



The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Taylor



Dr. April Ruzycki



Dr. Sheldon Chemiak



Ask The **Experts**® on Chiropractic Care

Dr. Sheldon Chemiak

### Understanding Pain

Did you know that scientists have found the feeling of pain is something your brain decides you should experience if it believes there is a problem? Science has proven that pain is created in the brain. The brain creates pain to let us know that something is not right in the body and a change is needed. This is good short term, but if someone has continual pain, the location of the pain may persist even if the area has healed or has spread to areas that are not injured at all. In this chronic situation, the pain itself has now become the problem. The pain that initially was giving you good information, has now become unhelpful because the brain's processing strategies have become overwhelmed.

I see this type of situation in the office all the time. A common example is a

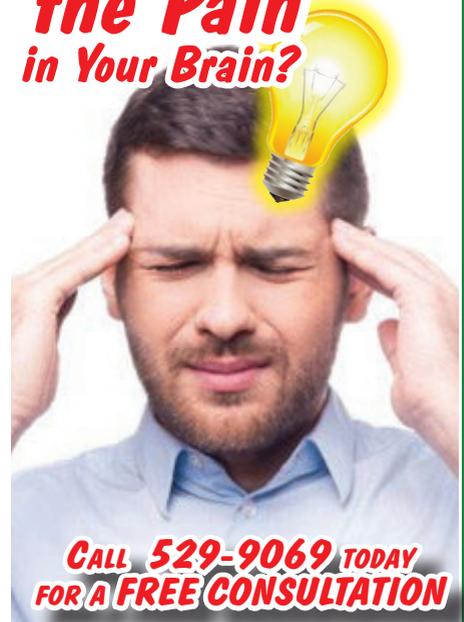
patient who comes to the office complaining of left knee pain. They have already been to other practitioners who have performed various treatments on their knee with minimal success. Exam reveals abnormal spinal motion and nerve irritation in the neck and low back. Both knees show no dysfunction. Patient receives a chiropractic adjustment in the neck and low back and their knee pain goes away. The left knee is not directly treated. This type of scenario happens daily in our office. Why?

Science is proving that chiropractic adjustments change brain function. Neuroscientists believe chiropractic helps turn down the switch of pain perception in the brain. Chiropractic does this by looking for areas in the spine that are blocking proper brain-body communication and may or may not be directly where the patient perceives the pain. The chiropractic adjustment allows the brain to know more accurately what is going on in the body to allow better processing strategies and healing.

Please remember the feeling of pain is created by your brain and does not mean that the actual problem is at the site of complaint. Have you been frustrated with your health but still have

not tried chiropractic. Give us a call so we can help you can sort out the "pain in your brain".

Can Chiropractic help with **the Pain in Your Brain?**



CALL 529-9069 TODAY FOR A FREE CONSULTATION



The Big White House on 6th St. just off Kingsway  
737 - 6th Street SE

Ph: (403) 529-9069

Check our blog  
[www.powers-jans.blogspot.com](http://www.powers-jans.blogspot.com)

For the latest news and events at our office

Find us on Facebook  
[www.facebook.com/PowersAndJans](http://www.facebook.com/PowersAndJans)

[www.powers-jans.com](http://www.powers-jans.com)