

Chiropractic Helps Hip and Back Problems

Do You Need Chiropractic?

Take this Quiz:

1. Do your joints "click?"
2. Do your feet flare out or in when you walk?
3. Is one leg shorter than the other?
4. Do you have leg, knee, buttock, or hip pain?
5. Do you have low back weakness or pain?

Many people suffering from these disorders have turned to a different approach to health care; chiropractic. Chiropractic treats the *vertebral subluxation complex*. This common condition jams or locks your spinal joints; irritates, stretches or compresses ("pinches") your nerves; unbalances your posture; weakens your discs, tendons and muscles; causes pain and interferes with your ability to adapt to your environment.

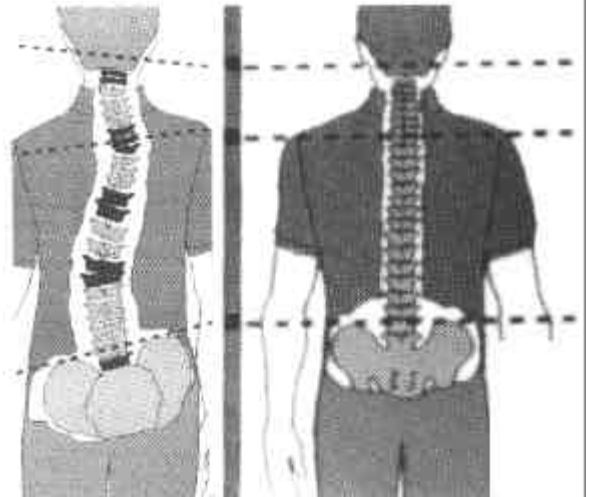
Lower Back, Buttock and Thigh Pain

The nerves originating from the spinal column in the lower back and hips travel to the bladder, kidneys, prostate, reproductive and pelvic organs, uterus and lower intestines. It is very important to ensure that the nerves to these organs are free of any irritation, compression, or stress. When your hips are uneven, your legs become uneven; one appears longer than the other. This is most noticeable when you lie down and is often used as a chiropractic test. More pressure is placed on the long leg when you walk; the knee, hip, ankle and

foot on that side of your body may show pain and pressure.

Conclusion

A chiropractic spinal checkup should be part of everyone's health care regime. The stress from work and poor posture can cause spinal problems.

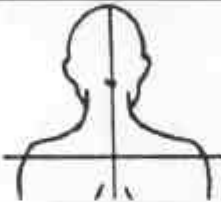
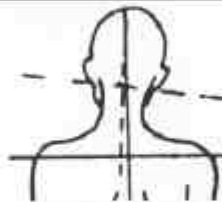


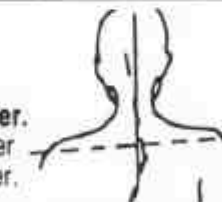
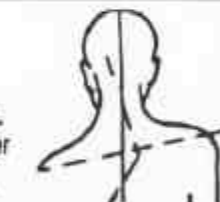
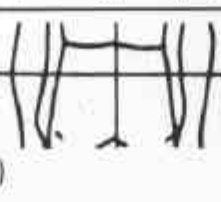
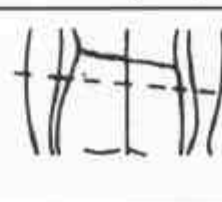



Are You Having Hip or Back Pain?

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to schedule your appointment today, or
go to www.creatingfamilywellness.com

**Turn Over for
Posture Self Test**

Posture Card	Name _____		
	Address _____ Phone _____		
	Good - 10	Fair - 5	Poor - 0
Head Left Right	Head. Ears Level 	Head - tilted. One ear slightly higher. 	Head - tilted. One ear markedly higher. 
Shoulders Left Right	Shoulders level. (Horizontally) 	One Shoulder. Slightly higher than the other. 	One Shoulder. Markedly higher than the other. 
Hips Left Right	Hips level. (Horizontally) 	One Hip. Slightly higher. 	One Hip. Markedly higher. 

Level of the head (ears), shoulders, and hips are important in determining if there is a spinal problem. If they are level, the spine is usually straight. If one side is higher than the other, a spinal curve exists, which results in pressure on joints, discs, and nerves. If left undetected or uncorrected degeneration will occur. If your score is 25 or less, you should have a thorough Chiropractic exam.