

# SPINE HEALTH NEWSLETTER - JUNE 2011

BROUGHT TO YOU BY: WM. BRIAN KARABINOS, DC

## CAN CHIROPRACTIC CARE RELIEVE MY BACK PAIN?

While almost 10 percent of Americans seek chiropractic treatment each year, this popular form of health care may still be unfamiliar to certain patients, leading to some common questions. What exactly is chiropractic manipulation, and how does it specifically treat back pain and/or neck pain? What does the initial chiropractic exam include? Can I combine exercising and chiropractic care? Explore these and other questions, and become more familiar with chiropractic as a whole.

## WHAT IS CHIROPRACTIC MANIPULATION AND HOW DOES IT WORK?

Chiropractic manipulation refers to a chiropractor applying manipulation to the vertebrae that have abnormal movement patterns or fail to function normally. The main objective of a chiropractic manipulation is to reduce the subluxation (also called joint dysfunction), in order to create increased range of motion, reduced nerve irritability and improved function.

Chiropractic manipulation typically involves:

- A high velocity, short lever arm thrust applied to a vertebra



- A relieving sensation most of the time, although minor discomfort has been reported (that usually lasts for only a short

## ABOUT DR. KARABINOS

Dr. Karabinos' desire to become a chiropractor was triggered by his personal experience at 17. Following a low back injury sustained while working loading trucks, he experienced excruciating and debilitating pain. Bedridden and having no success with the medical treatment offered by several physicians, his parents brought him to a Chiropractor. After one Chiropractic adjustment, the level of improvement was astounding. This experience eventually caused Dr. Karabinos to seek a rewarding career as a Chiropractor. Since Dr. Karabinos started his practice, his desire grows each and every day as his patients receive wonderful results. Dr. Karabinos uses a "whole person approach" when caring for his patients. By combining the very best hands-on techniques, personalized therapeutic massage & various physical therapy modalities, Dr. Karabinos continually researches, attends seminars & classes to learn and incorporate the latest breakthroughs of chiropractic treatment to HOLME CIRCLE CHIROPRACTIC.

Visit Dr. Karabinos' profile on Spine-Health.com to learn about his latest treatments and his special offers for new and returning patients.

<http://www.spine-health.com/doctor/chiropractor/william-karabinos-philadelphia-pa>

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time duration) if the surrounding muscles are in spasm or the patient tenses up during this chiropractic care.

Read more on how a chiropractic adjustment works: <http://www.spine-health.com/treatment/chiropractic/chiropractic-manipulation>

## CHIROPRACTIC EXAMINATION

In many regards, a chiropractic examination is very similar to standard examination procedures administered by all health care providers. With that said, how chiropractors examine the structure and function of the spine and then determine specific chiropractic treatments separate chiropractic care from other disciplines.

An initial chiropractic exam for back pain will typically have three parts: a consultation, case history, and physical examination. Following the consultation and case history, a physical examination that may include laboratory analysis and x-ray examination will be performed in accordance with the chiropractor's clinical judgment.

Read more about the initial chiropractic exam and what it includes: <http://www.spine-health.com/treatment/chiropractic/chiropractic-examination>

## EXERCISE AND CHIROPRACTIC THERAPY

There are many applicable back exercises that are available for patients also undergoing chiropractic care for lower back pain. One can classify the chiropractic patient into

a flexion or extension biased category to determine the variety that is best for that patient.

For example:

- If a patient feels best when bending over (flexion biased), exercises that promote low back flexion such as pulling the knees to the chest, posterior pelvic tilts, bending forward from a sitting position and others are usually helpful.
- If a patient is least symptomatic in extension, especially if leg pain centralizes or diminishes (extension biased), prone press-up type exercises usually yield the best results.

Read about other exercises that can help reduce lower back pain:

<http://www.spine-health.com/treatment/chiropractic/exercise-and-chiropractic-therapy>

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