



Don't let pain keep you from enjoying life

Sore, throbbing joints can make life difficult. About all you can think of doing is heading for the couch and sitting there till the pain goes away. But sitting can actually make joint pain worse! Hours of sitting tighten hip flexor and hamstring muscles and stiffen the joints. Tight hip flexors and hamstrings can affect gait and balance, making it harder to walk — or even making you more likely to fall.

There's no need to let stiff, aching joints keep you from doing what you love. You can help control the pain, increase your flexibility and range of motion, and get amazing relief with the right exercises. Physical activity is important to you so it's time to learn how chiropractic care can help get you moving again.

Pain relief: Whether your pain is acute and was caused by an unexpected injury, or chronic and it's been your constant companion for months, chiropractic care can help! A chiropractor can help identify and treat the actual source of your pain and correct any joint restrictions of the spine. The biggest benefit of the pain relief is that it is completely drug-free, so it won't have the many undesirable and unwanted side effects that typically come with prescribed pain medications.

Increased balance and coordination: Chiropractic adjustments help with age-related issues that can affect a patient's balance and coordination, such as osteoporosis and arthritis. A chiropractor can improve this deficiency by properly aligning the spine, muscles, and joints in a patient's body.

Improved range of motion: Unfortunately, many people may feel pain or discomfort when bending over or reaching for items, but chiropractic care has consistently been shown to increase a patient's range of motion in the spine, arms, and legs. With an improved range of motion, patients can get back to taking care of their basic needs, enjoying their hobbies and family more, and living the life they want without pain.

Injury treatment: Injuries are an unfortunate and often inescapable aspect of life, and recovering from them quickly and completely is critical to your quality of life. Chiropractic care helps patients through this recovery process in a safe and effective way, completely avoiding the use of medications and invasive treatments. When the spine is properly aligned, the injured tendons and muscles are able to heal correctly.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP).*