

Oh, my aching...everything!

Do you awaken in pain and find yourself moving in slow motion the first hour or two of each day?

Has your work capacity decreased due to the pain that occurs the day following any activity?

Are you limiting personal plans due to your inability to get around?

Are you looking for relief from arthritis?

Arthritis can shut down your life, leading to depression, fatigue, and even anger. When your body freezes up and will not perform, it is just plain debilitating.

There are several types of arthritis, but osteoarthritis is the most common form.

Grating in the joints, crackling, aching, stiffness, small lumps at the joints of the fingers and decreased mobility are all symptoms. Osteoarthritis usually develops after trauma. It can be one large trauma or several micro-traumas over a long period of time.

Arthritis of the spine is frequently caused by misalignments of the vertebrae which creates uneven wear and tear on the spinal joints. The joints wear out and calcium deposits enter the area, attempting to fuse them together. You end up sore and stiff with less mobility.

Relief from arthritis can often be achieved through a combination of proper nutrition, exercise, and improved joint function.

Chiropractic care combined with exercise and nutritional changes may give you the “new lease on life” that you are looking for. Call our office for an appointment.