



ARTHRITIS AND CHIROPRACTIC

Often patients tell me they feel their pain is a result of "old age." A patient once asked if arthritis in the spine was a "normal" process of aging. This is what I told her. Degenerative arthritis is common, but not normal. Just like headaches. They are common, but not normal. This type of arthritis occurs when you have irritation to the spine caused by a subluxation. A toxin is released and this wears the joint down about 200 times faster than the normal rate. Just like when the wheels of your car are out of alignment, the tires wear down faster.

I have patients in their 70's and 80's who have been under chiropractic care all of their lives with no decay or degeneration in their spine. I also have patients in their 30's and 40's who have neglected their spine and have arthritis. In fact, chiropractic is the only form of health care that can prevent arthritis from occurring in the spine.

Degenerative arthritis is also known as osteoarthritis. When a joint is damaged by trauma or micro-trauma (a little repetitive use over a long period of time), the motion of the joint is decreased. This loss of motion causes less fluid exchange between the disc and surrounding cells. Since there is no blood supply to the disc after the age of 12, the only nutrition/waste product exchange that occurs is during motion of the joint. Without proper motion, nutrition is decreased, more toxic waste builds up in the joint and it literally dries up and dies. This causes pain and inflammation due to poor joint mechanics, and abnormal motion. Chiropractic helps restore joint motion, thereby reducing the likelihood of long term joint motion disruption. With joints that work properly, less pain and inflammation would be likely.

So, if this sounds like anyone you know, encourage them to have an x-ray to see if they have this condition and can be helped through chiropractic care.

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