Need Help For Knee Problems?

A SCIENTIFIC BREAKTHROUGH has been added to our chiropractic services! It is called INTERFERENTIAL ELECTRONIC THERAPY. This adjunctive therapy can significantly improve results in many cases of JOINT PAIN AND MUSCLE STIFFNESS by acting to relax muscle spasm, prevent or retard tissue atrophy, improve circulation, re-educate muscles, and normalize range of motion... thus helping the involved PARTS of the body interact PROPERLY for the good of the whole.

Of course, not all problems can be helped with interferential therapy, but maybe it's the answer to YOUR Problem.

Call us today for a consultation and preliminary examination at no cost or obligation to you.*

*X-rays and treatment not included.

Most insurance accepted.

Gillespie Chiropractic Clinic

2705 MacArthur Road
Whitehall, PA PHONE: 433-7777
(Near Fitness America & Jamesway in the Coldwell-Banker Bldg.)
Hours: Mon.-Fri. 9 a.m. to 12 Noon & 2 p.m. to 7 p.m., Sat. 10 a.m.-1 p.m.

Chiropractic for Health
By Dr. Gary Gillespie

A DELICATE BALANCE

Muscles have partners to assist in their work. As one muscle contracts, its opposite member releases its tension gradually and relaxes. If this balance were to be interrupted by an injury, an uneven tension would result that could disrupt joint alignment. Oddly enough, muscle imbalance presents its greatest danger after injury has occurred. A person may tend to unconsciously overcompensate for the injury to one muscle by using its partner muscle more. As a result, the muscle imbalance becomes even more pronounced, inviting re-injury. For this reason, it is important to submit an injured muscle pair to therapy in an effort to re-establish proper muscle balance. Failure to do so risks a re-injury to the muscles and corresponding joint that can be more serious than the original injury.

Many injuries can benefit dramatically from chiropractic applications. In fact, in today's exercise-oriented society, such applications may serve as a preventive measure also. Afford your body, your health and your lifestyle the considerations they deserve. Call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, today. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Unlike muscles, the tendons that attach them to bones stop growing when adulthood is reached.
FREE SPINAL EVALUATION*
Do You Have?

1. Headaches, Dizziness, Blurred Vision
2. Neck Pain, Tight Muscles, Spasms
3. Shoulder Pain, Pain Down Arms, Numbness in Hands
4. Pain Between Shoulders, Difficult Breathing, Abdominal Pains
5. Lower Back Pain, Hip Pain, Pain Down Legs

* Free examination includes case history, consultation with the doctor, necessary orthopedic neurological tests. X-rays, treatment, and clinical laboratory tests are not included, but if indicated, are normally covered by most insurance policies.

Why FREE? Thousands of area residents have spine related problems which usually respond to chiropractic care.

This is our way of encouraging you to find out if you have a problem that might be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.

While we are accepting new patients, no one need feel any obligation.

We accept Participating Major Medical, Blue Cross/Blue Shield, Medicare, and Workman’s Comp.

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Sat. 9 a.m. to 12 Noon

FREE SPINAL EXAMINATION*

"Your trouble is nerves, just nerves, that's all," many people have been told. But nerves are too important to the body to be dismissed lightly. Study this chart carefully. If you recognize a symptom consider that its cause could be a pinched nerve.

A simple, painless and inexpensive spine and nerve test can quickly reveal if your problem is pinched-nerve related.

To all Sections of the
1. Headaches, Nervousness, Dizziness and Tension.
4. Chest pains, Functional heart distress, difficult breathing and asthma.
5. Stomach and liver disorders.
6. Shingles and disturbances of the upper bowels.
7. Kidney disorders, skin disturbances and mid-backache.
8. Slipped disc, lumber, and low back pains.
9. Sciatica, constipation, menstrual problems and sacroiliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

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*Free examination includes case history, consultation with the doctor, a free contour analysis posture scan and 10 orthopedic neurological tests. X-rays, treatment, and clinical laboratory tests are not included, but if indicated, are normally covered by most insurance policies.

While we are accepting new patients, no one need feel any obligation.

Most Insurances Accepted

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Sat. 10 a.m. to 1 p.m.
NUMB ARMS, LEGS

Warning Signals

There may be misalignment of vertebrae in the spine causing pressure on nerves, yet the patient experiences no pain in the back. Instead, a variety of sensations may be felt in other parts of the body. These include tingling, tightness, hot spots, cold spots, crawling sensations, electric shock sensations, tingling, burning and others.

