

脊骨神經科是現代醫學的一個獨立專科。人體的脊柱中樞神經是控制身體每個器官，以致每個細胞的主幹，任何脊骨上的錯位都可使身體的功能失調，都可能和脊骨神經受壓有莫大關係。脊科醫學治療就是針對人體行椎及神經系統功能之不同的關係，以及此關係如何影響人體康復和身體的平衡。

脊椎治療與一般治療最主要之分別在於脊醫會針對患者整體健康上的問題，找出其源頭並施以治療。而一般治療就主要集中於減輕患者的病徵，往往忽略了引致病徵的原因。情況就如一般人患傷風感冒求醫，一般治療都只是給予一些藥物減輕有關病徵收鼻水，退燒等；而事實上，對抗及擊退傷風感冒細菌的，最終仍是靠人體本身的自癒能力，脊醫認為只有糾正患者之病因，比單單減輕病徵，對患者的健康更有長遠的效益。

脊醫治療的理念強調不需倚靠藥物及手術，認為人體天生就有自然調整及恢復的能力，利用導引的方法便可提升身體內在的能力，達到復原的效果。因此，在治療過程中，脊醫透過分析病者的X光，利用觸診和附助儀器，為病者舒緩因脊椎錯位而導致的痛楚，進而使之回復正確位置。脊醫一般需接受最少六年嚴格而有系統的醫學訓練，並須通過專業牌照的考試，才可執業。經受訓練的脊醫，對人體的生理結構，神經系統的功能都有相當的專業知識。

Doctor of Chiropractic也就是脊骨神經科醫師，而醫師「在古拉丁文的原意為「老師」的意思。所以醫師的基本職責，不僅表現於臨床醫學的技術與知識，同時也表現在醫師如何能讓病患對自身情況的了解：和預防保健以及病患在教育的工作上。現今脊醫，都要接受相當完備的醫學教育和考驗，脊科課程一般包括三大範疇：1，基礎教育如人體解剖學，神經解剖學，生理學，神經生理學，生化學，組織學，病理學，胚胎學，微生物學及藥理學等。2普通臨床醫學如骨科，神經科，內外科，兒科，婦產科，耳鼻喉科，皮膚科，精神科，鑑別診斷學，臨床診斷學及檢驗診斷學等。3，脊科醫學課程如脊科診斷及治療學，人體生物力學，人體運動及運動醫學，x光解剖學，光物理學及技術，影像診斷學及營養學等。這些訓練，都為了造就一位專業的脊骨神經科醫師，使其能夠精準地掌握病患脊推方面，以及其他影響神經系統正常運作的癥結所在，以達到有效的治療目標，讓病患早日恢復健康。

### 肌腱骨骼性的問題

脊椎治療已被廣泛地採用於治療各種背部及頸部的症狀，效果十分顯著。至於在其他的肌腱骨骼性痛症上，例如膝蓋和腳踝的痛症，腕管綜合症及網球手等，脊椎治療都有著很大的成效。事實上，脊椎治療之於任何的肌腱骨骼性毛病，不論是脊椎或是四肢，都是一種安全，自然，和沒有侵略性的療法。常見肌腱骨骼性的治療範圍：腰背痛及僵硬，頸背痛及僵硬，輕微背痛及僵硬，頭痛及偏頭痛，坐骨神經痛，腳痛，無力，麻痺及刺痛，手臂痛，無力，麻痺及刺痛，手足關節痛及機能不良，腕管綜合症。

### 身體受傷

脊醫對於各種受傷都有清楚的認識，而且都可運用脊椎矯正法去治療。例如：脊醫不會忽略交通意外的受傷症狀可延至幾星期甚至幾個月後才出現。至於在工傷方面，脊醫除了治療傷者外，更關心其工作環境-工作台的擺放，根據人體生物力學所設計的設備，及正確的工作方法等。運動方面，在治療過程中，脊醫著重於檢視傷者的活動機能。常見受傷治療範圍：交通意外或馬鞭式創傷，工傷或因拿重物受傷，運動受傷，因滑倒或從高處墜下受傷，慢性的受傷。

### 其他病症 (非肌腱骨骼系統性情況的治療)

脊椎治療對於一般的疾病也有顯著的效果，例如兒童耳朵的慢性發炎，女性經期的痛症及不正常，和老人關節炎等。雖然脊椎治療並不是常常被採用來治理這些病症，但有研究資料顯示，很多內科病症都是源於脊椎神經受到刺激而引起的。而脊椎神經受到刺激的最大原因就是脊椎結構受到破壞，所以，只要把脊椎的結構修正，回脊椎神經的正常機能，我們相信大部份病人的症狀會得以減輕甚至完全健康。研究報告顯示，除了能幫助肌腱骨骼系統性的情況，脊椎矯正法還能對以下疾病有所改善：哮喘，過度活躍症，自閉症，頭暈及耳水不平衡，月經失調，嬰兒的絞痛，長期疲倦，中耳炎，潰瘍。

