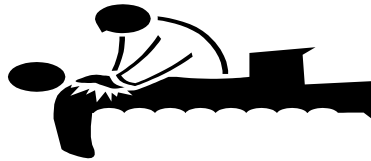


The Capital Wellness Health Minute...



Thoracic Spine Pain

When we wake up with sharp pain in our neck or bend over to pick up a bag of groceries and get a shooting pain down our leg, we call our chiropractor immediately. What happens, though when we get an annoying pain in our mid back that nags us each day? We do **nothing!** We would rather ride it out.

Our concern for our thoracic spine is often overshadowed by the more dramatic presentations of low back and neck pain. Although disc problems and nerve root compression are less common in the thoracic spine, low-grade pain in the thoracic spine is just as common as lumbar or cervical spine. We tend to ignore it, however, because low level pain is less worrisome to us.

Thoracic spine pain can be the result of many factors. In children and adolescents, pain may be a result of carrying a backpack that is too heavy, scoliosis or hyperkyphosis. Scoliosis is a sideways curve and hyperkyphosis is a “hump” or convex curve in the spine. All can cause back pain and stiffness. If left untreated, symptoms can become severe. Poor posture, repeated movements that strain the spine, injuries or even our lifestyle can lead to misaligned joints and worn out discs. As we age, years of stress or overuse can cause our spines to degenerate or wear out. We may experience pain or stiffness, or we may have no symptoms at all. We shouldn't let the lack of symptoms keep us from periodic spinal check ups though!

Chiropractic helps by evaluating the entire spine and providing posture analysis. Specific chiropractic adjustments can slow down the progression of scoliosis in children, degeneration in adults and relieve pain at any age. Adjustments, exercise and improved posture are all-important elements to chiropractic; as you can see, **chiropractic is very beneficial to all of us!**

What the medical profession thinks about chiropractic manipulation in the thoracic spine:

Ulcers: “Studies demonstrated improved remissions of pathology in patients with duodenal ulcers. Manipulation to remove spinal dysfunction not only relieves pain, but has a healing effect significantly better than standard drug therapy. The most frequently affected segments were T9 through T12. A.A. Pitkalov, MD, PhD. (1994) *Journal of Manipulative Therapy*

Asthma: “In addition to rigidity of the ribs (Koberle 1975) found blockage of mainly segments T7-T10 in asthmatics.” Levin MD, DSc, *Manipulative Therapy in Rehabilitation*

Darryl T. Linder, D.C.

4940 Capital Blvd ♦ Raleigh

919-872-4532

ww.capitalwellness.com