

Chiropractic Care Helps Restore Mobility After Surgery

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Dec. 26, 2009 - [PRLog](#) -- We all know how painful a paper cut can be but it heals quickly. After surgery or medical intervention, the process takes somewhat longer, especially with abdominal surgery where muscles and nerves have been cut through to treat a problem.

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Any changes in normal mobility are attributed to the sore wound taking time to heal, the loss of fitness levels during convalescence, or the lack of agility is blamed on the ageing process for no longer being able to do the things we used to do with ease, like bending down to tie shoe laces..

However these may just be excuses we make up for ourselves and a visit to the chiropractor could soon have you back to your usual mobility and the right exercises regime will restore your flexibility.

One such case is Lynn Al Redha. A dressage (horseriding) professional and mother of four, Lynn underwent a full hysterectomy in January this year. For four weeks after the operation she had to take life gently and suffered the effects of immediate menopause. Used to being extremely fit, she began walking again and returned to riding just eight weeks after surgery, albeit without her usual vigour.

During this time she became aware of a low grade back pain which was constantly nagging at her. Lynn took the view that perhaps she was overdoing things and that given time, it would go away. It didn't – it got worse and stiffness crept in. She couldn't get out of bed easily in the mornings and had trouble putting on her socks. Although only 46, Lynn decided that it was due to hormone changes and she must be getting old. “She says, “it was awful – my stomach felt like a blancmange. I was all right if I stayed in one position, sitting or standing, but as soon as I moved, the back pain was debilitating.”

After nine months of suffering, to the point where it was affecting her life, Lynn finally visited Dr Charles Jones at the California Chiropractic and Sports Medicine Center for advice. When she explained her problem, his first comment was “and why didn't you come to see me sooner?”

Upon examination, Dr Charles found that Lynn's pelvis was twisted and tilted and that she only had 70% mobility in her hips. He went on to explain Lynn's condition: “We often forget that everything in the body is connected. The back muscles support the internal organs, while good core (stomach) muscles support the back. When the the stomach muscles are cut in an operation, there is no contra support for the back, and therefore no stability. The other muscles and tendons over-compensate and pull the pelvis out of line. The back muscles don't feel right and go into shock or spasm. This in turn affects the joint, and together with gravity, everything goes out of alignment.”

Over the course of half a dozen visits, Dr Charles helped realign Lynn's pelvis and retrain the muscles to stabilise the back, along with specific therapy exercises. Recognising that good dressage posture is dependent on strong core muscles, Dr Charles pointed out that when Lynn returned to her regular riding routine, she would not in fact be sitting straight even when she thought she was.

Lynn is now back in the saddle and well on the way to recovering her previous fitness levels. “She said,”It

was a relief to find out that I am not that old ... yet! I have been riding all my life and fitness has always been very important to me. I usually listen to my body but this time, I just made excuses and paid a painful penalty for it. I recommend anyone who has had surgery of any kind, from a Caesarian to gall stones, to visit a chiropractor to check that everything is in alignment, and hope that others will take heed of my lesson, and avoid a very nasty back ache.”

Background

Chiropractic treatment is a non-surgical science. Chiropractors look at the human body and give special attention to its physiological and biochemical aspects. Major areas of concern for a chiropractor when examining a patient can include spinal or musculoskeletal structure, neurological activity, vascular systems, nutrition habits, emotions, and environmental relationships.

The California Chiropractic and Sports Medicine Center was established in Dubai Healthcare City in January 2008 by Dr Charles Jones – a chiropractor for over 20 years. He works closely with the Ministry of Health in the licensing of new Chiropractors to the United Arab Emirates, and is President of the Emirates Chiropractic Association.

The state-of-the-art chiropractic and sports medicine center uses the latest technology available directly from the United States; and is subject to the highest level of quality assurance governed by the American Licensing Standards. Dr Jones' aim is to offer the highest quality of chiropractic care anywhere in the world.

Dr Jones believes in a combination of manipulation, physiotherapy and exercise for a more complete approach to treating a patient's condition. .

At the Center, Dr Jones has created a team of like-minded professionals and the practice consists of three chiropractors, an orthopaedic surgeon, sports rehabilitation therapist, physical therapist, physiotherapy nurses and acupuncturist.

The clinic can treat the causes of headaches, neck and shoulder pain, mid and low back pain, hip and knee pain, wrist pain, carpal tunnel syndrome, tennis elbow, golfer's elbow and foot pain, as well as specific sports injuries and rehabilitative physical therapy.

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