



Low Back Pain

Did you know that some 85 percent of people will experience disabling low-back pain during their lives? And in the past, although the US population rose by 12.5 percent, the number of people with disabling back pain rose by 168 percent.

Surveys in varied world locations, such as Britain, Sweden and Australia, show a high rate of acceptance and use of chiropractic services, and have judged chiropractic both effective and cost-effective in the management of low-back pain. Some countries have recommended government funding for chiropractic services.

Both the public and medical profession have been learning more about chiro-

practic education and skills, and making much greater use of chiropractors. In addition to spinal adjustment, chiropractors may use manual and physical therapy techniques,



muscle rehabilitation through exercise and teach patients how to understand their problem as well as how to take personal control of their own health management.

Basic principles traditional to chiropractic education and practice include and emphasis on early return to function — of joints and muscles and activities of daily living — rather than rest and pain management. In industry, more and more companies are realizing the importance of chiropractic treatment in back injuries and a quicker return to their jobs.

Approximately 90 percent of the totally disabled, chronic low-back patients found to have spinal joint dysfunction are returned to full function with no restrictions for work or other activities following a 2-3 week regime of daily chiropractic manipulation along with home care exercise.

Preventive Maintenance

Most businesses today recognize the need for preventive maintenance for the plants and machinery.

Machinery used in most manufacturing processes is quite expensive. If it breaks down because of lack of care, not only does

it need to be repaired or even replaced, but valuable production time also is lost.

It is interesting, however, to ask how many business managers provide the same care for their own bodies.

It is just as good business sense to practice preventive

maintenance on the human body as on a piece of machinery.

Machinery is replaceable...a human body is not! It is just good common sense to value our bodies as much as we value machinery.

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Chiropractic: Most Cost-Effective Treatment for Work Injuries

The Foundation for Chiropractic Education and Research has carried out a study for Workers' Comp treatment in the workplace. The most thorough study yet reported, this study supports earlier evidence that indicated chiropractic treatment was the most cost-effective alternative to medicine and osteopathy for work-related back injuries.

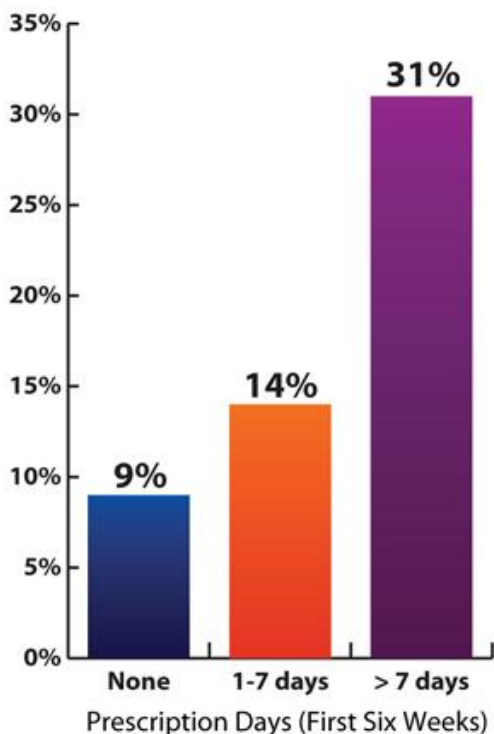
This authoritative study was based on accurate records from Workers' Comp and used two data bases that were all back-injury compensation claims. It compared chiropractic, medical and osteopathic costs, coming to these conclusions:

1. Chiropractors provide more frequent early services than MDs or DOs for the average worker with a back injury.
2. This means that patients return to work more quickly. Chiropractic patients had the lowest rate of incurring compensable injuries (20.5% for chiropractic patients, 26.2% for osteopathic, 36.1% for medical).
3. And where patients incurred compensable injuries, chiropractic patients were less likely to be hospitalized (Chiropractic patients, 21%; medical patients, 57%).

Prescribing Time Off Work

In this study, receipt of more than seven days of opioids within six weeks of the patient's first medical visit for a back injury was associated with subsequent work disability.

% With Work Disability at One Year



SOURCE: Franklin GM, Stover BD, Turner JA, et al. Early opioid prescription and subsequent disability among workers with low back injuries. *Spine*, Jan. 15, 2008;33(2):199-204.

"Chiropractic patients had the lowest rate of incurring compensable injuries <and>...chiropractic patients were less likely to be hospitalized."

The report did not include the cost of drugs prescribed.

Chiropractic is a natural and conservative source of health care, offering an alternative to medication and surgery. Chiropractors are well-qualified in education and experience to take care of your neuro-musculo-skeletal system, especially the spine. Its central focus has always been removing impairments of this system.

At your work or home, chiropractic should be the first choice when a back injury occurs. Consider chiropractic for both injuries and preventive treatment for yourself and your family.



