

# Getting Back on Your Feet

By Kathy Mullins



**I**t happens in a flash. One minute you're enjoying a pleasant bike ride or rushing to catch a train and the next thing you know you're sprawled on the ground clutching a swelling ankle.

Accidental injuries are common. Consider that in 2005, there were 272,088 whiplash cases among 2.68 million auto accident injuries. According to National Center for Health Statistics, US hospitals recorded 5,510 sprains and strains and 3,443,000 fractures.

Usually full recovery from such injuries involves more than simply mending. **Chiropractic helps individuals recover full functionality.**

## EASING THE PAIN

Dr. Robert Mariner, Mariner Chiropractic Center, Frankfort, KY, notes two main things that chiropractic does for someone who sustains an accident; first it reduces pain and secondly it restores increased function. "There's a direct relationship between range of motion and proprioceptor, or pain response. If a chiropractor can increase the range of motion, pain response decreases."

Pain can be a functional response to scar tissue. "Though elastic (good) scar tissue allows normal movement, fibrotic scar tissue leads to problems, such as adhesions that produce recurring inflammation. Left untreated, scar tissue alters muscle and joint movement, resulting in pain, decreased range of motion, weakness and numbness or tingling," says Mariner.

The innate nature of the human body is to try to heal itself. "The fact is that when someone is injured in an auto accident, if the injury doesn't kill them, their body will eventually heal," says Omaha, NE chiropractor, Dr. Ray Klepinger of Candlewood Chiropractic and Pro Adjustor Center. "But there's wide variance in what that recovery is like. Treatment with some type of rehabilitation or stretching therapy in addition to medical intervention greatly influences