



Easy Bruising / Capillary Fragility

Excessive bruising from chiropractic and massage treatment can be a sign of capillary fragility, especially if you have noticed bruising easily at other times in your life. Capillaries are the smallest blood vessels in the body and they feed the muscle tissue nutrients and oxygen as well as removing waste products. They can become fragile over time and susceptible to damage from even the slightest trauma, causing a bruise.

In addition to being unsightly, this condition can impair oxygen and nutrient delivery to the tissues as well as waste product removal from the tissues. This also creates an environment in the tissues that is also more likely to cause pain.

Most cases of capillary fragility are due to specific deficiencies in the diet, however, there are a few medical conditions that must be ruled out first before concluding that it is nutrient related.

They are;

- Liver / Kidney disease
- Blood disorders (platelet disorder, etc.)
- Connective Tissue Disorder (Ehlers-Danlos, etc.)
- Using blood thinning medications

In addition to consuming a diet composed of abundant fruits and vegetables, there are several other key nutrients that can be taken to strengthen the capillary walls as well as reduce the incidence and severity of bruising.

To obtain more information on capillary fragility, and programs to enhance capillary strength, make an appointment with Dr. Hoffmann at 225-3842.