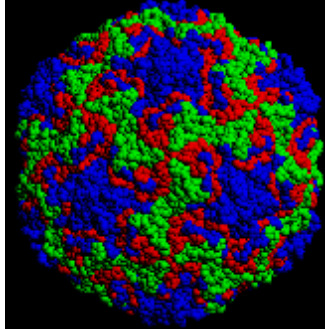
Spring Colds

With spring right around the corner, it is a time when many people's resistance is down. Lack of exercise during the winter can weaken the normal strength and vigor of the body and all its organs. The weather is in flux and no matter how carefully you prepare for each day, you are often not dressed warmly enough or are overdressed for comfort. Staying inside much of the time can mean more chance of infection from other people. The results are often runny noses, coughing and the general discomfort associated with common colds.

The way to try to beat the season is to increase your general resistance to disease and thus to lower susceptibility. Nerve flow must be impaired before the body is susceptible, and resistance is low-

ered in proportion to the degree that the nerve flow is impaired.

Chiropractic is especially effective at increasing the body's resistance. It rec-



A picture of the common cold virus (Rhinovirus 14).

ognizes that an adequate nerve supply is of the greatest importance in regulating the function of all the tissues of the body. By restoring proper balance of the body processes by restoring proper nerve flow, the all too "common cold" loses its force and more serious complications are avoided.

Chiropractors help the body to resist disease by adjusting misaligned vertebrae, thereby restoring proper nerve flow.

The changeable weather of early spring is much easier to endure with good health. Remember to give yourself the gift of good health and keep your resistance to disease at top level with full nerve flow function.

Sleeplessness

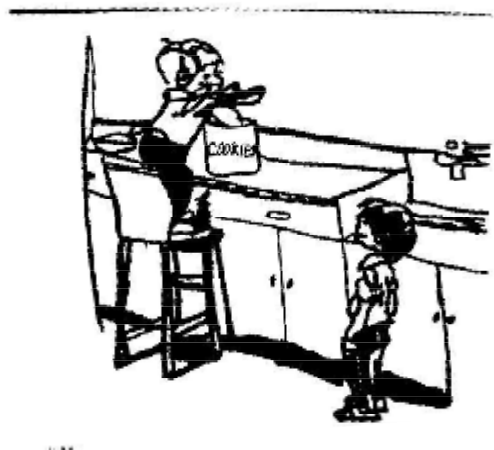
One of the most important functions of the human body is the ability to sleep. Sleep is just as important to the body as air, water and food. The inability to sleep over a prolonged period of time would result in sheer exhaustion for most people. In short, your body cannot do without sleep. You most certainly cannot be at your full resistance to disease.

For most people the average duration of sleep is between six and eight hours, but this may vary even in the same individual, depending on habit, daytime activi-

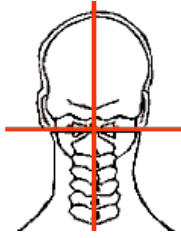
Chiropractic spinal adjustments can normalize the overly tense nervous system inducing a relaxed, normal sleep pattern, leading to greater health.

ties and occurrences during the day. Insomnia, or sleeplessness, may be caused by physical discomfort, functional disorders somewhere in the body, emotional or nervous disturbances and drugs.

Many cases of recurring nights of sleeplessness result from an overly tense nervous system that prevents the body from relaxing into a state of sleep. This "extra-excitability" of the nerves needs gentle



"Nerves are something like a lotta wires that people are full of... especially mothers."



ATLAS ORTHOGONAL
CHIROPRACTIC

6829 Falls of Neuse Road
Suite 104
Raleigh, North Carolina 27615

Phone: 919-845-2099

On the web:
www.atlasorthogonalchiro.com

Get Orthogonal!

Just a Few Reminders

- ◆ Please remember to turn off your cell phone and pager before entering the treatment room.
- ◆ We do provide after-hours and emergency care. Please note that after-hours and emergency appointments incur an additional 30.00 after-hours/emergency investment above the standard care investment.
- ◆ Our office hours are:

Mondays

7:45 AM—12:00 PM ,
2:00 PM— 5:00 PM

Tuesdays

7:45 AM—12:00 PM ,
2:00 PM— 5:00 PM

Wednesdays

1:00 PM —5:00 PM

Thursdays

7:45 AM—12:00 PM ,
2:00 PM— 5:00 PM

Fridays

7:45 AM—12:00 PM

Ten Timely Tips

Take Time TO WORK... It is the price of success.

Take Time TO THINK ... It is the source of power.

Take Time TO PLAY ... It is the secret of perpetual youth.

Take Time TO READ ... It is the foundation of knowledge.

Take Time TO PRAY ... It is the greatest power on earth.

Take Time TO LOVE and BE LOVED ... It is a privilege.

Take Time TO DREAM ... It hitches the soul to the stars.

Take Time TO LAUGH ... It is the “singing” that helps with life’s loads.

Take Time TO PLAN ... It is the secret of having time for all the rest.

Take Time FOR CHIROPRACTIC ... It will help you live longer and better.

