

The Healing Center



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The Chiropractic Adjustment

Dr. Eggleston uses both manual (“by hand”) adjustments and gentle, low-force instrument adjustments. Either way, thrusts from the hands or the instrument aim to restore your body’s balance and function to correct the underlying cause of your symptoms with treatments that are painless or nearly so. You’ll be pleasantly surprised at how comfortable the treatments are. We do not use “cookie-cutter” treatment protocols—each patient is evaluated and treated as an individual, with a program tailored specifically for YOU.

Chiropractors use controlled forces, called **adjustments**, when there are restrictions around joints that the body is unable to overcome by itself. Such barriers include muscle spasm, swelling, scar tissue, and pain. Chiropractic examination identifies restricted joints (which may or may not be painful). Adjustments specifically applied to joints can restore motion when the body’s own muscles cannot. Adjustments help relieve pain and restore and maintain normal movement, biomechanics, and function. The controlled force of adjustments safely generates the energy needed to overcome such restrictions and take a joint back to its normal full range of motion. Muscles in the area of concern are also balanced so that they may support the joint structures. You may receive exercises to perform in order to strengthen or balance certain muscle groups. Both massage therapy and physical therapy are wonderful interventions that work great with chiropractic care.

It is important to remember that since your body is doing the healing, results will naturally vary from person to person. Most patients initially consult with a chiropractor because they have an ache or pain. In those cases, our first objective is relief. Visits are sometimes frequent during this period of intensive care. **Each visit builds on the one before, so it is important that you keep your appointments in order to achieve the best results.** On rare occasions, especially in cases of a recent accident or injury, your problem may seem to be worsening. This is perfectly natural and temporary. Reducing inflammation can take time and many factors can affect the speed of your recovery. Remain hopeful – most patients who follow their treatment plan see results.

In cases of chronic health problems, your progress might be slower. It probably took years for your health to reach its current, symptomatic state. Conversely, recovery will take some time.

As you continue care, your visits will be less frequent and your progress may be less dramatic. This is a critical time for the best future results. If you discontinue care before fully healing, you can invite a relapse. Once your acute/intensive care is over, we encourage you to make chiropractic a part of your life. Much in the way you have dental check-ups, you should continue with chiropractic care both as a preventative measure and to minimize the impact of future stresses.

The purpose of chiropractic care is to restore and maintain the health of the whole person and not just treat isolated symptoms or diseases. Chiropractic care aims to restore and maintain normal structure, joint, muscle and nervous system function. **Improving function (range of motion, flexibility, stability, strength, and coordination) is the key to long term pain relief.** Failure to restore function means that any pain relief is temporary and increases the risk of chronic pain. Joints that have good function are not painful, perform better and are less likely to be injured or to degenerate. Decreased function can lead to injury and pain.

Maintaining good motion is critical to the survival of discs and joints. **A joint that can't move can't nourish itself.** A healthy exchange of nutrients and wastes only occurs by physically pumping fluids into and out of the discs via spinal motion (because discs have no blood supply of their own). Movement stirs fluid through joints, washing nutrients in and waste products out. Lack of motion may lead to poor nutrition and disc degeneration.

It is important to emphasize here that chiropractors are physicians in every sense of the word, but **we do NOT treat disease**, and we hope you have an established relationship with a medical doctor to assist you with disease states. The best outcomes often require multiple approaches, and we encourage you to have a medical doctor as part of your regular health team.