

# BACK CHAT

YOUR QUESTIONS ANSWERED WITH MARTIN PRESS



**D**uring the course of my working day I am often asked what is the difference between Chiropractic, Physiotherapy and Osteopathy?

Physiotherapy, which originated with physical therapists usually working out of hospitals, follows traditional medical approaches of compartmentalising illness and pain. Physiotherapists use a large range of mechanical equipment to treat their patients along with manual techniques.

Chiropractic and Osteopathy both have their roots in the USA at the end of the 19<sup>th</sup> century but philosophical differences saw them later go their separate ways. Osteopathy philosophy believes dealing with the spine helps the vascular system which in turn helps the body repair itself. Chiropractic believes helping to restore joint function takes the pressure off the nervous system

which gives the body the better ability to improve. The nervous system if you think about it controls the body – the muscles don't move, secretions don't secrete, hearts don't beat without the nervous system control so basically if your nervous system is not working properly neither will your body.

Today Osteopathy, to my knowledge, usually deals in spinal and muscular problems where joints and muscles are massaged and moved back into place. Osteopaths use long lever manipulation technique i.e. more leverage force on the body using stretches and such techniques to restore function.

Chiropractic treats patients with manipulation using short lever techniques which can appear very quick but give a faster response. In fact, research out of the United Kingdom states when it comes to spinal care Chiropractic is as effective as most other care

but much quicker and more affordable.

Chiropractic also focuses on education to help with prevention and self maintenance.

Another double-barreled question I am often asked is: What is the click and does it cause arthritis?

During Chiropractic adjustment there is a change of pressure within the joint space which may sometimes cause a bubble of gas to 'pop', a bit like opening the tag of a fizzy drink can. The sound is not significant and does not hurt.

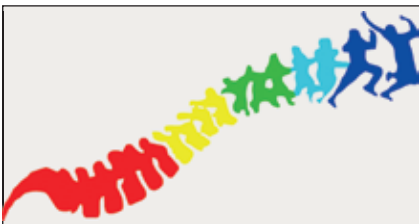
You may have had a mum like mine who used to get upset with me clicking my knuckles all the time and told me if I kept it up I would end up with arthritis. Well like every wife's tale there is a certain amount of truth in this as like anything overuse can be dangerous. Meaning if you click something too often you will stress the joint which can develop into an arthritic change. However Chiropractic specialises in specifically finding joints which require movement and in only making those joints move. And you do not get a click or audible release all the time.

Another biggie for people is: Does it hurt?

Usually not as we try not to irritate or aggravate. However it depends on how acute your spinal condition is. If it is inflamed treatment may be uncomfortable. But at that stage we would suggest ways to reduce the inflammation to lessen pain faster.

People also want to know: Once I have been treated do I need to keep coming back?

Usually no, once the body is functioning properly and you look after it correctly you should not have too much of a problem. However, we find the case with most people is when the pain is gone bad habits creep back and usually there is a reoccurrence of the problem. Often patients chose a maintenance care programme of regular check ups for example before the changeover of winter and summer sporting codes or tackling the spring garden. These activities put stress on the body and this is when you are more likely to suffer injury.



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