

Healthy Living Chiropractic Newsletter

Roediger Chiropractic

401 South St., Bldg. 2A, Chardon, Ohio 44024

440-285-0756

Welcome to our office's Chiropractic newsletter. We'd like to entertain you, inform you (and even inspire you a little).



That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. --Chinese Proverb

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Healthy Knees Need Chiropractic

It's between your hips and your feet: where the bottom of your thigh meets the top of your lower leg bones (tibia and fibula). Right there sits an odd shaped joint with a



strange little bone (the patella) floating in front of it. Well, not exactly floating - all those bones are strapped together with lots of ligament so everything stays in place.

It's your knee of course and its main purpose is to be dislocated, jammed, twisted, cause immense pain and ruin your life.

Of course we're just kidding, but for many people knee problems are a constant part of their lives. What causes knee problems? Usually an injury. Let's face it, people were not designed to run into each other (or a wall) chasing a little ball (football, soccer, etc.), get twisted into the shape of a pretzel (wrestling) or run, quick stop, turn, run, quick stop, turn over and over (tennis, squash, etc.).

And how many people were quietly driving their car when a tree or telephone pole suddenly ran into their paths and Mr. Knee met Ms. Dashboard? The numbers are high.

There are many ways your wonderful knees can be a source of misery. If your knees aren't healthy and balanced your entire body structure, hips, back, neck, head, even feet and toes can be affected. In fact, many spinal problems can be traced to knee injuries even if they occurred in childhood.



Many times the knees feel fine, but they are the cause of a structural imbalance that causes other body areas to suffer.

The reverse may also be true – an unhealthy, unbalanced spinal column can

put intense pressure on one or both knees, causing early aging (arthritic changes). Don't walk around in misery, and before you consider risky knee surgery see your doctor of chiropractic. Your DC is especially trained to keep your body structure balanced and aligned. That includes your knees.

More evidence back surgery does not work



About 125,000 spinal fusions are performed each year. In this kind of operation surgeons take bone (usually from the hip) and use it to fuse together two vertebrae in an attempt to relieve lower-back pain

from disc damage. Patient traffic has quadrupled in a decade, and fusion now costs about \$30,000. Surgeons who perform these operations rake in a median salary of \$545,000 a year, almost double what most specialists earn, says the Medical Group Management Association.

Fusion caught on decades ago as a well-accepted treatment for deformities, fractures and dislocations, but surgeons later expanded it to treat back pain as well.

The evidence that fusion works well for regional back pain is "essentially nonexistent," says University of North Carolina rheumatologist Nortin Halder. "If this were a pill and I used it, I would probably lose my license and go to jail," he says. (1)

Why does a child need chiropractic?

Because a lot of things can cause spinal damage in a fetal or child's spine: pregnancy, labor, delivery, chemical intervention, ultrasound, epidurals, forceps, C-section, etc.

Many of these procedures can cause vertebral misalignments that can lead to future health problems.



For example, if a child has difficulty breast-feeding it may mean that the baby is uncomfortable turning the head to one side. This often indicates the presence of a spinal misalignments.

Remember, many health problems seen in adults have their origins in childhood. And don't forget that childhood is very physical with lots of falls as a part of growing up. Plus, kids sometimes carry funny shaped things like dogs and cats that wiggle a lot.

Chiropractic may help reduce pregnancy-related ailments

According to Martha Collins, DC, Kingston, Ontario, chiropractic care through pregnancy is not only safe, it is essential.

"We can look at the implications of misalignment from a biomechanical, hormonal, and neurological standpoint," Collins says. "It is easy for all of us to see postural changes through pregnancy. What we can't see are the millions of different hormonal changes and chemical reactions occurring both in the mother and the developing baby – all of which are controlled and coordinated through the nervous system."

One study found that women who receive chiropractic care through their first pregnancy had 24% shorter labor times than those who did not receive chiropractic care. In addition, multiparous subjects (those who have given birth two or more times) reported 39% shorter labor times. Furthermore, 84% of women who received chiropractic care reported relief of back pain during pregnancy.