The following nine symptoms involving back pain or strange sensations are often the forerunners or more serious conditions. Any one of these may spell back trouble:

1. Paraesthesiae (see above)
2. Headaches
3. Painful joints
4. Numbness in the arms or hands
5. Loss of sleep
6. Stiffness in the neck
7. Pain between the shoulders
8. Stiffness or pain in lower back
9. Numbness or pain in the legs.

These signals may indicate your body is being robbed of normal nerve function. Until this function is restored, you will, in some degree, be incapacitated. The longer you wait to seek help, the worse the condition will likely become. Don’t wait! Should you experience any of these warning signals, call for in-depth consultation in Layman’s terms.

While we are accepting new patients, no one need feel any obligation.

Chiropractic Clinic
Gillespie
Most insurance accepted

GET A SECOND OPINION AT:
2705 MacArthur Road
Whitehall, PA PHONE: 433-7777
(Near Fitness America & Jamesway in the
Coldwell-Banker Bldg.)

Hours: Mon.-Fri. 9 a.m. to 12 Noon & 2 p.m. to 7 p.m., Sat. 10 a.m. - 1 p.m.

FREE SPINAL SCREENING EXAMINATION*

1. Headaches, dizziness, blurred vision.
2. Neck pain, tight muscles, spasms.
3. Shoulder or arm pain, numbness in hands.
4. Difficult breathing, abdominal pain.
5. Lower back pain, hip or leg pain.

ALL OF THE ABOVE ARE WARNING SIGNALS OF PINCHED OR IRRITATED NERVES.

*Free examination includes case history, consultation with the doctor, necessary orthopedic neurological tests. X-rays, treatment, and clinical laboratory tests are not included, but if indicated, are normally covered by most insurance policies.

Why FREE? Thousand of area residents have spine related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if you have a problem that might be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.

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Chiropractic for Health
By Dr. Gary Gillespie

THE HANG OF IT

Today, fitness enthusiasts deliberately hang upside down in gravity boots. They do so to relieve stresses placed on joints in the body by the sedentary habits of modern living. In this inverted position, body weight and gravity pull vertebrae in the spinal column apart, and stretch muscles in the back. Hanging upside down, however, also raises the blood pressure and pulse rate, the pressure of fluids in the eye, and pressure on arteries supplying the eye. The practice can be dangerous, especially for people not in perfect condition. It is not recommended for those with high blood pressure, glaucoma, or the elderly. This form of “therapy” also is not recommended for anyone hoping to cure a spinal problem.

Do-it-yourself approaches to health techniques are not recommended for anyone. You will find the experienced professionals who offer the chiropractic exam that will address your specific situation when you visit GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. To learn more about how chiropractic addresses the points of interference within your spinal column and how proper applications allow a natural healing message to resume to all parts of the body, we invite you to call GILLESPIE CHIROPRACTIC CLINIC. You can feel better... naturally. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most insurance plans accepted.

If stretched out, the body’s nerve network would measure nearly 45 miles.

Meet THE CHIROPRACTIC PHYSICIAN

Dr. Gary Guy Gillespie has relocated to the Allentown area. Dr. Gillespie completed pre-med training at Penn State University and Muhlenberg College. Dr. Gillespie received his Bachelor of Human Biology and Doctorate of Chiropractic Degree at the National College of Chiropractic, one of the world’s premiere schools requiring over 4,000 credit hours plus internship. Dr. Gillespie is a member of the American Chiropractic Association and National Board Diplomate, A.C.A. Council for Sports Injuries, and A.C.A. Council for Diagnostic Imaging. He is licensed in Pennsylvania, Ohio, New York, Florida and West Virginia.

Dr. Gillespie is equipped to deliver a variety of services such as manipulation, diathermy, ultrasound, arthrotonic stabilizer, interial extensilizor, muscle stimulation, inferential therapy and Russian stimulation. Areas of emphasis include nutrition, physiotherapy, orthopedics, physiology, human anatomy and x-ray.

Dr. Gillespie is now accepting new patients. Those who wish to speak to Dr. Gillespie or set up an appointment for complimentary initial consultation should call his office.

Most Insurance Accepted I feel good naturally...

