

# PAIN & DYSFUNCTION

## Dysfunction

- Joint restriction
- Muscle imbalance
- Postural abnormalities
- Compromised blood supply

Dysfunction causes symptoms

Dysfunction creates degeneration (1)

## Symptoms

- Pain
- Stiffness
- Altered sensation

## Degeneration

- Arthritis
- Spurs
- Non-compressive disc lesions
- Tendinopathy

Symptoms do not cause degeneration

Degeneration does not routinely cause symptoms (2-5)

Countless studies have shown that degeneration is frequently asymptomatic (i.e., not painful)

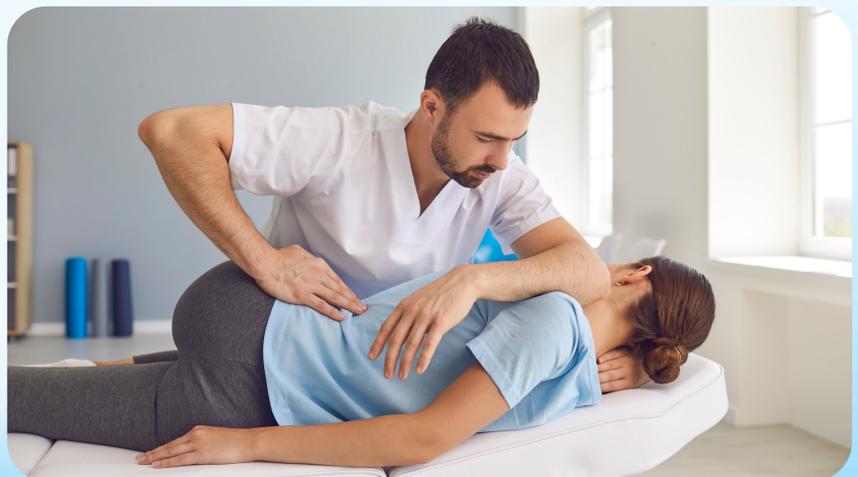
- Asymptomatic degeneration increased from 37% of 20-year-olds to 96% of 80-year-olds. (2)
- Asymptomatic disc bulges increased from 30% of those 20-year-olds to 84% of those 80 years of age. (3)
- Asymptomatic shoulder abnormalities were found in 96% of the subjects. (5)

**Resolving symptoms requires restoration of function, but not necessarily the elimination of degenerative structural changes.**

- Manipulation produced results equal to surgical decompression in 60% of disc lesion patients (6)
- “The majority of lumbar disc herniation patients (97%) are successfully managed non-operatively.” (7)
- For rotator cuff tears, there is no significant advantage to surgery vs. conservative care. (8-13)

## Choose the natural option first.

Non-drug, non-surgical chiropractic care, including spinal manipulation, can help restore function (14,15) and mitigate ongoing degeneration (16).



References  
(scan me)

