



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



Painless Aging

People with back pain often become convinced that their “diseased” spines confer a grim diagnosis; a lifetime of increasing pain and disability. In the face of that prognosis, they are often willing to opt for **heroic medical treatments**-from long-term opioid pain killers to a continual regimen of injections to reconstructive and fusion spine surgery to try and stop the degeneration.

How many times have friends or family members heard “**I have three blown-out discs and arthritis throughout my spine**”? Or “I have discs up and down my spine that are bulging and ready to burst.” In reality, most of the changes they are describing are **no more significant than gray hair or crow’s feet around their eyes.**

A new systematic review, the largest to date, conducted by Waleed Brinjinkji, MD, of the Mayo Clinic, drives home the fact that spinal degeneration seen on MRI or CT often has no relationship to low back pain or causes back pain. The study demonstrates that non-symptomatic disc degeneration is very common and its presence increases with age with 37% of 20-year-olds and 96% of 80-year-olds having disc degeneration. Disc bulging and protrusion are seen in 30% of 20-year-olds and 43% of 80-year-olds and these are people **without any back pain.**

“Our study suggests that imaging studies (MRI, CT scans) with findings of degenerative changes such as disc degeneration, disc signal loss (black discs), disc height loss, disc protrusion and spinal joint arthritis are generally part of the **normal aging process rather than pathological processes** requiring intervention”. *American Journal of Neuroradiology, 2014*

I can’t tell you how many times I have heard this story in the office. People are being frightened by what is considered a normal process that does not, in and of itself, cause pain. What I have seen is both arthritic and non-arthritic spinal joints that have lost their normal motion, creating inflammation in and around the joint with reactive muscle tightening. The answer to that is **controlled and gentle manipulation to restore the motion.** We see phenomenal results daily in the office with this approach.

Case Study – A 72 old female presented to the office with low back pain radiating to the right hip. She had spinal fusion surgery 4 years ago to correct the “problem” and it really didn’t help her. Her pelvis was shifted significantly to the right and examination showed significant pelvic (sacroiliac) misalignment. We started specific manipulative therapy with the Impulse device to restore the mechanical motion to those joints. Within four weeks, she was virtually pain free, no longer having any pelvis shifting and standing up straight and went on a week-long trip doing a lot of pain-free walking.

Next Ideal Protein Informational Meeting ***March 24 at 7:00 PM***

We have many successful dieters on the program with pounds dropping by the day. If you are tired of fighting the overweight, obesity battle by yourself and suffering the health consequences, consider letting us help. Please call the office at 815-747-6548 and make a reservation to learn more.

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