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PROPERLY ALIGNED

Properly aligned bones of the body reduce the possibility of injury. This is especially true of the neck, pelvis, knees, and feet. Good alignment means that the bones are in balance as they sit on one another. The result is a substantial reduction in stress to the body. Poor alignment, such as feet that turn out while the knees turn in, can cause an injury by placing stress on parts of the body that were not built to accommodate it. Movement becomes inefficient. Extra weight and stress are placed on the ligaments because the muscles are not being used efficiently. Because of the misalignment, the weight is not being directed through the leg as it should. The ligaments on the inner knee become overtaxed, unfortunately resulting in an injury.

Spinal misalignment can produce difficulty and "malfunction" in every body extremity and organ. The science of chiropractic assesses such points of misalignment and provides the applications that such corrections demand. To better understand the science of chiropractic can benefit you as well as benefiting such benefits, call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, today. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Poor bone alignment is a contributing cause to injuries that gradually appear "out of nowhere."

OFFICE REPORT

Recent research indicates that people in sedentary jobs suffer more musculoskeletal pain than people in jobs requiring heavy labor. A major factor in their pain is mental and emotional stress, and the resulting bodily postures. Tension, anxiety, duress, and depression can be big factors in deconditioning the body and impairing its mechanics. They cause people to bend, stoop, and squat in the wrong way, generally resulting in bad posture. Because of this, inflammation in joints, ligaments, and tendons can appear. Routine office activities, and not heavy lifting, can be the culprit. While headache is the most common pain from which all workers suffer, backache is the greatest cause of disability and time lost from work.

Suffering from such constant discomfort need not be a way of life. Oftentimes the proper chiropractic application can produce relief to such painful experiences. To learn more about how chiropractic can be a positive factor in your lifestyle, we invite you to call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Almost a half billion dollars is lost annually due to absences from work because of backache pain.
Chiro-CREDIT...
can take the “bite” out of deductibles and co-payments.

At some time in their lives, 4 out of 5 Americans have health problems that cry out for chiropractic care. But the deductible and co-payment requirements in some insurance plans can take a big bite out of your savings. We are pleased that we can now offer CHIRO-CREDIT to budget-minded Americans who need health care.

With Chiro-Credit, you are automatically eligible for up to $1,000 credit to take care of the treatment your insurance does not cover. You decide on the monthly payments, as low as $5 a month. There is no interest, and you have up to 5 years to pay. Chiro-Credit is available to everyone, with or without insurance.

At our office, there is no charge for the initial consultation and spinal function test. Should X-rays or treatment be indicated, most health plans include chiropractic coverage.

Don’t let budget problems keep you from solving your health problems. Call us today and ask about CHIRO-CREDIT.

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Chiropractic for Health
By Dr. Gary Gillespie

WATER, A HEALTH BASIC
The first thing that many people are told as part of a weight-reduction program is that they should consume six to eight glasses of water daily. Most people use thirst as a criterion for the body’s need for water. Thirst, however, may not be the best indicator. Chiropractic has long recognized water intake as an important facet of a healthy body. The skin, the body’s largest organ, loses water every day through perspiration. The lungs require approximately two glasses of water each day to function properly, as do the small intestines. Lack of water can be a factor in faulty elimination. In addition, as the body’s most important elimination system, the kidneys utilize a large quantity of water daily to carry out wastes. Water intake should not be overlooked as an important part of your healthy life.

There are many factors to consider in achieving the goals in life that you seek. When you visit GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, you will find the steps that may well provide you with the answers you seek. Chiropractic is a natural, knifeless and drugless approach to dealing with many of the pains and discomfort one experiences during their lifetime. To find out more how chiropractic may help you, we invite you to call today. Tel. 433-7777. Hours: M-F 9-15 & 2-7, Sat. 10-1. Most ins. plans accepted.

Drink a glass of cool water upon rising in the morning.
Cocaine Kills — Remember, Say NO!
UPRIGHT CITIZENS

It is said that our back problems actually started when our species began to walk upright. This put an undue amount of stress on our back muscles. Sturdy as they are, these muscles are not quite strong enough to handle heavy lifting or even sudden twists and turns which can tear a portion of a muscle loose from the vertebrae. That can cause bleeding, irritation of the nerves that branch out from the spinal cord, and acute pain. Another problem associated with walking upright is that the vertebrae are stacked on top of one another in a chain that runs from the skull to the tailbone. If a cushion-like disc between vertebrae is pulled away by physical stress, it may put pressure on the spinal cord and cause pain similar to a spinal muscle tear.

