HEAD / NECK

Frequent headaches, numbing or tingling of the arms or hands, chronic tension in the shoulder area, symptoms in between the shoulder blades, stiff and sore muscles upon awakening, and poor posture may indicate a misalignment or subluxation in the neck or upper back. A chiropractic spine and nerve examination is advisable to determine where the problem lies.

HEADACHES

A headache is not a disease, but a symptom - one of the most potent warning signals the body has to alert you that something is wrong. A pinched nerve due to a misalignment of vertebra in your neck is a common cause of headaches. Frequent headaches should be diagnosed and treated immediately.

HERNIATED/BULGED DISC...

If the neck or back has been injured, there is no one-size-fits-all solution. Chiropractic physicians devote their training and practice to the study, diagnosis and treatment of the spine – one of the most powerful and complex areas of the human body, and highly vulnerable to injury. Chiropractic physicians concentrate exclusively in the area of spinal and disc injuries and related joint and nerve problems.

With years of nerve-muscle-skeletal specialization and advanced training in spine and neck injury, Dr. Huete diagnoses and develops an individual treatment plan for each patient. Treatment involves no surgery or pain medications. We invite you to come in and learn more about what we do and how we can help.

Houston Spine & Disc

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Redefining the diagnosis and treatment of spinal injuries
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HIP / LEG

Legs “work” from the hips and provide our main means of locomotion. And what directs our legs to move? Nerve impulses emanating from our brains. If vertebrae and any of the discs between them are misaligned, they can pinch and irritate the nerves that branch out from the spinal structure, which can then cause radiating symptoms to hip and leg. Proper chiropractic care can relieve the nerve irritation and return the normal flow of nerve energy to the affected areas.

LOWER BACK

The lower back, or lumbar spine, bears most of the body’s weight — making it especially vulnerable to symptoms and problems. The underlying cause of back injuries is an imbalance of the bony framework of the body, especially the spinal column. Problems related to the structure of the lower back include misaligned vertebrae, pinched nerves, slipped discs, ruptured discs, Sciatica, disease and infection. But diseases of the spine like arthritis and tuberculosis account for less than 5% of back injuries.

MIGRAINES

Migraines are chronic, often severe headaches that strike hard and fast without warning, usually starting on one side of the head and possibly spreading to the entire head as the symptoms escalate. Nausea, irritability and sensitivity to bright light are other symptoms of the Migraine Syndrome. Science has long recognized that Migraines result primarily from the stretching of the arteries and nerves of the head. Researchers in the chiropractic field have developed special orthopedic and neurologic examinations to determine the precise point in the neck at which the arteries and nerves are being affected. Typically it is a simple matter for the doctor to release the source of the irritation and eliminate the Migraine headaches.

SCIATIC NERVE

Sciatica is the inflammation of the sciatic nerve, the largest nerve in the body, which supplies the tissues of the thigh, lower leg and foot. It is usually caused by a pinching of one or more spinal nerve roots between the vertebrae of the lower back. Anyone who has suffered through a case of sciatica will agree that the symptoms are one of life’s most agonizing experience – tearing, sharp pain that shoots down the sciatic nerve and extends into the hip, thigh and back of the leg. Realigning the vertebrae and or reducing an offending disc lesion typically relieves the acute portion of the symptoms.

SHOULDER / ARM

Shoulder and arm pain can have a number of contributing causes, but most symptoms are caused by misalignment of one or more spinal segments (vertebrae and the discs between them) due to injury to the spine’s normal curves, occupational stresses or even improper posture. This results in a pinched nerve which then causes radiating symptoms to the shoulder and arm including pain and reduced mobility. The degree of symptoms may vary from slight and intermittent to excruciating. Among the most common conditions associated with shoulder and arm symptoms are neuritis, bursitis, neuralgia, arthritis, and circulatory changes. Even ailments in other parts of the body such as gall bladder problems and heart conditions may refer symptoms to the shoulder and arm. Your chiropractic examination will most likely include an X-ray study as well as necessary nerve and orthopedic tests. If the nerves coming from your spinal cord (through vertebral openings) have been damaged, the doctor will institute immediate treatment to relieve your systems and help nature correct and heal the underlying condition – without surgery or the need for pain medication. ...
WHIPLASH

In Texas last year, one person was injured in a traffic accident every 2 minutes 17 seconds. Few events can cause more physical damage to a body as an automobile accident. Even when traveling at low speeds, two colliding cars transfer enormous amounts of force to each other - and to the fragile individuals inside.

Whiplash, one of the most common injuries caused in automobile accidents, is an injury to the cervical spine caused by an abrupt jerking motion of the head either backward or forward. In the case of the human neck, the snap in that wrenching split second may cause long-term damage and lifelong pain if not treated immediately and correctly to achieve complete recovery. Below are some of the more common symptoms of Whiplash:

- Headaches, head and neck symptoms, stiff neck, muscle spasms
- Restricted head motion
- Equilibrium problems, loss of hearing, ringing in the ears
- Eye strain, increased sensitivity to light
- Light-headed, excessively tired, black outs
- Neuralgia (nerve symptoms) or neuritis (nerve inflammation)
- Cold hands or feet
- Numbness of arms, hands, shoulders, feet, legs
- Periods of unexplained depression, anxiety, irritability
- Inability to concentrate, poor memory
- Aches, pains or tightening between the shoulders, lower back pain
- Rapid heartbeat, tremors

The threshold for cervical spine soft tissue injury caused by a car accident is 5 mph according to a recent study of human crash victims. The results of this study are not surprising.

The spine is one of - if not the - most delicate and vulnerable areas of the human body. The spine keeps us upright. It also cushions and protects the central nervous system - that intricate network of nerves that monitors, controls and regulates all body function, from digesting your dinner to how you view the world. The cervical spine, or neck supports the head, an incredible feat when you think about it: 7 small neck bones supporting the weight of a 14-pound bowling ball. To do its job, all the components - the muscle, tissue and bones - that make up the cervical spine must be in perfect alignment. A misalignment can result in symptoms ranging from slight and moderate to debilitating.

If pain occurs following an accident, whether immediately or days later, it is an indication that the spine has suffered damage. If ignored, the pain may ultimately lessen, but the spinal damage will not heal correctly. The permanent damage that results from untreated or incorrectly treated injuries may lead to chronic symptoms that last a lifetime.

If you are injured in a traffic accident of any type, call our office immediately.

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