Article published on December 27th 2011 | Health

Chiropractic care has been helping many people for many years in improving spinal function. The spine is commonly called the backbone and it has a normal curvature to withstand the weight of the body. In addition, the spinal column protects the internal organs such as the lungs and heart. Without the spine, the heart and lungs are exposed and may easily be damaged from an unwanted accident.

Chiropractic care is based on the theory that a deformity or misalignment of the spine can cause different physical disorders and pains. The nerves are compressed between the joints in the spine causing irritation, which result to pain. Any interference in the function of the nerves result to different body aches and discomforts. Various chiropractic treatments are used to relieve the nerves from compression that eliminates pain and restore normal functions.

Improving spinal function is very important for the spine to perform its tasks. An abnormal curvature and spinal deformity are prevented through chiropractic treatments such as spinal manipulation, massage therapy, exercise program, diet, lifestyle changes, electrotherapy, and hot and cold application. With the knowledge and expertise of a chiropractor in performing these treatments, a person is able to restore his or her health and maintain the best possible physical state.

Chiropractic care is designed to provide their clients a spine that is performing and functioning perfectly. Different treatments are provided to correct any deformity in the spinal column as well as the muscles and ligaments supporting it. When the muscles supporting the spine are stiff and spastic, chiropractic treatments are needed to relieve the stiffness and remove spasm. This is for the muscles not to deform the spinal column by pulling it oddly. A relaxed muscle helps in improving spinal function.

As mentioned above, of the treatments used in correcting a misaligned spine is through spinal manipulation. Spinal manipulation is considered as one of the most effective treatments in reestablishing the position as well as the normal curvature of the spine. Massage is usually performed before and after spinal adjustment. This enables the muscle to relax and remove stiffness so that the patient will not feel severe pain during manipulation.

Improving spinal function is one of the objectives of a chiropractor. A spine that is functioning appropriately lessens the risk of a person to feel pain and other physical discomforts. It also restores and preserves the anatomical position and prevents deformity of the spine. Chiropractic care aims to alleviate pain and promotes wellness.

Article Source:
http://www.articleside.com/health-articles/improving-spinal-function-using-chiropractic-care.htm - Article Side

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Article Keywords:
chiropractic, chiropractor, alternative medicine, health, nutrition

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