

Health care professionals are encouraging Americans to try conservative care options before resorting to opioid medications for pain control. Not only do these specific medications have undesired side effects, they are also dangerously addictive.

In the wake of the opioid epidemic, many respected health care organizations now recommend non-drug approaches to pain management. For example, in its 2016 guidelines for prescribing opioids, CDC notes that nonpharmacologic (non-drug) therapies are preferred for treating chronic pain.

For more information, www.acatoday.org

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Wellness Essentials

National Chiropractic Health Month 2016 #Chiropractic1st

Beyond the risks of addiction and overdose, opioids that numb pain may convince a patient that a musculoskeletal condition is less severe than it is or that it has healed.



This misunderstanding can lead to overexertion and a delay in the healing process...or even permanent injury. Try #Chiropractic1st

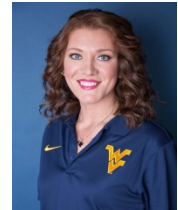
Allegany Chiropractic Center



Dr. Audie Klingler, DC is the owner of Allegany Chiropractic Center with 38 years of experience.



This October we observe NCHM as we strive to help our patients live pain-free without medication.



Dr. Teal Tritapoe is an associate chiropractor and has served as a member of ACC staff since 2011.

How can Chiropractic Reduce My Pain?

Chiropractic manipulation:

This procedure, also known as the **adjustment**, is the hallmark of chiropractic treatment. It is a hands-on technique in which the Doctor induces motion into the joint to restore function, decrease inflammations and diminish pain signals.

Physiologic Therapeutics:

These treatment plan additions may include ultrasound, cold laser therapy, traction, electric stimulation, manual therapy, muscular release therapy and taping. The addition of these modalities speeds the healing process and reduces pain.

Rehabilitative Exercises:

Exercises, when done correctly and therapeutically can restore function more quickly. These maneuvers can be done in the office and at home. The purpose is to strengthen the stabilizing muscles to prevent future injury and irritation.