

SYMPTOMS:

**GRADUAL AND SUBTLE ONSET
OF DEEP ACHING JOINT PAIN**

◆ **WORSE AFTER EXERCISE OR
WEIGHT BEARING**

◆ **OFTEN RELIEVED BY REST**

◆ **JOINT SWELLING**

◆ **LIMITED MOVEMENT**

◆ **MORNING STIFFNESS**

◆ **GRATING OF THE JOINT
WITH MOTION**

◆ **JOINT PAIN IN RAINY
WEATHER**

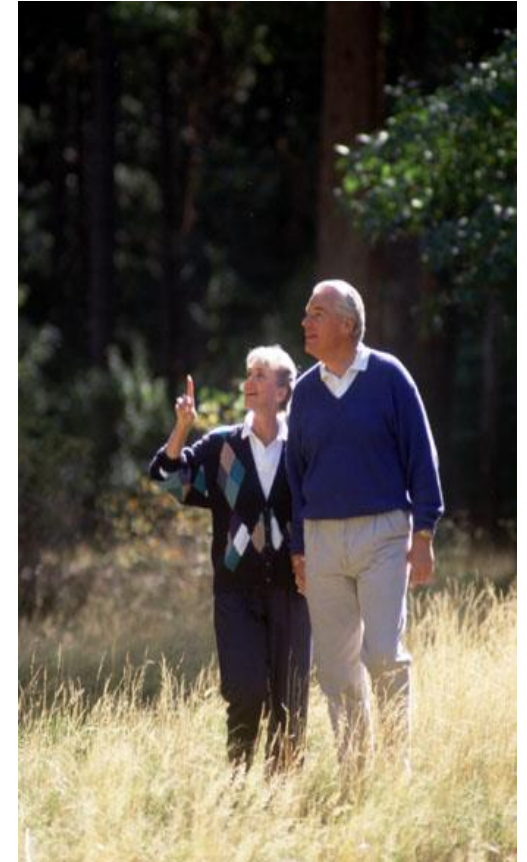
◆ **THERE MAY BE NO
SYMPTOMS**

GRIMM CHIROPRACTIC

6408 King Hill Ave.
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Phone: (816) 238-1200
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OSTEOARTHRITIS



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DEFINITION

One of the oldest, and most common types of arthritis. It is characterized by the breakdown of the joint's cartilage. Cartilage is the part of the joint that cushions the ends of bones. Cartilage breakdown causes bones to rub against each other, causing pain and loss of movement. Most commonly affecting middle-aged and older people, osteoarthritis can range from very mild to very severe. It affects hands and weight-bearing joints such as knees, hips, feet and the back.

TREATMENT

Chiropractic care works on relieving symptoms and minimizing complications associated with osteoarthritis. To see if chiropractic may be able to help you call (816) 238-1200 today for a complimentary consultation.

Other conditions that may be helped by chiropractic:

- Ear Infection
- Carpal Tunnel
- Headache
- Bursitis
- Knee Pain
- Shoulder Pain and more....

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SYMPTOMS:

- ◆ SHORTNESS OF BREATH
- ◆ DIFFICULTY IN BREATHING
- ◆ WEEZING
- ◆ TIGHTNESS IN CHEST
- ◆ DRY COUGH
- ◆ ITCHING SENSATION IN FRONT OF NECK OR CHEST IN CHILDREN

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ASTHMA



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Definition

A reversible narrowing of the large and small airways due to spasm of the bronchial smooth muscle, inflammation of the bronchial mucosa, and production of mucus. Asthmatic attacks are brought on by stress, exercise, viral respiratory infections, and allergens such as pollen, mold, dust and animal danders. One study showed a decrease in Bronchodilator use by 20% with chiropractic care, and decreased the severity of the reactions by 39%. Even better, after a year follow up, the improvements maintained.

References:


1. Bronfort, G: Chronic pediatric asthma and chiropractic spinal manipulation: a prospective clinical series and randomized

clinical pilot study, JMPT 2001; 24: 369-

Treatment

Chiropractic care works on relieving symptoms and complications associated with Asthma. To see if chiropractic may be able to help you call (816) 238-1200 today for a complimentary consultation.

