



# Orpington Chiropractic Clinic

## News Bulletin



8-10 High St. Orpington

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### Did you know?...

If one area of your spine malfunctions, other areas of your spine can malfunction to compensate. Research indicates about 70% of those suffering from whiplash injuries to the neck also suffer problems in their lumbar (lower) spine. Compensation reactions, like scoliosis cause new problems as the body attempts to counteract the effect of gravity.

Why is it impossible to have a "slipped disc"?

Discs are small pads of cartilage with a soft, pulpy centre which are situated between each vertebra that act as "shock absorbers" for your spine. They attach to the weight bearing surfaces of the adjacent vertebrae in such a way that they cannot slip. When people refer to a "slipped disc", they usually mean a torn, bulging or herniated disc.

What is the "sound" I hear when the doctors adjust my spine?

It is the sound of fluid and gas moving in the spinal joint as it returns to its normal position. It often sounds much louder to you because sound travels so easily up the spinal column to your ears. Not all adjustments create sound, so the presence or loudness of the sound should not judge the effectiveness of an adjustment.

Why do Chiropractors take X-rays?

X-rays are used to show the structure of the spine, reveal fractures, bone diseases and confirm the findings of other examinations. The chiropractic profession has been instrumental in reducing patient exposure to X-rays by using high-speed films, magnification screens, wedges, shields and other technologies.

## Royal Report Backs Chiropractic

A report commissioned by the Prince of Wales, concluded this fall that chiropractic treatment, and with other complementary therapies, should be given a greater role in the National Health Service.

Patients suffering from conditions including backache, stress and depression could benefit from therapies such as chiropractic, said the survey, led by former Barclay's Bank chief analyst, Christopher Smallwood. The study covered the "Big Five" of complementary health care: chiropractic, osteopathy, homeopathy, acupuncture and herbal medicine.

Millions of people use complementary therapies in the UK and today there are over 1800 practising chiropractors in Great Britain and demand is growing.

Research shows that back pain account for 200 million lost days from work each year,



come families, those who would have found most benefit from its provision," he added.

Prince Charles, a known advocate of chiropractic, was reported as saying he was grateful for the report and hopes it will encourage informed debate about the wider benefits of complementary medicine.

Barry Lewis, president of the British Chiropractic Association, hopes the report will further chiropractic treatment's more integration into the NHS and increase its accessibility. "Currently over a third of the UK population is suffering from back pain," he said.

"Action is needed to relieve the strain on the NHS and the social security system through the increased Sickness Benefit and Incapacity Benefits payments, not to mention the business sector through absence from work."

costing £11 billion in lost production. Although the report did not detail the savings chiropractic could offer the NHS, it endorsed it as an effective treatment for back pain headaches and injuries including whiplash.

"The weight of the evidence we have examined suggests that complementary and alternative medicines could play a larger role in the delivery of health care, and help fill recognized gaps in health-care provision," said Mr. Smallwood.

Complementary medicine remains out of reach for many low in-

# 50%

# off!

Family & friends of existing clinic patients can get a reduction in the cost of their initial consultation fee from 16th Dec 2005 until 21st Jan 2006. (excludes any xray fees)

*Please give this to someone you think may benefit from chiropractic care!*

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# Christmas Cracker..... Test Your Friends & Family!

Q1: The highest incidence of back pain is between what ages?

- a. 20-34 years old
- b. 35-55 years old
- c. over 55 years old
- d. Equal among all age groups

Q2: True or False: There is a genetic predisposition involved with back pain. If your parents have a back condition you are likely to have back problems.

- a. True
- b. False

Q3: Statistically, what percentage of people with low back pain are successfully treated without surgery?

- a. 30%
- b. 50%
- c. 70%
- d. 90% or more

Q4: True or False: 4 out of 5 adults will experience lower back pain at some point in their lives.

- a. True
- b. False

Q5: True or False: The severity of

back pain is directly related to the extent of physical change.

- a. True
- b. False

Q6: A large, herniated disc is :

- a. Always very painful
- b. Can be absolutely painless

Q7: Which of the following can contribute to back pain?

- a. Sedentary lifestyle
- b. Obesity
- c. Strenuous sports
- d. Smoking
- e. All of the above
- f. None of the above

Q8: Which of the following is recommended for preventing recurring episodes of back pain?

- a. Lift by bending at the knees, not bending from the waist.
- b. Sleep on your side with knees drawn up.
- c. Regular exercise
- d. All of the above
- e. None of the above

Q9: Narrowing of the cartilage discs between the vertebrae is caused by:

- a. Osteosarcoma
- b. Osteoarthritis

- c. Osteoporosis
- d. Osteopenia

Q10: True or False: Pain in the lower back is the leading cause of work-related disability.

- a. True
- b. False

Q11. Choose the statement that you think represents the best way to respond to intense back pain. When you experience an episode of low back pain, assuming you know it's not caused by a serious medical condition, you should:

- a. Stay in bed and do as little as possible until the pain goes away
- b. Just carry on and ignore the pain until it goes away
- c. Stay as active as possible and treat the affected area with an ice pack
- d. None of the above

Q4-a	Q8-d	J
Q3-d	Q7-e	Q11-c
Q2-b	Q6-b	Q10-a
Q1-b	Q5-b	Q9-b

## We Never Stop Talking!!

By Mark Chippendale DC FBCA

One of the things we often hear from our patients is, "I never knew about chiropractic until just recently – I wished I'd known about it sooner!" This is frequently the cause of unnecessary suffering, sometimes for many years and it is almost as frustrating for us as we can't always get the results we'd like, compared to catching the problem early on.

What we have decided to do is to try and tackle this problem of lack of awareness about chiropractic by offering our services in the form of educational public speaking. We are ready, willing and able to give talks to any local groups, organisations or workforces on looking after your spine and joints. These can easily be tailored to meet the specific needs of a group; such as by giving practical (and fun!) lifting advice (manual handling), organising the office or preventative daily measures around the home. And with a little forward planning

they can be arranged at a time and place to suit most people.

If you think this idea might be of interest to you, your friends or your colleagues, or even your employer, then have a brief word with your chiropractor or the reception team and we will make arrangements to discuss the possibilities in more detail without delay. Ask yourself, do you *really* know how to bend and lift or how to set up or choose a good chair?

We have a range of audio-visual tools and other features so it doesn't have to be a "boring lecture!"