

CAN CHIROPRACTORS HELP WITH NEUROPATHY?

Chiropractic can help relieve some of the symptoms associated with Neuropathy by improving blood flow and spinal cord alignment in your body. Neuropathy is the second most common condition treated by chiropractors according to the National Board of Chiropractic Examiners.

Neuropathy is a medical condition resulting from damaged or destroyed nerve cells and is often a side effect associated with autoimmune diseases, infections, diabetes, tumors, or hereditary conditions.

Neuropathy currently affects over 20 million people in the United States with symptoms ranging from slight tingling or burning pain to muscle spasms, difficulty moving your arms or legs, and in some cases, atrophy. Neuropathy can be a side effect or caused by other medical conditions, which is why most of the time, treatment is first tailored to treat the underlying condition which then reduces the severity of the nerve pain. Neuropathy can be severe and quite painful.

The most common forms of neuropathy include diabetic neuropathy, carpal tunnel syndrome, and sciatica which are actually quite prevalent in adults. Chiropractic care for neuropathy focuses on treating the underlying conditions that cause nerve pain as well as the inflammation that your body is producing from your neuropathy. Treating the inflammation will help to ease your pain in the different joints and extremities. Many patients are looking not only to reduce their pain but to also improve their overall quality of life without relying on medication.

To do this, we tailor each chiropractic treatment plan to meet the needs of every patient. For instance, if a patient is suffering from nerve pain in their lower extremities, our treatment will focus on therapies and exercises that promote healing throughout the leg muscles and joints like the hips, knees, and ankles.

WHAT ARE THE SYMPTOMS OF NEUROPATHY?

Since neuropathy affects the nervous system as well as the body's ability to balance, it is important to seek help and treat neuropathy as soon as you can.

For many patients, neuropathy begins with a tingling or numbness that occur in their fingers and toes.

As time goes on, the numbness begins to spread and may also develop into prickly or sharp pains in their extremities.

Early symptoms of neuropathy include numbness, weakness, and tingling or burning pain that evolves into muscle spasms and difficulty moving your arms or legs over time. As neuropathy progresses, patients may also feel that their balance is being lost more often.

The symptoms of neuropathy greatly depend on the type of nerves that are damaged, ranging from autonomic nerves, motor nerves, and sensory nerves.

We always recommend that our patient document what type of symptoms they may be experiencing prior to their visit to our office so that Dr. Wade can better diagnose and treat the pain.

