

# ALTERNATIVE MEDICAL BAG

BY DR. SARGON BENJAMIN ODISHO



**ASIDE FROM A SCRIPT PAD, THE ALTERNATIVE MEDICAL BAG CONTAINS THE SAME ITEMS AS A TRADITIONAL DOCTOR.** Now even though the following items might not all fit into a medical bag (it's called a metaphor Chester) they all are commonly performed holistic treatments. Here is a brief introduction to some of the implements your alternative healthcare provider offers.

Seeing as I'm a Doctor of Chiropractic (DC), that's probably a good place to start. Chiropractors diagnose and treat mechanical disorders of the spine and musculoskeletal system with the intention of influencing joint and neurophysiologic function. DC's receive very similar training to other doctors but acquire a considerable amount of additional

training on treating muscle and joint ailments conservatively. One such treatment often utilized by the chiropractor is the adjustment or manipulation. An adjustment is a quick, low impact movement of a joint to correct misalignment, remedy neurological dysfunction, and achieve a health range of motion. That "popping" sound is escaping gas that builds-up in the joint through normal use.

There are also several modalities used in the conservative treatment of musculoskeletal problems such as ultrasound, electric stimulation, light therapy, and traction. These are physical agents applied to produce therapeutic changes to biologic tissues via thermal, acoustic, light, mechanical, or electric modalities.