Other conditions that may be helped by chiropractic:

- **Sciatica**
 - **Carpal Tunnel**
 - **Headache**
 - **Bursitis**
 - **Knee Pain**
 - **Shoulder Pain and more....**
- 

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SYMPTOMS:

- ◆ **WEAKNESS IN ONE OR BOTH HANDS**
- ◆ **NUMBNESS OR TINGLING IN THE THUMB AND NEXT TWO OR THREE FINGERS OF ONE OR BOTH HANDS**
- ◆ **NUMBNESS OR TINGLING OF THE PALM OF THE HAND**
- ◆ **WRIST OR HAND PAIN IN ONE OR BOTH HANDS**
- ◆ **PAIN EXTENDING TO THE ELBOW**
- ◆ **IMPAIRED FINE FINGER MOVEMENTS (COORDINATION) IN ONE OR BOTH HANDS**
- ◆ **WEAK GRIP OR DIFFICULTY CARRYING BAGS (A COMMON COMPLAINT)**
- ◆ **ATROPHY OF THE MUSCULAR BULGE UNDER THE THUMB**

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Carpal Tunnel Syndrome






Definition

Carpal Tunnel Syndrome is the compression of the median nerve at the wrist, which may result in numbness, tingling, weakness, or muscle atrophy in the hand and fingers. Carpal Tunnel Syndrome is common in people who perform repetitive motions of the hand and wrist, such as typing. When the wrist is poorly positioned, there isn't enough space for the median nerve to travel to the hand. Carpal Tunnel Syndrome is caused by pressure exerted on the median nerve at the point where it passes through the wrist.


The median nerve supplies sensation to the thumb-side of the ring finger. It also supplies movement to part of the hand. The nerve enters the hand between the wrist bones (called the carpal bones) and the tough membrane that holds the bones together (the transverse carpal ligament). This space is called the carpal tunnel. Since the passageway is rigid, any swelling in this area can cause compression of the nerve (this is also called entrapment of the nerve).



Treatment

Chiropractic care works on correcting symptoms and relieving pain associated with carpal tunnel syndrome. To see if chiropractic may be able to help you call (816)238-1200 today for a consultation.

Other conditions that may be helped by chiropractic:


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 - **Headache**
 - **Asthma**
 - **Bursitis**
 - **Knee Pain**
 - **Shoulder Pain and more....**
- 

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SYMPTOMS:

- ◆ EAR ACES OR TUGGING AT THE EAR
- ◆ EAR AND NASAL DRAINAGE
- ◆ FEVER
- ◆ POOR SLEEP
- ◆ IRRITABILITY AND CRYING
- ◆ DECREASED APPETITE

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EAR INFECTION



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DEFINITION

Ear Infections or Otitis Media is an inner ear infection generally caused from a blockage of the Eustachian tubes. The Eustachian Tube allows equalized pressure on the eardrum and allows fluid to drain away from the inner ear. When the Eustachian tube is blocked, fluid builds up and causes an infection.

The transverse process, bones sticking out from the sides of a vertebrae, run next to the Eustachian tubes at C1, the first cervical vertebrae. When a vertebra is misaligned or subluxated, swollen tissue can result causing the Eustachian tubes to block.

By removing the subluxations at C1 and C2 you can reduce the tissue swelling around the Eustachian Tubes and allow the inner ear to drain, clearing the infection within a couple days in many cases.

TREATMENT

Chiropractic care works on relieving symptoms and complications associated with ear infections, by relieving pressure off the Eustachian tubes.

Evidence shows Chiropractic care to be helpful within 10 days and fewer than 5 adjustments. To see if chiropractic may be able to help you call 816-238-1200 today for a complimentary consultation.

Other conditions that may be helped by chiropractic:

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- Carpal Tunnel
- Headache
- Bursitis
- Knee Pain
- Shoulder Pain and more....

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SYMPTOMS:

- ◆ Stiffness and pain in the morning or after resting that lessens after a few steps but gets worse as the day progresses.
- ◆ Pain that gets worse when you climb stairs or stand on your toes.
- ◆ Pain after you stand for long periods of time.
- ◆ Pain at the beginning of exercise that goes away or lessens as exercise continues, but returns when exercise is complete.

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**PLANTAR FASCIITIS
& HEEL SPURS**



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Definition

Plantar fasciitis is an inflammation caused by excessive stretching of the plantar fascia.

The plantar fascia is a broad band of fibrous tissue that runs along the bottom of the foot, attaching at the bottom of the heel bone and extending to the forefoot.


When the plantar fascia is excessively stretched, this can cause inflammation of the fascia, which can then lead to heel pain, arch pain, and heel spurs.



Treatment

Chiropractic care works on correcting misalignments in the foot which may cause excessive stretching of the plantar fascia. To see if chiropractic may be able to help you call (660) 736-5559 today for a complimentary consultation.

