

# FACT SHEET

## JOINT PAIN



Chiropractors have a full understanding of the working of every joint in the body. Our Chiropractors will carry out a thorough examination to find out the root cause of the pain.

While there is often a spinal component to a problem, the Chiropractor may also manipulate other joints to help reduce pain and muscle spasm.

Chiropractic can help with the following joint pain:

- Tennis Elbow is an over-use injury, often suffered by players of racquet sports. It causes inflammation of the tendon around the elbow joint and is mainly affected by movements of the wrist
- Golfers Elbow is similar to tennis elbow but on the opposite side of the elbow joint
- Repetitive Strain Injury is an inflammation of the tendons, often around the hand and wrist, which are usually due to overuse or incorrect use of the limb
- Frozen Shoulder is inflammation of the shoulder joint which eventually results in severe loss of movement
- Arthritis occurs in several forms and Chiropractic treatment is appropriate in many cases
- Hip pain may be due to arthritis, but may also be referred from the spine or sacro-iliac joints
- Knee pain has many causes. Chiropractors commonly see an imbalance of strength of the muscles around the knee, which is causing the problem.

The joints of the hands, ankles and feet are also susceptible to problems and in all cases your Chiropractor will complete a full examination and diagnosis before treating you in the most appropriate way.

You may also be advised to do specific exercises to help you to regain strength and flexibility. Movement helps to reduce the pain by relieving pressure on the joints and by improving flexibility in the surrounding muscles.

For advice or a free consultation please call Dynamic Chiropractic on 0800 652 8854.

Dynamic Chiropractic  
Cheltenham House  
Cheltenham Drive  
Sale  
Cheshire  
M33 2DQ

0161 905 3440  
[www.dynamicchiropractic.co.uk](http://www.dynamicchiropractic.co.uk)