It is obvious that natural physical activity as well as unusually strenuous actions can be the cause of the same strains that result in pain and discomfort. A good approach to dealing with such situations is a periodic chiropractic exam. In fact, a periodic exam for the entire family is a prudent consideration in achieving a pain-free and happy lifestyle. For more information call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted. Have a happy and safe “Fourth of July.”

Losing weight may help alleviate back pain since it puts less strain on the back muscles.

Cocaine Kills — Remember to Say NO!

EARLY INJURIES, LATER PROBLEMS

Beginning with minor childhood injuries, the bones of the spinal column receive trauma that affect the quality of later life. A condition known as “vertebral subluxation complex” exists when a vertebra moves from its proper place and exerts pressure on a nerve. Nerve interference then manifests itself in various parts of the body as nerve impulses fail to reach their intended destination. This complex begins with improper motion or position of the spinal bones during the early years. Between ages 20 and 40, the condition may cause soft tissue and bone decay and abnormal levels of calcium salt deposits. Middle age sees these negative trends continuing, along with the initial stages of bone fusion at the site of the vertebral problem. Later, the patient may experience serious bone fusions, spinal collapse, and a degree of ill health.

As with all other health concerns, prevention as well as attention to existing problems is as necessary for the young as it is for the young at heart. Chiropractic applications can afford such benefits to people of all ages. In addition, a prudent and periodic approach to one’s own health goals should begin early. Call us at GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

The best time to address the problems of the back is when a person is young, before unaligned vertebrae exert longterm consequences.
BACK ON TRACK

Improper alignment of the bones can often be a cause of injury, particularly among those who exercise. Restoring good alignment ensures that there is a minimum of strain on muscles, tendons, and ligaments. This can play an important role in both preventing and recovering from an injury. Often, the injured person will begin to compensate by favoring the injured part for a brief period of time. When the pain has diminished, good alignment habits need to be re-established. Noticeable indicators of poor alignment include the head pushed way forward, the shoulders slumped with a collapsed chest, shoulders raised and pulled back, an overly accentuated or flattened lower-back curve, turned in knees, and pronated or flat feet.

Whether you are actively engaged in physical activity, for work or pleasure, a periodic chiropractic exam may afford you many benefits. Such a routine can serve to address existing problems as well as heading off impending situations. For the chiropractic applications that will be a plus in your life, call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, today. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Improper bone alignment after an injury can lead to chronic back problems.

LOW-BACK PAIN

Low-back pain usually involves spasm of the large supportive muscles alongside the spine. Any injury to the back may produce such spasms, resulting in pain and stiffness. Most muscular problems in the back are linked to some exertion or lifting, and must heal naturally. The most common location of pain due to a muscular strain is in the low back. Although many other pains have muscular origin, pain that extends beyond the low-back area is cause for concern. Pain that extends down the leg to below the knee is different from pain that is confined to the low back. Such pain suggests pressure on the nerves and requires the attention of a doctor of chiropractic.

Chiropractic goes to the source of the problem rather than merely attempt to alleviate the symptoms. When you visit GILLESPIE CHIROPRACTIC CLINIC your problem will receive experienced attention and the chiropractic applications indicated will be applied so that the source of your discomfort will be promptly and effectively addressed. For attention to your discomforts, please call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1.

A muscle spasm is nature's way of immobilizing a muscle.
HEADS UP PLAY

The football tackling technique known as “spearing” has been banned for the past decade amongst high school and college players. Spearing consists of the player tackling his head and hitting his opponent with the top of his helmet. Spearing was a relatively recent technique, brought on by improvements in football helmets. The new, hard-shell helmets introduced in the 1960’s gave players a weapon. This form of tackling proved to be all too costly, however, as cases of broken necks and paralysis rose dramatically. The human spine can withstand only about 300 pounds of pressure. The battering ram effect of spearing can exert 700 to 800 pounds of pressure, causing vertebrae to compress and buckle. From diving to rugby, the message is clear for athletes in any sport — do not use your head.

