



**MERIDIAN**  
HEALTHCARE

CHIROPRACTIC

# Chiropractic Care

MORE THAN JUST ADJUSTMENTS



According to the American Chiropractic Association, about 35 million Americans visit a chiropractor every year. Maybe you're considering chiropractic care for chronic pain, or maybe you're wondering if chiropractic treatment can help with another condition.

Keep reading to see exactly what chiropractors do, what they can treat, and who is best suited for chiropractic care.

## Restore Your Body's Function

A chiropractor uses manual manipulation and special tools to realign the spine and joints. Treatment can relieve pressure and irritation on the nerves and surrounding tissue, which positively affects the function of other body parts. While chiropractic care isn't necessarily considered a "cure," the relief of tension that it provides allows the body to function correctly.

[MeridianHealthCare.net](http://MeridianHealthCare.net)

# Treatment That Goes Beyond Pain Management

Back pain, neck pain, and headaches are the most common reasons for seeking chiropractic care. But, treatment can go far beyond drug-free pain management.

When you first see a chiropractor, he or she will conduct a physical exam and ask questions to better understand your overall health. For certain conditions (herniated discs, arthritis, osteoporosis), your chiropractor may suggest consulting with your physician before treatment begins. But, what most people don't realize is that numerous medical conditions benefit from chiropractic adjustment: fatigue, digestive problems, pain associated with pregnancy, asthma, ear infections, mental health concerns and more!



## PREGNANCY

Pregnancy can lead to painful conditions like sciatica, as well as hip, leg, and back pain. Chiropractic treatment can help alleviate these problems and is safe in every trimester of pregnancy.

Chiropractors can also utilize a method known as the Webster Technique to correct a baby that is in the breech position. This is typically performed between 36 and 40 weeks.



## SPORTS INJURIES

Injuries are a common part of sports, and chiropractic care is used not only to help athletes recover from their injuries but also to keep the spine and joints in their anatomically correct positions. This reduces overall strain and actually lowers the risk of injury or re-injury.



## DEPRESSION

For some, chronic pain and [depression can be a vicious cycle](#), where one often leads to another. Chiropractic treatment can help break this cycle by alleviating chronic pain and helping to reduce anxiety and stress. The mind and body are both aspects of the same system, so improving physical health can alleviate mental health concerns, and vice versa.



## EAR INFECTIONS

Chiropractic treatment is increasingly used for young patients who experience chronic ear infections. In fact, a study conducted by the National Library of Medicine showed a 93% improvement (with 75% improving in 10 days or fewer).

# What Ages Benefit from Adjustments?

Is chiropractic care restricted to a certain age range? The short answer is no!

Chiropractic treatment can be safely used on patients of any age: from infant to elderly.

Children typically respond well to chiropractic treatment because, often, their body hasn't dealt with the issue for as long as an adult. Treatment can also help with childhood conditions like colic, digestive issues, and even bedwetting!

Elderly patients usually seek chiropractic care to help with the pain of chronic conditions. It's important that older adults inform their chiropractor of any serious issues (like rheumatoid arthritis, osteoporosis, or cancer) prior to treatment, because some conditions can affect the strength of the spine and joints, meaning the chiropractor may have to use alternative forms of treatment.

## Additional Treatments Used with Chiropractic

Chiropractors often incorporate additional treatments to aid the effectiveness of chiropractic sessions.

Following the initial exam and visit, your chiropractor may alter techniques to include manual treatment, drop table-assisted moves, and activator instruments. Manual technique involves the use of the hands to apply pressure to joints. The drop table utilizes a table that "drops" as pressure is applied to the patient's medium-tense area. And, activator instruments are hand-held, spring-loaded devices that release low pressure to a specific area.

However, the above techniques don't always work when done alone. When that's the case, a chiropractor will often recommend other therapies.



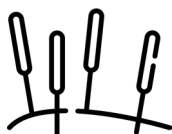
### MASSAGE THERAPY

Massage helps to keep muscles relaxed between chiropractic appointments.



### PHYSICAL THERAPY

Physical therapy includes exercises focused on strengthening and stabilizing areas of concern.



### ACUPUNCTURE

[Fine needles are inserted into specific points on the skin](#), and can work in tandem with chiropractic care to soothe pain and relieve a variety of symptoms.



### HOME STRETCHES

Regular stretching improves range of motion and provides tension relief for the neck, hip, back, shoulder, knee, ankle and wrist areas.

# Meridian HealthCare: Your Trusted Source for Chiropractic Treatment

The positive impact of chiropractic care for people dealing with chronic pain is undeniable. Not only does it alleviate tension but it can also reduce or eliminate the pain altogether. But chiropractic is more than just pain management. A wide variety of conditions benefit from treatment, and the combined effects of chiropractic adjustment with additional therapies can lead to a healthier state for many patients.

Investing in a quality, long-term treatment plan doesn't have to be overwhelming. At Meridian HealthCare, we make it easy. Our integrated approach takes your complete wellness into account, and we're proud to give you all the resources needed to be the best version of yourself.

If you're seeking relief, reach out to Meridian HealthCare. Our experienced team is always ready to help.

**Contact us today at 330-574-4785.**

## OUR EXPERIENCED STAFF



**Dr. Michael Cafaro**



**Dr. Christopher Clautti**



**Dr. Jeremy Dotson**

*DISCLAIMER: The information provided is intended for educational purposes and is not medical advice. No information provided online by Meridian HealthCare is a replacement for medical advice, diagnosis, or treatment from a healthcare professional. No individuals, including active Meridian HealthCare patients, should use this information to diagnose or treat a suspected health condition. Always see your doctor regarding any medical conditions or before starting a new health regimen. Meridian HealthCare is not liable for any direct, indirect, or consequential harm arising therefrom.*