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Velddrift

Pieter Bruwer is a general practitioner in Piketberg. Although he has no formal art training, he has exhibited in Cape Town, Bellville and Paarl. He mainly paints landscapes, but is also interested in figure and portrait paintings.

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Chiropractic – a solution for BACK PAIN

Almost everyone EXPERIENCES back pain at some time but staying active with the help of chiropractic treatment may well be the best solution.

Are you sitting comfortably?

Poor posture may lead to back pain. Your CASA Chiropractor may advise you to make postural changes if you:

- Spend hours a day sitting at a desk or a computer
- Slouch in front of the TV.
- Sleep in a bed that is too hard or soft
- Find yourself hunching your back and shoulders in stressful situations

"I simply leaned forward to brush my teeth"

Repeating daily activities such as bending, lifting and twisting may result in a "bad back". This is why your CASA chiropractor will want to understand how you tackle these everyday movements. He/She will also ask about any major traumas to your back such as:

- Car accidents
- Falls
- Sporting injuries
- Lifting heavy weights
- Unusual activities

Treating the cause, not the symptoms

As you go through life a slight loss of proper movements of the bones/joints can interfere with the healthy working of your spine and the nerves that pass through it. This can lead to pain. Chiropractic, unlike painkilling drugs treats the cause of pain not just the pain itself. Your CASA chiropractor will carry out a full examination (including

X-rays if necessary), and ask you questions about your posture, medical history and lifestyle, to try and discover the cause of your back pain and offer a diagnosis of your complaint.

Treatment may then begin, often with gentle specific adjustments (the chiropractic word for manipulation) done by hand, to free stiff joints and remove spinal nerve irritation. This effective drug free treatment is generally painless, although you may feel some short-term discomfort if your back is very painful.

Your chiropractor may recommend ice or heat treatment and massage. Scientific research shows that you should remain active – prolonged bed rest weakens the bone and muscles and reduces your chances of a full recovery – so you may also be advised to do some gentle exercise to ease pain, and help your body to recuperate.

For more information on Chiropractic or where to find a CASA Chiropractor:

Visit the Chiropractic Association of South Africa website

www.chiropractic.co.za

or call us on 058 3034571

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