"As the pregnancy goes on, ligaments and tendons loosen to prepare for the ultimate childbirth, and the back in some women can become quite unstable," says Corrie Horshinski, DC, who recommends regular chiropractic adjustments for sufferers of pregnancy-related sciatica. "Some women get better with a couple of visits; but for those with severe sciatica, monthly visits are recommended."

According to Horshinski, women who exercise regularly and do not overeat before becoming pregnant and during pregnancy may have an easier time

dealing with the discomforts of their condition, because those with good muscle tone are better able to support their body structure and have more control over their range of motion during a sciatica attack.

Although a few women with severe forms of sciatica may receive prescriptions to relieve pain, Horshinski prefers to stay away from pharmaceuticals during pregnancy. Instead, she recommends soft-tissue massages, bed rest, and wet heat alternated with ice-pack applications to help calm muscle and nerve spasms. (2)

Chiropractic questions and answers

Question: Is it true Doctors of Chiropractic (DCs) have a better sense of humor than medical doctors (MDs)?



Answer: While there's no controlled clinical trial research on this subject it does seem that people laugh and smile a whole lot in chiropractors' offices. Is it because we're so funny or is there another reason? Is it also because we turn on health and people generally feel a whole lot better after getting a chiropractic adjustment?

The answer: we think it's all those reasons (plus we probably know better jokes).

Chiropractic and spinal research

Do you know anyone living on drugs? They may have years of uncorrected subluxations in their body. Please tell them about chiropractic.

Chiropractic care improves quality of life in homeless

Homeless people often have severe physical and emotional stresses, are chronically ill with a multitude of conditions, take numerous medications and make life choices based on survival rather than optimizing health.

In a study reported in the April 15, 2005 *Journal of Vertebral Subluxation Research*, homeless patients from a women's shelter underwent a short course of chiropractic

care. They were examined and tested before and after their care. (3)

The results: higher quality of life. Subjects reported improved physical function, less pain, improved general health, greater vitality and more emotional and mental health.

Chiropractic can help all people realize better physical and emotional health because our care helps your entire body, including your brain, function better. Don't wait until you have serious problems – get your spine, and those you care about, adjusted today.

Happenings in the office

“Welcome!” to our New Patients

Debbie D.	Robin D.	Gideon K.
Owen K.	Joe S.	Gwen D.
Felicia B.	Marjorie P.	Judy C.
Shelly W.	Jerry M.	Dan M.
Carol Y.	Noah Y.	

Thank you to those special patients who referred their family and friends for chiropractic care. We appreciate your trust and confidence in us and our office.

We would like to wish all our patients celebrating birthdays in June a very **HAPPY BIRTHDAY!** May you have a year full of good health and happiness.

CONGRATULATIONS to our 2005 graduates!

Matt M.	Ashley W.	Lisa A.
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Please **welcome** our newest team member, **Lisa**. Lisa is our new Front Desk Assistant, filling in while Amanda is on maternity leave.

References

1. Robert Langreth. Operation! Is elective surgery overdone? http://www.forbes.com/forbes/2003/1027/24_6_print.html
2. Chiropractic Economics 2005
3. [Quality of Life Changes in a Disadvantaged, Underserved Chiropractic Patient Population: A Retrospective Case Series Report](#) Kirk R, Hoiriis K., Mirtschink S. *Journal of Vertebral Subluxation Research*. April 15, 2005;1-3.

A MESSAGE FROM DR. ROEDIGER

I want to share something I read in Joel Osteen's book, "YOUR BEST LIFE NOW". "The Bible compares the tongue to the rudder of a huge ship. Although that rudder is small, it controls the direction of the entire ship, and, in a similar manner, your tongue will control the direction of your life. If you habitually speak words of failure, you are going to move in the direction of a defeated, discouraged life. If your conversation regularly includes phrases such as "I can't. I'm not able to. I don't have what it takes," or other negative comments, you are setting yourself up for defeat. Those negative words will keep you from being the person God wants you to be." (Page 122)

The power of words is amazing. Say to yourself everyday, every hour, "I'm getting better and better every day, in every way."

Yours in Health – Dr. Tad M. Roediger