

Dr. Harold Paisley

Northfieldchiropractic.ca

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LASER THERAPY

Northfield Chiropractic has been using Low Intensity Laser Therapy (L.I.L.T) for over nine years. Having now applied MedX Laser Therapy to hundreds of patients it is our experience that laser can be effective in decreasing pain as well as improving long term patient outcomes.



We have found that Low Intensity Laser (LILT) is a safe and effective therapy. Laser may give relief to a number of inflammatory pains including: **neck pain, tendonitis, sprains/strains, arthritis, "heel spur" and Carpal Tunnel Syndrome.** Laser therapy is **not a Panacea** and needs to be used alongside appropriate medication and exercise. The cost for Laser Therapy does not need to be exorbitant. There is no cost beyond the usual office fee.



I've Hurt My **NECK** Now What Should I Do?

First don't panic! With evidence based treatment most **NECK PAIN** can be managed effectively and will not require surgery.

1/ If the pain persists for more than a few hours, or if it becomes more severe, even with rest, you should contact your Chiropractor.

It is important that you are **Diagnosed** promptly so that appropriate treatment can begin. Early intervention usually means that a fast recovery can occur.

Neck Pain (cont.)

2/ If significant trauma has occurred or if pathology is suspected X-rays may be required.

3/ When the cause of your neck pain is diagnosed, then Treatment can be initiated

4/ The most common cause of neck pain is muscle or joint irritation. This type of problem responds well to Chiropractic Treatment and **does not usually result in chronic pain.**

5/ Best evidence available indicates that mobilization and manipulation work well to speed recovery.

6/ You can manage the acute pain at home with ice, anti-inflammatory meds (such as *Aleve, Motrin* or *Advil*) and stretching exercises.

7/ Neck collars/supports are not usually advisable: best evidence indicates recovery is faster if you keep as active as possible.

8/ We will teach you specific exercises to help you manage your own neck pain.

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CHIROPRACTIC TREATMENT EFFECTIVE FOR NECK PAIN

A study published in the respected journal *"SPINE"* provides further evidence that mobilization and manipulation are effective for treating neck pain.

The report recommended that neck pain be classified as a system of four grades:

Grade 1: neck pain with little interference with life

Grade 2: neck pain that limits daily activities

Grade 3: neck pain with radiculopathy (nerve pinch)

Grade 4: neck pain with serious pathology

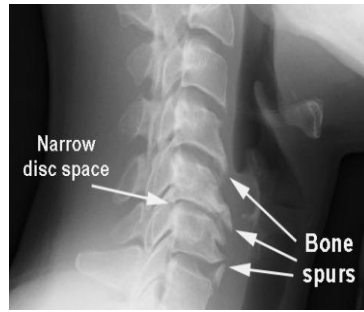
The study concluded: *"there is sufficient evidence to support neck mobilization, massage, low level laser, acupuncture, exercise, neck manipulation, education and analgesics in the treatment of Grade 1 and 2 neck pain."*

The study also found that many commonly prescribed treatments are unlikely to be effective for the treatment of Grade 1 and Grade 2 neck pain. These included **cervical collars, TENS, injection therapies and surgery.**

MULTIPLE CAUSES OF NECK PAIN

There are many different causes of neck pain. Below find 3 of the most common.

OSTEOARTHRITIS



Osteoarthritis of the neck is also called degenerative joint or disc disease. It is usually found in patients that are over fifty. X-rays will reveal narrowing of the disc space and the presence of bone spurs (osteophytes). Symptoms include stiffness and dull ongoing pain.

WHIPLASH



Whiplash most often is caused by the trauma of a motor vehicle accident. If you or any of your family is involved in a MVA then prompt Chiropractic care will be of benefit.

Whiplash injury usually responds well to treatment and prompt care can help to avoid any ongoing long term consequences of the injury.

RADICULOPATHY



Radiculopathy is commonly known as a "pinched nerve". The pain from this problem can be excruciating. Along with neck pain a pinched nerve can also cause pain, numbness and weakness in the arms. Traction, exercise and therapy can give relief.



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