Today more of us are involved in athletic endeavors than ever before. Thus the prudence of periodic chiropractic exams is more evident. In addition to addressing existing problems, guidance and assistance can be developed to possibly avert developing situations. To learn more about how chiropractic can make a difference in your lifestyle, GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, welcomes your call. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Since “spearing” was banned in 1976, rates of cervical quadriplegia among college players tumbled from 29.3 per 100,000 to 6.7.

TAKING A STANCE ON POSTURE

Faulty posture is one of the most common underlying causes of back pain. It can alter the curve of the back and put severe abnormal stresses on overworked supporting muscles and ligaments. Round shoulders, a slumped back, or a protruding abdomen may be already causing back pain or, at least, indicate that it may occur in the future. On the other hand, an exaggerated military stance at attention also could mean trouble. Despite past theories that this stance means good posture, it actually forces too great a curve in the back. Lastly, tension affects posture. The more tense a person is, the more the head goes forward and the tighter the muscles in the upper and lower back and the neck tend to be.

All of these considerations can produce painful conditions. The science of chiropractic can address your needs in these areas as well as help you learn the proper routines so that you may enjoy a healthy and pain-free lifestyle. To learn more about how chiropractic can help you call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Ice often works better than heat when dealing with muscle ache.
WORKOUT PAIN

"No pain, no gain" has been the motto of the superfit for several years. What some exercisers do not realize, however, is that pain is simply the body's way of signaling a physical emergency that needs attention. Of course, a certain kind of pain means that the body is being challenged and will become stronger. Unfortunately, very few people know how to distinguish between this "good" pain and the more destructive kind that may result in injury. Generally, good pain is simple muscle soreness. It usually does not appear until a couple of hours after exercise, and disappears in two or three days at most. The bad kind of pain is musculoskeletal injury, a torn ligament or shin splint. It shows up during or immediately after an injury and lasts much longer.

Whether you are extremely athletically inclined or lead a more sedentary lifestyle, you should understand the message that pain is signaling as well as discover the response to such situations. GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, offers the chiropractic information and applications that will meet your needs and allow you to achieve the lifestyle and healthstyle you seek. For more information on how we can help you, please call us. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.
The average runner subjects his body to 400 to 1,000 pounds of stress per footfall.

GAINING PAIN

A large segment of the American public has taken up exercise in an effort to realize healthier lives. Many exercise in an expectation of pain in order to achieve strength and slimness. However, these same health enthusiasts do not match movements with counterbalancing exercises to prevent muscle fatigue. For instance, most people consider sit-ups to be the best cure for a sagging abdomen. What they fail to realize is that this exercise can also pull the upper spine out of alignment to cause neck and back pain. If such pain develops as a result of exercise, allow the doctor of chiropractic to suggest counterbalancing exercises to stretch contracted muscles. The exerciser should also take the time to learn of other muscle pairings in an effort to work each in a balanced manner.

In today's health conscious and exercise oriented society chiropractic applications can offer more than ever before. Such activity puts tremendous strain on various parts of the spine. Utilizing effective chiropractic techniques, existing as well as potential problem areas can be addressed and a more comfortable lifestyle enjoyed. For more information on chiropractic, call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.
The anti-inflammatory drug aspirin may provide mild pain relief of joint inflammation, but it also inhibits the repair of damaged tissue.
HOLD THE ICE

Instead of taking medication for a headache, next time try reaching for the freezer. Recent studies show that the ice pack, long used to help strained ligaments, may help headache pain, as well. A headache is caused by the swelling or dilation of blood vessels. The application of ice will cause these vessels to constrict. Headache sufferers, even those who experience migraines, should try the following treatment at the time of their next headache: Press the ice against the forehead, while in a prone position, for a period of up to forty-five minutes. The numbing effect of the ice should help it immediately. In addition, this form of therapy is not only inexpensive, but it has no side effects.

The science of chiropractic is a natural, knifeless and drugless approach to many of the discomforts that afflict us. A chiropractic exam strives to enhance Mother Nature’s natural healing process so that a happy, painfree and enjoyable lifestyle may ensue. For the chiropractic exam that will help you achieve the goals you seek, call GILLESPIE CHIROPRACTIC CLINIC, 1705 MacArthur Road. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Studies show that 70 to 80 percent of headache sufferers felt that an ice pack helped reduce headache pain.

