

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd.,



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Chiropractic

What it is and how it can help you

By Dr. Carl Virusso

I would like to briefly explain the history, philosophy and techniques of Chiropractic and how you may benefit from care.

The profession of Chiropractic was founded in 1895, in Davenport, Iowa by D.D. Palmer. He was intrigued to know why the health of people with similar backgrounds, jobs and eating habits differed from person to person. Why did one person have an illness, but someone they lived or worked with did not get sick? He reasoned that it was due to interference of the nervous system and the body's inability to fight off the virus or bacteria and not the pathogen itself.

Therefore, Chiropractic is a philosophy, science and art that believes in the innate healing ability of the body to restore and maintain health through a properly functioning nervous system and its control and coordination of the other systems of the body.

When there is a misalignment or improper motion between one or more vertebra that causes interference with the nervous system, it is termed a vertebral subluxation. Subluxations can be caused by three types of stress on the body.

The first type of stress is *physical*. This includes not only traumas such as falls, car accidents and sports injuries, but also poor posture and improper ergonomics while working, driving, sitting or sleeping.

The second type of stress is *chemical*. Some examples of this are the effects of a poor diet which may include too much sugar, preservatives or processed foods, artificial sweeteners, and the side effects of medications.

The third type of stress is *emotional*. These stressors may include sadness, anger, depression, fear, anxiety or panic. It is normal to experience these emotions in our daily lives but they can have a negative effect and be harmful in the long term if left uncorrected.

These stressors, physical, chemical and emotional, can cause an increase in tension or stress on the nervous system which then causes the vertebra to misalign or become subluxated. Chiropractic care may not correct all of this stress, but it can allow the body to deal with it better. There are other keys to improving your health which will be covered on the following page.

Now, the question is how do we correct the subluxations? The answer is the Chiropractic adjustment. An adjustment is when the Chiropractor applies a gentle and specific force to the involved areas



of the spine to restore proper joint motion and reduce nerve irritation. They are performed either with the hands or a mechanical instrument. There are several different techniques to adjust the spine and your Chiropractor will utilize the best and most comfortable one for you.

There are many different conditions or problems that can be helped with Chiropractic care. The most common of these include:

- Headaches
- Migraines
- Neck pain
- Low back pain
- Sciatica
- Disc problems
- Numbness or tingling



When you arrive for your first visit you will be asked to fill out a patient history form. This is an essential part of the visit, as it gives the Chiropractor a better understanding of your overall health and any underlying issues which may be contributing to your chief complaint.

The second part of your visit is the physical exam which is used to determine the origin or cause of your pain. This includes specific Chiropractic tests as well as orthopedic and neurologic tests.

After the exam your Chiropractor will discuss the findings, treatment options, and develop a care plan with you if it is determined that Chiropractic can help.

If the cause of your problem needs further evaluation, you will then be referred to the proper practitioner.

Your individualized care plan may include stretching and strengthening exercises, postural and ergonomic advice and any lifestyle changes that will aid in the healing process.

Dr. Carl Virusso received his Chiropractic degree from Life University in 1996 and an Athletic Training degree from the University of New Hampshire in 1990. He is also certified in pediatric Chiropractic.

Dr. Virusso will be giving a talk in January for the staff and residents of Carleton-Willard Village.

Dr. Virusso sees residents on Wednesday afternoons from 1:00 pm — 4:30 pm.

If you are interested in making an appointment or if you would like to speak with Dr. Virusso beforehand, please contact the Clinic @ 781-276-1905.

**The Village Clinic will close at 1:00 pm
on**

**Wednesday, December 24
and will be closed on
Thursday, December 25
Christmas Day.**

Enjoy your Holiday!

**Regular Clinic hours
Friday, December 26 and Saturday,
December 27.**



Wishing you a joyful Holiday Season and a New Year blessed with health, happiness and peace!
From the Clinic staff: Susan, Debbie, Judi, Andrea and Michelle