### 脊椎治療之優勝之處

除了矯正脊骨和盤骨外，身體上任何的關節都可由脊醫診治。這包括了手腳上的關節，手腕和腳踝，手肘和膝蓋，肩膀和臀部，肋骨和頷骨，甚至於頭蓋骨上的間縫也可治療。經常性的脊椎檢查可有下列之好處：解除脊椎及四肢痛楚，解除頭痛，增加關節活動性及活動範圍，減少肌肉僵硬及抽搐，解除關節炎之痛楚，增強關節健康，增強體魄及協助肌肉鬆弛，增強身體平衡及協調性，減少退化及受傷的機會，加快受傷組織之康復，減少肌肉組織發炎的機會。



DR. MATTHEW S. NAISMITH

#### EDUCATION

- Doctor of Chiropractic (DC) Lifo Chiropractic College West (LCCW), Hayward CA, USA
- Bachelor of Science (BSC) Biology University Of The State New York, USA
- Associates of Arts Camosun College, Victoria, Canada.

#### PROFESSIONAL BOARDS & AFFILIATIONS

- Canadian Chiropractic Examination Board
- College of Chiropractic of British Columbia
- British Columbia Chiropractic Association (BCCA)
- Canadian Chiropractic Association (CCA)
- International Chiropractic Association (ICA)
- American Chiropractic Association (ACA)
- Approved By Kementerian Kesihatan Malaysia (Ministry of Health)
- Federation of Complementary and Natural Medical Associations, Malaysia.



DR. SIMON DAVIS

#### QUALIFICATIONS

- MChirSc Macquarie University, Australia
- BChirSc Macquarie University, Australia
- Chiropractic Board of Australia registered
- Malaysian Chiropractic Association member
- Malaysian Kementerian Kesehatan approved



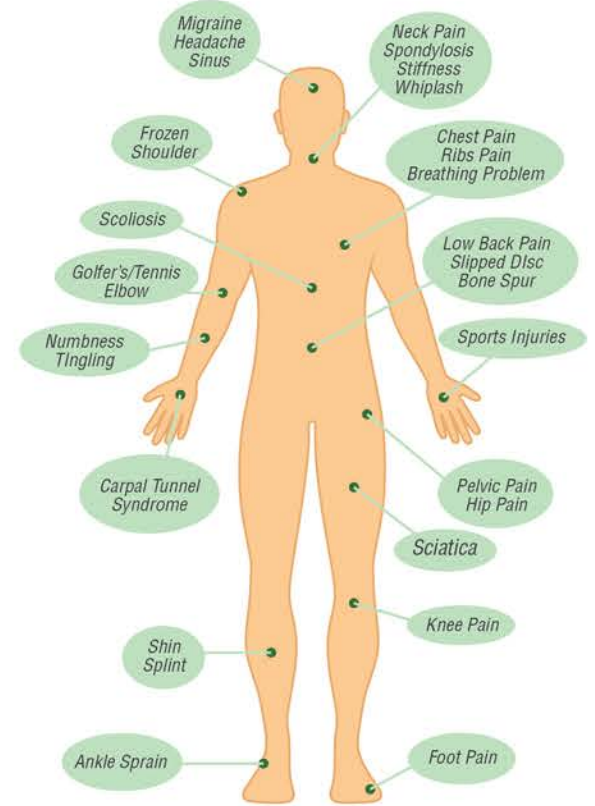
DR. SHARUKH SINGH SAMRA

#### EDUCATION

- Bachelor of Science (Hons) in Chiropractic International Medical University, Malaysia



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BORNEO  
CHIROPRACTIC  
SPINAL CENTRE

☎ 088 218 068

☎ 011 - 1621 9795

@ borneochiropractic.sp@gmail.com

🌐 http://borneo-chiro.com

📍 Borneo Chiropractic Spinal Centre

📍 Borneo Chiropractic

📍 Borneo Chiropractic Spinal Centre

📍 No. 1-0-8, Lot 8, Ground Floor, Likas Square, Jalan Istiadat, Teluk Likas, 88400 Likas, Kota Kinabalu, Sabah.



## WHAT IS CHIROPRACTIC?

Chiropractic is a branch of the healing arts which is based upon the understanding that good health depends, in part, upon a normally functioning nervous system. Chiropractic stresses the idea that the cause of many disease processes begins with the body's inability to adapt to its environment. It looks to address these diseases not by the use of drugs and chemicals, but by locating and adjusting a musculoskeletal area of the body which is functioning improperly.

The conditions which doctors of chiropractic address are as varied and as vast as the nervous system itself. All chiropractors use a standard procedure of examination to diagnose a patient's condition and arrive at a course of treatment. Doctors of chiropractic use the same time-honored methods of consultation, case history, physical examination, laboratory analysis and x-ray examination as any medical doctor. In addition, they provide a careful chiropractic structural examination, paying particular attention to the spine.