ICING AN INJURY

Reach for the ice pack in the moments after a muscle injury. Not only will ice numb the initial pain, it will promote greater blood circulation than heat application. Numbing the injured area is important in that it allows movement of the injured part. This promotes healing by allowing new-forming tissue to remain pliable. Proper icing technique requires that the ice pack remain on the injured area for up to twenty minutes, or until the injured area becomes numb. Then, starting with small movements, the injured area should be moved gently. The range of motion should be increased gradually, and no weight should be put on the injury. When the numbness wears off, the ice should be reapplied and the procedure repeated. Then, visit the doctor of chiropractic for a professional assessment of the injury.

Chiropractic offers a natural, knifeless and drugless approach to addressing your problems. Through proven chiropractic techniques, points of interference are eliminated so that Mother Nature’s natural healing process and instructions can be transmitted to every part and organ of the body. GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, wants you to enjoy the benefits of chiropractic. Call us today. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Ice therapy is not recommended for patients with diabetes, rheumatic disease, or rheumatoid arthritis.
BURSITIS

Between a tendon and bone lies a fluid-filled sac called a bursa. In this position, it acts as a padding that allows the tendon to glide under the bone without becoming irritated or torn. For example, there is a bursa which lies between the shoulder tendons and the bone of the shoulder. Without the bursa, the tendon would rub directly over bone and slowly wear away. An irritated bursa can result when the bursa becomes too full of fluid. It causes pain as the bone moves and the tendon rides over the bursa. This condition is called “bursitis.” In some cases, a painful scar forms within the bursa, causing pain on movement. Even though its causes are only partially known, bursitis can be effectively treated.

Chiropractic is a sensible and effective approach to many of the problems that ail us. Additionally, many discomforts, oftentimes considered chronic, will respond favorably to such applications. GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, will assess your problems, discuss the steps to be taken, and provide the chiropractic applications indicated. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Scar tissue is rigid and can lead to chronic muscle, tendon and ligament injuries.

TORN TENDONS

A tendon is the tough, rope-like material that connects a muscle to bone. A tendon does not stretch, nor does it contract as a muscle does. Tendons have very little blood supply, and can take a very long time to heal after an injury. They are also one of the most commonly injured structures in the body. When a tendon is injured, some of its fibers actually tear. Only rarely does a tendon tear altogether. The higher the proportion of fibers torn, the more severe the tear and the pain. In order for the patient to feel better, the torn structure must heal correctly and fully. If healing is left incomplete, the tendon is vulnerable to re-injury. Without proper treatment, tendons can take months to heal.

Proper treatment is the key to any situation. The science of chiropractic serves to go to the source of one’s problem rather than merely deal with the symptoms. For the attention you desire and deserve, we urge you to call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, for assistance in achieving the comfort you seek. We utilize a knifeless, drugless and natural approach in helping you achieve the total state of well-being that is so important. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most Ins. plans accepted.

“Tendonitis” means that the tendon is partially torn and inflamed.
DISCS AND AGE

The space between each bone of the spine is occupied by a pad of tough gristle. Shaped like a flattened doughnut, it is called a disc. When a disc is damaged or slips out of place, it may press on the spinal cord or upon one of the main nerves leading away from it. This usually results in severe, even paralyzing, lower back or leg pain. Between the ages of 30 and 40, a man or woman, especially one who sits more than 50 percent of the time, is more susceptible to this condition. This is because, at this point, discs are in the process of losing their water content. Under the age of 30, the discs have enough resilience to protect them from damage. Over age 40, they acquire more stability from tough fibers that replace the water.

Such misalignment can result in problems ranging from pain and discomfort to almost any malfunction of body parts or organs. Chiropractic applications direct their attention to such points of interference and misalignment. By correcting such problem points, Mother Nature’s natural healing process can resume and a natural approach to body healing takes place. Call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, today for an appointment for chiropractic exam. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

In industrialized societies, back pain ranks second only to the common cold as a cause of time lost from work.

LIGAMENT OR DISC RELATED?

The first thing that often comes to the mind of a person with severe back pain is “slipped disc.” The truth of the matter is, however, that less than five percent of lower back pain is disc-related. Ligament injuries in the lower back and sacrum cause pain similar to that caused by disc injuries. The clearest distinguishing feature of a disc injury is a gradually increasing weakness of the muscles that control the foot, thigh, or buttock on one side of the body. When ligaments are torn, there is no weakness or “pins or needles” with disc injury. There is only pain and sometimes a numbing sensation. Because diagnosis of these types of pain are difficult, the problem should be referred to an experienced professional.

