Chiropractic
Spine & Hand
Therapy Center

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In The News:
1. When Not to Save Energy
2. What an Adjustment Does
3. New Work Comp Treatment Guidelines
4. New Book Released!

When N*ot* to Save Energy

Two recent journal articles sponsored by the American Diabetes Association shed new light on the dangers of prolonged sitting.

We all know that modern living involves an abundance of sedentary time, which usually means a lot of *sitting*. If you think about all the time you spend sitting—while commuting, working, socializing, relaxing—it adds up to the vast majority of your waking hours. The chart below accounts for the way an average person spends a twenty-four hour period:

Hours Total in a day:	24
Hours Sleeping:	7-8
Hours Awake:	16-17
Hours of Non-exercise activity:	5-6
Hours of Exercise activity:	1.0
Hours Sedentary/Sitting	10-11

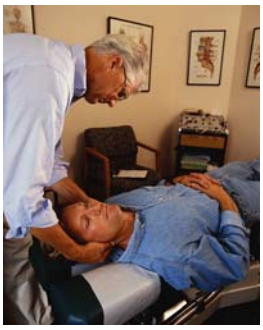
We know about exercise physiology, but a new science is emerging called *inactivity physiology*, which investigates the effect of sedentary time on our bodies. Although the majority of people don't get the recommended amount of regular "exercise activity" such as working out, brisk walking, or physical labor, many engage in what is referred to as "non-exercise activity" such as standing, slower-paced walking, basic chores, and light forms of recreation. However, the trend toward longer commutes, routine task automation, widespread computer use, and electronic entertainment has steadily resulted in less overall non-exercise activity, and so people have progressively become more sedentary than ever before. This has coincided with a sharp rise in major health problems like obesity and diabetes.

Sedentary positions (sitting, for example) use less energy compared to standing and fidgeting, shifting your weight, walking, or other non-exercise activity. Simple whole body movements can increase energy use by 250% which burns calories, boosts blood flow, and triggers fat-burning hormones.

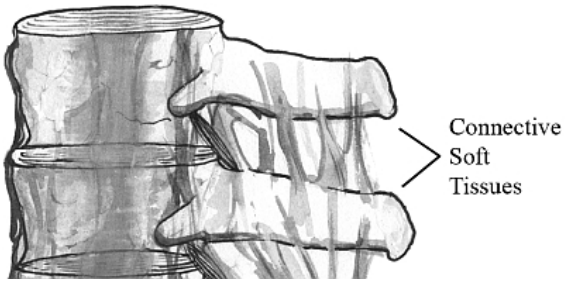
So avoid prolonged uninterrupted periods of sitting by standing up and moving your body around every thirty minutes or so. Even if your activity break lasts only a minute, you can still gain a progressive benefit as opposed to taking on accumulative damage—and maybe even lose some weight at the same time!

What an Adjustment Does

The position and movement of the joints and articulations in your body are very important. Most people know that chiropractors make "adjustments" to the spine, and some also know that adjustments can be made to both the upper and lower extremities, to correct misalignments. But what most people don't know is that adjustments aren't done to change bones, they are done to change connective soft tissues.



Bones are made of hard tissues that form your body's frame, and changing a bone would mean something like a fracture. The idea of an adjustment is to use the bones as levers to stretch the deep connective soft tissues that are holding the bones together. People can readily stretch the muscles of their back and maybe even large sections of connective tissue such as bands of fascia or long ligaments, but they cannot isolate the movement of any one segment of their spine.



That's what an adjustment does—targets a specific segment of the spine for mobility and moves the vertebrae thus stretching the connective soft tissues holding that segment of the spine together. There really is nothing more direct to therapeutically affect a small ligament, short tendon, or joint capsule of the spine than to make an adjustment.

So the next time you hear someone say they need to get their bones cracked, remind them that bones don't crack unless they're broken. It's the joint space *between* bones that opens to stretch the connective soft tissues during an adjustment that gets the job done.

New Work Comp Guidelines

Recent studies suggest that expenditures for back and neck pain in the U.S. have risen to more than $80 billion per year, including treatment and absenteeism costs. Attribute another $64 billion to the lost productivity of those working in pain—a phenomenon now referred as "presenteeism."

A lot of neck and back pain is work related, and therefore much of this expense is borne by the workers' compensation system. But Work Comp is plagued by contradictory opinions and rules about what treatments are effective or even allowed. Enter the folks at The American College of Occupational and Environmental Medicine who are charged with writing comprehensive guidelines on medical practice for occupational injuries.

The latest guidelines address chronic pain. These are researched and evidence-based guidelines developed by a multi-disciplinary panel and reviewed by leading medical centers and health organizations.

The guidelines previously recommended a trial of manipulation (chiropractic care) for acute neck and back injury within certain parameters, and now the latest chronic pain guidelines actually recommend manipulation for persistent low back or neck pain, and cervicogenic headache. All politics aside, it's nice to see the scientific process being fairly applied to treatment recommendations that do not discriminate against the type of doctor providing the treatment.

New Book Released

We are pleased to announce that on September 15, 2008 *The Science of Sitting Made Simple* was published. The book is about sitting and posture, and what you can do to make yours better than ever—with as little time and effort as possible. The new book is 176 pages and has more than 100 illustrations. Makes a great gift for the holidays, and **Amazon.com** has placed the book on sale for only $10.17. Also please remember to check out and recommend our website at www.posturepress.com for all kinds of great information and resources related to learning about posture. The more you learn, the more you will know that good posture and health are inseparable.