

Structural fingerprint exam

Question: Why do chiropractors examine the entire body when it may only be one area of pain the patient comes into their office with?

Answer: A thorough biomechanical evaluation will identify any imbalances, distortion patterns, locked joints, trigger points, weaknesses, or worn out areas. A chiropractor will evaluate the body as one interconnected 'machine' and not just a simple check of an injured or sore area. The examination starts at the foundation – the feet – and works up through the entire body to include all the joints of the legs, hips, pelvis, and spine.

Despite the considerable evidence that posture affects physiology, function and performance, the significant influence of posture on health is not addressed by most physicians.

Any athlete looking for that competitive edge to improve their overall performance appreciates the total body evaluation. In this day and age of steroids, hormones, and drugs, few people are looking at the improvement and efficiency of the human frame. Studies have shown that athletes who are under chiropractic care have improved reaction times by 14- to 18-percent. Other studies have shown athletes who utilize a comprehensive approach to injury care including chiropractic recovers faster.

Chiropractic is not only for athletes. Structural and postural imbalances increase the likelihood of injury and accelerated degenerative changes (osteoarthritis). Correction of these imbalances is vital to every person's better health, longevity, and quality of life.

Quote of the week: *"More people die of a sedentary lifestyle than from smoking."* – C. Everett Koop, MD, Former U.S. Surgeon General