For the experienced professionals capable of referring your problems or offering the chiropractic applications that can effectively meet your needs, call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road. Chiropractic goes to the source of the problem rather than merely deal with symptoms. If you are experiencing discomfort call today for the chiropractic exam that may well afford you the relief you seek. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

When a disc has protruded out of its encasement, it no longer receives nourishment.
SQUISHED DISC

The term "slipped disc" does not accurately describe what happens with a lower-back disc problem. The discs that lie between the lower-back vertebrae are half-dollar in size. Their outer rim is a dense, flexible material, while the inner cartilage of the disc is soft and jelly-like. The discs hydraulically cushion the movements of all the bones. In fact, these lumbar discs are the thickest of all spinal discs because they absorb most weight. They conform to the shape of the natural forward curve. They are thicker toward the front than they are in the back. This arrangement keeps the pressure of the discs away from the nerves that exit the spine toward the back of the vertebrae. However, if a disc should crack, a portion of it can exert pressure on a nerve, resulting in pain.

The science of chiropractic addresses the source of such spinal subluxations. Points of interference are located and chiropractic procedures applied in order to relieve such points of interference and allow mother nature's natural healing signals to resume. To learn more about how chiropractic may serve you, please call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most insurance plans accepted.

Emotional stress can precipitate an attack of back pain, although the reasons for this are unclear.

Need Help For Back Problems

A SCIENTIFIC BREAKTHROUGH has been added to our chiropractic services! It is called INTERFERENCE ELECTRONIC THERAPY. This adjunctive therapy can significantly improve results in many cases of JOIN PAIN AND MUSCLE STIFFNESS by acting to relax muscle spasm, prevent or retard tissue atrophy, improve circulation, re-educate muscles, and normalize range of motion... thus helping the involved PARTS of the body interact PROPERLY for the good of the whole.

Of course, not all problems can be helpful with interferential therapy, but maybe it's the answer to YOUR problem.

Call us today for a consultation and preliminary examination at no cost or obligation to you.* (Most insurance accepted.)

*X-rays and treatment not included.

Dr. Gary G. Gillespie
Most insurance accepted 2705 MacArthur Road
Whitehall, PA PHONE: 433-7777
TILT

There are those patients who display one hip lower than the other. Measuring their legs reveals that they are of the same length. An X-ray reveals, however, that one side of the pelvis is higher than the other. This presents the same sort of problem for the spinal column as unequal leg lengths. It gives the spinal column a tipped platform. The spinal column has to curve to compensate. As a result, unequal stress is applied to the joints, ligaments, and discs of the back. This leads to wear-and-tear changes, as well as pain. In fact, this type of imbalance can radiate problems to other parts of the body, particularly if the patient is a jogger. Fortunately, the doctor of chiropractic can easily spot the imbalance and move to correct it.

Problems along the spinal column may well produce unwanted and adverse developments in most any other organ or extremity of the body. Such points of interference, when adequately addressed with proper applications, may be corrected so that Mother Nature’s natural flow of instructions may resume and a total state of well-being will exist. To learn how chiropractic may better serve your needs call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted.

Many youngsters who complain of leg pain simply need a correction of their leg-length discrepancy.

NECK SPRAIN

What most people call “whiplash” is in fact a sprain of the cervical (neck) spine. It happens when the neck is driven into an extreme position, exerting tremendous pressure on the vertibral column and the surrounding muscles and ligaments. At first, the initial sprain causes pain on the side of the neck. After thirty minutes, however, the initial pain subsides and the neck may feel better. But, after two to three hours, the blood from the tear leaks into the injured area and the discomfort begins. There is first a dull ache at the injury point. Eventually, the dull ache turns to very sharp pain. As the neck muscle goes into spasm, range of motion becomes severely limited. Treatment should be sought as soon after the injury as possible.

The discomfort as well as other adverse affects of many injuries can be effectively addressed through chiropractic applications. Many people avoid seeking such available procedures and needlessly endure pain. If you have experienced such problems we urge you to call GILLESPIE CHIROPRACTIC CLINIC, 2705 MacArthur Road, today. Tel. 433-7777. Hours: M-F 9-12 & 2-7, Sat. 10-1. Most ins. plans accepted. Wishing all you dads a Happy Father’s Day.

The day after a “whiplash” accident may find the patient in agony.