



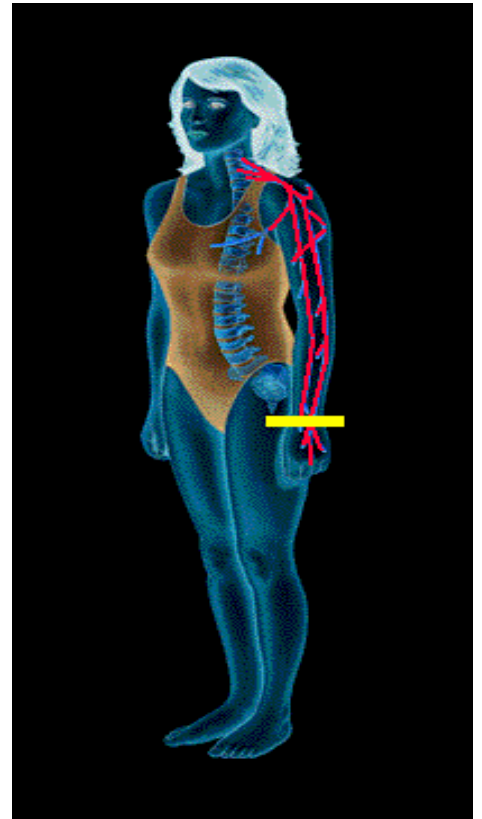
Dr. Kukurin has studied at some of the world's finest institutions including Harvard, the Mayo Clinic and Johns Hopkins. He has applied his knowledge of acupuncture, chiropractic and rehabilitation to more than 10,000 patients over the past two decades. The unique methods he developed, along with his vast experience in patient care, allow him to treat even the most difficult cases quickly and effectively. The results our patients experience are exceptional. They have been featured on ABC, FOX and NBC news affiliates; have been published in the National Library of Medicine and even presented to other doctors at Johns Hopkins Medical School. Dr. Kukurin's reputation for providing world class patient care has been recognized by The Consumers Research Council of America, Who's Who in Medicine and Who's Who in Leading Professionals. Making Dr. Kukurin, one of the country's top chiropractic physicians.

**Journal of Rapid  
Pain Relief**

# Effective Home Remedies that Doctor's Give Their Patients

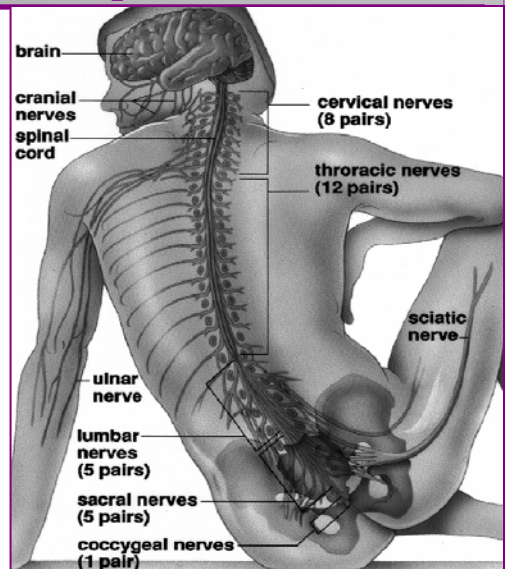
A pinched nerve in the neck can cause pain and or numbness anywhere from the neck to the fingers.

Nerves can be pinched or irritated by a bad disc, a spur, stenosis or abnormal alignment of the vertebrae. Also you should know that abnormal alignment of the neck will make nerve irritation that is a result of things like a slipped disc worse. Look at the illustration to the right. It shows the pathway of the major nerves running from the neck down the arm. The same nerve that starts in the neck runs through the carpal tunnel of the wrist. The nerve can be "trapped" or irritated in one or more sites anywhere from the spinal column itself to the collar bone to the shoulder, elbow, wrist or hand. When you have a pinched nerve it is essential for you to see a doctor who is trained in dealing with nerve problems. The treatment must be directed at all sites of the pinched nerve for quick and maximum improvement.



## This issue: *Alternative Medicine Info* to help with pinched nerves.

Research shows that ultrasound treatments, like the ones used in our office, can stimulate damaged nerves to re-grow and heal.(6-8) This makes therapeutic ultrasound an indispensable tool for the successful treatment of pinched or damaged nerves. Acupuncture both with needles and with electronic stimulation is an effective therapy for pinched nerves.(4,5) A specialized form of chiropractic care know as flexion distraction (used in our office) has been shown to produce long lasting improvement in patients with pinched nerves. (1-3) Traction is another effective method for decompressing pinched nerves. (9, 11-12) It is important that you consult with a doctor that has experience and training in the diagnosis and treatment of pinched nerves. Furthermore since pinched nerves are a serious condition, you need to make sure your doctor has all the equipment necessary to treat your condition.



Common sites for pinched nerves are the neck and spine. The nerves are also vulnerable in the arms and legs. (above)

## Many tools are needed to decompress pinched nerves and prevent permanent nerve damage.

Many people think that numbness in a hand or leg is a sign of poor circulation. In reality, numbness in an arm or leg, is most often caused by pressure on a nerve or what is commonly called a "pinched nerve." Using ice helps to reduce the inflammation in patients suffering from pinched nerves. Ice has been shown to increase pain tolerance and pain threshold while decreasing the conduction of pain signals traveling along a nerve to the brain. (10) Resting the inflamed nerve is important in the initial stages. Acupuncture, ultrasound, electrical stimulation and traction are all tools we use to help our patients suffering from pinched nerves.(1-12) The acute symptoms may last for 1-2 weeks, less severe pain usually persists for an additional 2-4 weeks. Aggressive treatment 3-4 times per week is often indicated to decompress the nerves as quickly as possible.

Electron microscope image of a nerve (right) showing the thousands of individual fibers that make up a typical nerve. Prolonged compression can cause many of these fibers to die. A process known as denervation. This is a serious complication of pinched nerves.



There are many different causes of pinched nerves. Being able to identify the cause and provide the best treatment based on that specific cause, is essential for producing good results for the patient. ~ Dr. George W. Kukurin

## Proper diagnosis is essential for effective treatment



Specialized tests like MRI's pictured to the left and electromyography seen to the right, can characterize the nature and even the location of pinched nerves. Dr. Kukurin with his board certification in neurology and post graduate training in nerve testing from Harvard Medical School routinely orders and interprets these sophisticated nerve tests. Proper diagnosis is essential for effective treatment of pinched nerves. Even with the best treatment damaged nerves take time to heal.



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