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CHIROPRACTORS HAVE THE UPPER HAND WHEN IT COMES TO OFFERING RLS HELP

While the medical community is treating Restless Leg Syndrome (RLS) with drugs and shaking their head in confusion when someone asks what causes it, the Chiropractic profession has answers and treatment options.

RLS is a painful condition of the legs that often causes annoying sensations that include creeping, crawling, tugging and tingling feelings. The discomfort usually occurs between the hips in the ankles and is often worse when a person is sitting in a recliner, riding in a car or lying down. Often there is involuntary leg movement during sleep or a person may have to extend the legs or get up and walk around in an attempt to relieve the discomfort during the night.

Several things are generally known about the occurrence of the problem. Often it happens to pregnant women, but eases off soon after the child is delivered; sometimes it is associated with an iron deficiency; and it can sometimes occur in conjunction with other chronic diseases such as diabetes, rheumatoid arthritis and peripheral neuropathy (a disorder of the nervous system).

From a Chiropractic perspective, RLS is often also considered to have its origins in the pelvic area of the lumbar and sacral regions of the lower back. Pelvic instability can place additional stress on the sacral base and cause anterior (forward) pressure from the spine toward the abdomen. The result here is an increased lumbo-sacral lordosis (a forward curvature of the spine toward the abdomen). The resulting symptoms are those synonymous with RLS.

A chiropractor can offer results in treating RLS with the following actions and advice:

- Correction of extremity instability in the feet, ankles, legs, knees and hips.
- Adjustments or therapy for pelvic and lumbo-sacral instability.
- Exercises specific to improve pelvis and lumbo-sacral area.
- Leg stretching, especially to the hamstrings at the start/end of each day.
- Avoidance of medications, particularly anti-nausea drugs, anti-psychotics and cold/allergy remedies.

There is no laboratory test for RLS. The medical profession only makes a diagnosis through symptoms reported by the patient. With no cause known to doctors, they, along with the pharmaceutical industry, are pretty much shooting in the dark in their attempt to offer solutions to RLS sufferers.

On the other hand, chiropractors recognize that structural issues may be a major contributing factor. This makes a visit to a chiropractor the top choice when it comes to finding relief from the causes and symptoms of RLS.