

Thu, 10 Feb 2011

6:53 AM

Santa Ana chiropractor - Three Tips for Finding a Chiropractor

A

Santa Ana chiropractor may seem like an easy enough professional to find. Of course, there are a lot of things that go into choosing the best professional for your needs. All professional services are different and you need to make sure that you take the search seriously so that you can find the best relief for your Costa Mesa back pain. In order to find the best

Orange County chiropractor
, here are some tips to keep in mind:

-Always look for a chiropractor that has an upstanding reputation within the medical community. Chiropractic care is very unique and there are many professionals that aren't so focused on actually helping people as they are on making money. Chiropractors are notorious for calling people after accidents and trying to lure patients in, so make sure that you find a professional, reputable

Orange County Chiropractor
for your needs.

-Look for a professional that is in your local area. If you are willing to drive to a Costa Mesa chiropractor because their services are so much more helpful and affordable, you need to make a note of that. However, if you want someone local and nearby, a Santa Ana chiropractor is going to be your best option. Make sure that you include this consideration in your search.

-Do you have insurance? Some people forget that chiropractic care can be covered by their insurance in many cases. Find a

provider that is within your insurance network if you do have coverage. Also, check to see how many visits you are entitled to or what your insurance will cover so that you know how much of your chiropractic care will be taken care of by the insurance company. If you don't have insurance, you can choose any chiropractor that you like.

There are so many different elements that go into choosing the best chiropractor, but these are three tips that will help make your final decision much easier. When you are suffering and need a

neck pain Laguna Hills or back pain specialist, there is someone out there who can help. Keep these things in mind and make sure that you do whatever it takes to get the best person for the job, no matter what. If you are prepared, informed, and willing to do a little searching, you can find a chiropractor in no time at all.

Security: Public
Location: Not Specified
Mood: Not Specified
Music:

Thu, 17 Mar 2011
12:15 AM

Orange County Chiropractor - Back Pain Surgery

According
to

Irvine
Chiropractor
, the management goals when treating back pain are to

achieve maximal reduction in pain intensity as rapidly as possible; to restore the individual's ability to function in everyday activities; to help the patient cope with residual pain; to assess for side-effects of therapy; and to facilitate the patient's passage through the legal and socioeconomic impediments to recovery. For many, the goal is to keep the pain to a manageable level to progress with rehabilitation, which then can lead to long term pain relief says

Orange County

Chiropractor

. Also, for some people the goal is to use non-surgical therapies to manage the pain and avoid major surgery, while for others surgery may be the quickest way to feel better.

Back

Pain Newport Beach

surgeon

says that surgery may sometimes be appropriate for patients with:

Lumbar

disc herniation or degenerative disc disease

Spinal

stenosis from lumbar disc herniation, degenerative joint disease, or spondylolisthesis

Scoliosis

Compression
fracture

Emerging
Treatments

Vertebroplasty

involves the percutaneous injection of surgical cement into vertebral bodies that have collapsed due to compression fractures. This new procedure is far less invasive than surgery, but may be complicated by the entry of cement into Batson's plexus with subsequent spread to the lungs or into the spinal canal. Ideally this procedure can result in rapid pain relief.

The
use of specific biologic inhibitors of the inflammatory cytokine tumor necrosis factor-alpha may result in rapid relief of disc-related back pain.

Treatments
with uncertain or doubtful benefit

Injections,
such as epidural steroid injections and facet joint injections, may be effective when the cause of the pain is accurately localized to particular sites. The benefit of prolotherapy has not been well-documented.

Orange County
Chiropractor
recommends cold compression therapy is advocated for a

strained back or chronic back pain and is postulated to reduce pain and inflammation, especially after strenuous exercise such as golf, gardening, or lifting. However, a meta-analysis of randomized controlled trials by the Cochrane Collaboration concluded "The evidence for the application of cold treatment to low-back pain is even more limited, with only three poor quality studies located. No conclusions can be drawn about the use of cold for low-back pain" Bed rest is rarely recommended as it can exacerbate symptoms, and when necessary is usually limited to one or two days. Prolonged bed rest or inactivity is actually counterproductive, as the resulting stiffness leads to more pain.

Electrotherapy, such as a Transcutaneous Electrical Nerve Stimulator (TENS) has been proposed. Two randomized controlled trials found conflicting results. This has led the Cochrane Collaboration to conclude that there is inconsistent evidence to support use of TENS. In addition, spinal cord stimulation, where an electrical device is used to interrupt the pain signals being sent to the brain and has been studied for various underlying causes of back pain.

Inversion therapy is useful for temporary back relief due to the traction method or spreading of the back vertebres through (in this case) gravity.

The patient hangs in an upside down position for a period of time from ankles or knees until this separation occurs. The effect can be achieved without a complete vertical hang (90 degree) and noticeable benefits can be observed at angles as low as 10 to 45 degrees.

