiropractic comes in!

Proper alignment of your spine's 24 vertebrae is essential for total health. Unfortunately, daily wear and tear, such as poor posture, improper lifting, old injuries that didn't heal properly, or lack of body conditioning can cause your spine to get out of alignment.

A spinal misalignment is called a "subluxation." Subluxations cause electrical impulses traveling along your nervous system to be slowed, lost, or confused. Muscle spasms, prolonged periods of pain, delayed recovery from injury, as well as increased chances of permanent damage and degeneration can result.

Chiropractic works! By eliminating areas where your nerve roots may be pinched, stretched or compressed, we can relieve your back pain...and a whole lot more!

Chiropractic care removes spinal nerve interference to allow your nervous system to operate the way it was intended. Spinal adjustments can correct subluxations, allowing your nervous system to function efficiently without interference, while improving your muscle balance to create a natural flow of motion. With proper spinal alignment, painful pressure on your muscles, ligaments, and spinal nerves can be relieved.

It's tempting to reach for a quick-fix by taking pain-killing drugs when you're in pain. But drugs only mask the pain; they do not correct the underlying problem. The goal of chiropractic is to identify the cause and then correct the problem so it doesn't recur.

If you've been told you need back surgery, take a closer look at your options. Many patients who have been told they need surgery have corrected their back problems with chiropractic care.

The #1 priority of chiropractic is to help you relieve your pain while restoring joint mobility and function.

Dr. Richard A. Saladino received his Bachelor's Degree of Science in Biology and Chemistry from the State University of New York at Albany. He received his Doctorate from Palmer College of Chiropractic in Davenport, Iowa.
He is Diplomate of the National Board of Chiropractic Examiners. He is a long-standing member of the Florida Chiropractic Association, and has been an active practicing Chiropractic physician since 1988.
Dr. Saladino is now internationally recognized as a Chiropractic Expert by the American Board of Medical Examiners. He has lectured at many colleges and institutions, and would be happy to educate you with regards to any health matter in order to meet your needs.

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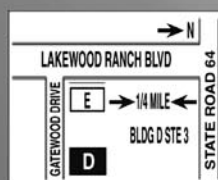
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