The examination of the spine to evaluate structure and function is what makes chiropractic different from other health care procedures. Your spinal column is a series of movable bones which begin at the base of your skull and end in the center of your hips. Thirty-one pairs of spinal nerves extend down the spine from the brain and exit through a series of openings. The nerves leave the spine and form a complicated network which influences every living tissue in your body.

Accidents, falls, stress, tension, overexertion, and countless other factors can result in a displacements or derangements of the spinal column, causing irritation to spinal nerve roots. These irritations are often what cause malfunctions in the human body. Chiropractic teaches that reducing or eliminating this irritation to spinal nerves can cause your body to operate more efficiently and more comfortably.

Chiropractic also places an emphasis on nutritional and exercise programs, wellness and lifestyle modifications for promoting physical and mental health. While chiropractors make no use of drugs or surgery, Doctors of chiropractic do refer patients for medical care when those interventions are indicated. In fact, chiropractors, medical doctors, physical therapists and other health care professionals now work as partners in occupational health, sports medicine, and a wide variety of other rehabilitation practices.

## CHIROPRACTIC LICENSURE AND EDUCATION

There are currently 16 chiropractic colleges in the United States, ten of which were established prior to 1945. Over 14,000 young men and women attend these chiropractic colleges each year.

A minimum of two years of undergraduate education is required in USA and Canada, with successful completion of a course in biology, general chemistry, organic chemistry, physics, psychology, English/communication and the humanities. Each required science course must also include a laboratory unit. A chiropractic program consists of four academic years of professional education averaging a total of 4,822 hours of coursework. Several areas of study are emphasized during the course of chiropractic education:

- 1) adjustive techniques/spinal analysis
- 2) principles/practices of chiropractic
- 3) physiologic therapeutics
- 4) biomechanics

The practice of chiropractic is licensed and regulated in all 50 states in the U.S. and in over 30 countries worldwide. State licensing boards regulate, among other factors, the education, experience and moral character of candidates for licensure, and protect the public health, safety and welfare.



## WHAT CAN I EXPECT ON MY VISIT TO A DC?

The first thing a chiropractor will do is ask you about the health complaints about which you are chiefly concerned. The DC will also ask about your family history, dietary habits, other care you may have had, determine the nature of your illness and the best way to go about treating the problem,

A physical examination will be performed in accordance with your DC's clinical judgment, which may include X-rays, laboratory analysis and other diagnostic procedures. In addition, a careful spinal examination and analysis will be performed to detect any structural abnormalities which may be affecting or causing your condition. All of these elements are important components of your total health profile, and vital to the doctor of chiropractic in evaluating your problem.

An "adjustment" means the specific manipulation of vertebrae which have abnormal movement patterns or fail to function normally.

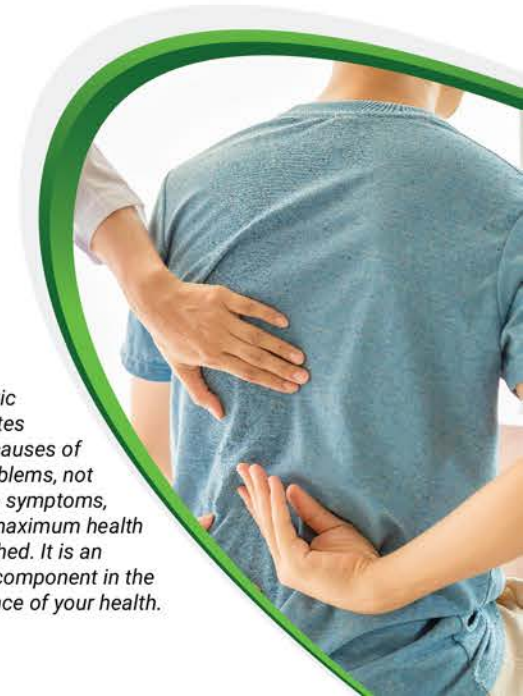
Doctors of chiropractic spend years learning different forms of spinal examining procedures, so that they can administer specific and appropriate spinal adjustments.

Once the DC has identified the problem, he/she will begin care by way of these adjustments or "manipulations." The adjustment is usually given by hand or instruments, and consists of applying pressure to the areas of the spine that are out of alignment or that do not move properly within their normal range of motion.

Under normal circumstances, adjustments don't hurt. The patient may experience a minor amount of discomfort during the adjustment which lasts only seconds. Adjustments or manipulations are extremely safe. The risk factor is estimated to be in excess of 1 million to 1.

Our clinics are well-equipped with the following instruments: Stationary-chiropractic adjusting table, Ultrasound Machine, Cryotherapy, Interferential Modality, Activator, GS. Hydrocollator machine, Flexion and distraction chiropractic machine. Acupuncture

## SIGNS OF SCOLIOSIS



*Chiropractic concentrates upon the causes of health problems, not merely the symptoms, enabling maximum health to be reached. It is an essential component in the maintenance of your health.*