Other conditions that may be helped by chiropractic:

- Sciatica
 - Carpal Tunnel
 - Headache
 - Bursitis
 - Knee Pain
 - Shoulder Pain and more....
- 


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SYMPTOMS:

- Pain in the rear or leg that is worse when sitting
- Burning or tingling down the leg
- Weakness, numbness or difficulty moving the leg or foot
- A constant pain on one side of the rear
- A shooting pain that makes it difficult to stand up
- Low back pain may be present along with the leg pain, but usually the low back pain is less severe than the leg pain

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SCIATICA



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DEFINITION

Sciatica is defined as pain that radiates from the lower back into the buttocks and down the back of one or both legs, caused by the irritation of the sciatic nerves, the largest nerves of the body. It usually begins as an acute pain in the lower back and then radiates down the back of either or both legs. There are 5 pairs of nerves that exit the spine in the lower back. These nerves make up what we know as the sciatic nerves. If the vertebrae or bones in the lower back are misaligned or out of place; or the disc between the vertebrae are swollen, bulged or herniated, the result is pressure on those nearby nerves. This can cause tremendous pain and normal daily activities become almost impossible.

TREATMENT

Chiropractic care works on correcting misaligned or out of place vertebrae and can remove the pressure placed on the sciatic nerve, reducing pain and improving flexibility and function. To see if chiropractic may be able to help you call (816) 238-1200 today.

Other conditions that may be helped by chiropractic:

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- Carpal Tunnel
- Headache
- Bursitis
- Knee Pain
- Shoulder Pain and more....

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SYMPTOMS:

- **DULL PAIN, PRESSURE-LIKE**
- **GENERALIZED PAIN, WORSE IN THE SCALP, TEMPLES OR BACK OF THE NECK**
- **NOT ONE SIDED**
- **FEELS LIKE A TIGHT BAND OR VISE ON THE HEAD**
- **OCCURS AS AN ISOLATED INCIDENT (OR OCCURS CONSTANTLY OR DAILY)**
- **WORSENERD OR TRIGGERED BY STRESS, FATIGUE, NOISE, GLARE, ETC.**
- **SLEEP DISTURBANCES**

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Tension Headache




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Definition


A condition involving pain or discomfort in the head, scalp, or neck, usually associated with muscle tightness in these areas. Tension headaches are one of the most common forms of headache. They can occur at any age, but are most common in adults and adolescents. Tension headaches result from the contraction of neck and scalp muscles. One cause of this muscle contraction is a response to stress, depression or anxiety. Any activity that causes the head to be held in one position for a long time without moving can cause a headache. Such activities include typing or use of computers, fine work with the hands, and use of a microscope. Sleeping in a cold room or sleeping with the neck in an abnormal position can also trigger this type of headache. Other causes include spinal misalignment, eye strain, fatigue, alcohol use, excessive smoking, excessive caffeine use, sinus infection, nasal congestion, overexertion, colds, and influenza. Tension headaches are not associated with structural lesions in the brain.



Treatment

Chiropractic care works on correcting misalignments that cause headaches and relieving symptoms associated with tension headaches. To see if chiropractic may be able to help you call (816) 238-1200 today for a consultation.

Other conditions that may be helped by chiropractic:


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SYMPTOMS:

- Headache
- Shoulder pain
- Pain down the arm
- Elbow pain
- Wrist pain
- Back pain
- Hip pain
- Knee pain
- Pain down the leg
- Foot pain
- Heel pain
- Arch Pain

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We Can Help

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Headache

Shoulder Pain

Pain Down Arm

Elbow Pain

Wrist Pain

Back Pain

Hip Pain

Knee Pain

Pain Down Leg

Foot Pain

Arch Pain

Heel Pain

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What is Chiropractic?

Chiropractic is a branch of the healing arts which is based upon the understanding that good health depends, in part, upon a normally functioning nervous system, especially the spine and the nerves extending from the spine to all parts of the body.

Doctors of chiropractic use the same time-honored methods of consultation, case history, physical examination, laboratory analysis and x-ray examination as any other doctor. In addition, they provide a careful chiropractic structural examination, paying particular attention to the spine.

Accidents, falls, stress, tension, overexertion, and countless other factors can result in a displacements or derangements of the spinal column, causing irritation to spinal nerve roots. These irritations are often what cause malfunctions in the human body. Chiropractic teaches that reducing or eliminating this irritation to spinal nerves can cause your body to operate more efficiently and more comfortably.

What is Chiropractic?

While chiropractors make no use of drugs or surgery, Doctors of chiropractic do refer patients for medical care when those interventions are indicated. In fact, chiropractors, medical doctors, physical therapists and other health care professionals now work as partners in occupational health, sports medicine, and a wide variety of other rehabilitation practices..

If you would like to learn more about what chiropractic may be able to do for you, or if you would like to set up a consultation with the doctor, please give us a call.

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