

## **DON'T GUESS WITH YOUR SPINE!**

**QUESTION: If you do nothing different, what will your health be like in 10 years?**

Uh-ha...! So let's ask another question: what do you think is the underlying cause of most back and neck pain? Quick answer: *deteriorating spinal health over a long period of time*. (You knew that, right?!!) How does your spinal health deteriorate? This one is easy...accidents, injuries, poor posture and so on. Good! Now what is common to all these things? Could it be abnormal *function*? Hey, we're on a roll!

Hold on! Don't you recall learning somewhere that STRUCTURE DICTATES FUNCTION? Hmm...could this mean the functional problems of your back and neck, that have been causing all that nasty pain, are actually the result of *alignment* problems? Bingo! And don't you also recall that your spine encases and protects your spinal cord, the key communication pathway between your brain and every tissue in your body? (This is BIG!)

To stay healthy, then, you need good alignment. But how do you suppose spinal alignment is best checked? First, look at posture. If your posture is crooked, so is your spine! But for an accurate assessment of spinal alignment you must correlate what's seen posturally with x-ray and other objective diagnostic methods. Now you're probably thinking: "Of course! How could, say, a cervical (neck) curve, or other spinal angles, be measured any other way?" Exactly! To see is to know. To not see is to guess. So don't guess with your spine!

If posture, x-ray or other diagnostic tool reveals incorrect spinal alignment, can it be improved? In many cases, it can. Take "Sandra" for example, who sought help for neck pain that, despite various therapies, had been getting worse for years. Her x-rays showed a complete reversal of the normal cervical curve. Her chiropractor explained how her neck pain was a direct result of this abnormal spinal position, which was causing muscle weakness, disc compression, nerve irritation and gradual deterioration of her spine.

Sandra was treated using chiropractic procedures specially designed to restore normal spinal curves. The result? After a few months of dedicated work, new x-rays showed near-normal spinal position. Her spine was now able to function better, finally dispelling her chronic neck pain. More importantly, with a healthier spine Sandra had been given a new lease on life.

***Sandra is an example of what can happen when you choose to get to the root of your problem and improve your spinal alignment.***

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