

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



The meaning of pain

What is the purpose of pain? It turns out there are some very important reasons why we're equipped to sense pain. Pain causes you to pay attention to something that's not working right. It's a not-too-subtle way your body alerts you that a change of some type is required.

In many ways, pain is a good thing. It's only when we misinterpret the pain or think that by making it go away without tending to its underlying cause that we get into trouble.

Many people begin chiropractic care because of a painful symptom. Naturally, we show our compassion, but our primary interest is in the underlying cause of the pain. Numbing the body with drugs to hide the pain may be convenient, but in the long run, expensive and often times has detrimental side effects on your liver and kidneys with prolonged usage. We take a more natural approach.

It begins with a thorough examination, posture testing and a full set of x-rays (if required). We'll also enquire about the various physical, emotional and chemical stresses you may be experiencing. Depending on your history, symptoms, and types of stress will determine the type and frequency of care necessary. We have a variety of different modalities available to suit the needs of each individual patient. They are: instrument adjusting techniques, spinal decompression, vibration therapy, orthotics, and postural correction equipment & exercises (results may vary from patient to patient).

If you know someone who regularly takes medication to suppress their ability to sense pain, urge them to see a chiropractor. We strive to identify the underlying cause of their problem and offer safe and natural solutions to their body's cry for help. Have them contact our office today at 250-803-0224.