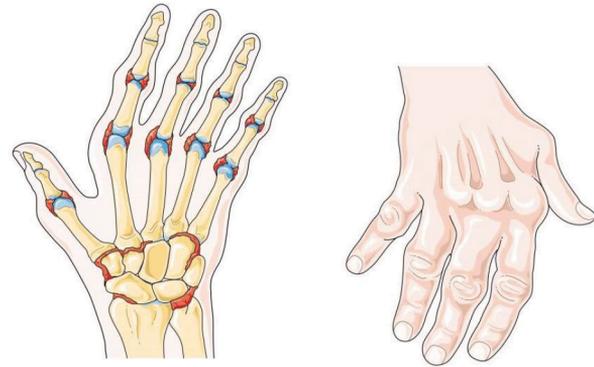


ARTHRITIS IS SILENT

Regular Chiropractic Care Stops the Progression of Degeneration

The ability to move freely directly impacts a person's quality of life. Arthritis occurs silently due to a lack of proper movement. Arthritis in the spine decreases the ability to move without restriction and slowly diminishes a person's quality of life. Large percentages of people suffer from joint degeneration with no possibility of reversing or recovering from the onset of this vitality vacuum.

Joint degeneration originates with a number of causes. The most predominant cause of degenerative joint problems comes from hypo-mobility. This term simply means a joint lost its full range of motion. Oftentimes this condition occurs from physical trauma or injury. A subsequent issue arises when early stages of arthritis occur with no warning signs or pain. When a joint moves even slightly out of alignment from its usual position, decreased mobility begins to take shape. If restoration of that range of motion does not take place within an appropriate time frame, the joint will begin to experience irreversible degeneration.



Doctors and researchers spent decades constantly disagreeing on the amount of time it takes for an improperly moving joint to experience the effects of irreversible damage. The argument settled in the mid-1980's when a study showed irreversible damage occurring after just two weeks of joint immobilization as witnessed through x-ray findings. Though many more studies of its kind have been done, the 1987 research remains relevant today. The evidence created groundwork supporting the need for on-going maintenance and chiropractic wellness care. Irreversible degeneration of joints limits quality of life as an individual ages. Maintenance care remains essential to lower the risk of unnecessary degeneration due to spinal stiffness. Regular chiropractic checkups and adjustments help provide mobility and stability to the spine to prevent degeneration from occurring. Increased quality of life through greater mobility serves as one of the many benefits of regular and consistent chiropractic adjustments with or without the presence of pain.

Most chiropractic patients receive chiropractic adjustments regardless of the presence of pain or symptoms. Caring for the structure of the body mirrors proactive care of blood pressure or teeth. The first stages of spinal degeneration occur without any signs or symptoms. Some research determined that almost 40% of 20-year-old men and women display the presence of early joint degeneration despite an absence of symptoms. The body endures tremendous trauma throughout a given day, week, or month. Compounding years of work and play results in almost half the population currently showing signs of joint degeneration that will eventually lead to stiffness, arthritis, and a lowered quality of life.

Taking care of the spine through regular chiropractic checkups and adjustments provides a proactive and healthy intervention that supports long term vitality and natural health care far preferable to advanced years of immobility or prescription drugs. Chiropractic helps men, women, and children build a strong future by increasing mobility, function, and protection from arthritis and joint degeneration.