



## Fall Health Update 2009

### What's New:

1. Arthrostim<sup>®</sup> Adjusting Instrument
2. Kinesio-Taping Technique
3. Naturally Reduce Pain & Inflammation
4. Yelp Needs Help

### Arthrostim<sup>®</sup> Adjusting Instrument

Anywhere in the body two bones come together forms a joint that is held together with connective tissue. The purpose of connective tissue is to stabilize the joint while also allowing movement of the bones. Sometimes the normal movement and position of a joint can become compromised due to acute or chronic strains. An acute strain might result from an injury like a fall while chronic strain might result from poor posture.

These joint movement dysfunctions and misalignments can occur in any part of the spine (neck or back) or extremity (shoulder or knee) and frequently cause pain and other symptoms like stiffness or weakness. If you have ever had trouble turning your head to back up your car, or difficulty raising your arm to reach up for something, you know what I mean.

Most people recognize that chiropractors work with these health problems, often by manually “manipulating” or adjusting a joint. The purpose of this procedure is to release the connective tissues of the joint (ligaments and capsule), reposition the bones, and increase motion.

Although manipulation is sometimes referred to as “bone cracking” by some people, there is no cracking of any bone (that would be a fracture!) and the target tissue is in fact the connective structures of the *joint*, not the bones. Because connective tissues are necessarily strong enough to provide joint stability, the adjustment force has to overcome this resistance. That is why a manual adjustment is a quick (high speed) but very short distance (low amplitude) thrust.

While some people really do need an adjustment for their spine or extremity problems, they don't particularly care for manual manipulation or “bone cracking.” That is part of the reason we now make use of a new device, the Arthrostim<sup>®</sup>



Adjusting Instrument. This device makes use of a floating stylus and a variety of cushioned contact heads to deliver 12 incremental thrusts

per second giving a gentle adjustment with much less peak force per thrust compared to manual adjusting techniques.

We simply stretch the connective tissues of the joints and reposition the bones by taking the involved body parts through a progressive range of motion while we are applying the Arthrostim<sup>®</sup> adjustment. This method actually allows for some treatment benefits not possible with standard manipulations. It is nice to have a range of options available for people that can benefit from a chiropractic adjustment.

### Kinesio-Taping Technique

I am on my way to becoming certified as a Certified Kinesio Taping Practitioner. Just like the



Arthrostim<sup>®</sup> described above, this is yet another treatment method that opens up new opportunities to help people with a wide range of

conditions using different hands-on techniques. Kinesio Tape awareness took a quantum leap forward during the 2008 Summer Olympics in Beijing. In particular, the women's beach volleyball team sported numerous Kinesio Tape applications that got a lot of attention due to the easy visibility of the tapings—made possible by the team's modest “uniforms.”

The success of Kinesio Tape has to do with the qualities of the tape itself, which were engineered

to mimic the qualities of human skin. The tape is applied by way of specific protocols that enhance the biomechanical functions of the body.

Because the tape can be used to limit or assist motion, there are techniques to help acute injuries as well as to prevent injuries. There are various applications for assisting lymphatic drainage when swelling is present, like after a sprained ankle, and for protecting torn connective tissue, like a meniscus tear in the knee.



Although Kinesio Taping is well-known by athletes, 85% of the applications are non-athletic. The tape is latex-free, water resistant, and can be worn 3-5 days at a time. In my opinion, one of the greatest benefits of Kinesio

Taping is its perfect compatibility with ART, or Active Release Techniques<sup>®</sup>. Both ART and the Kinesio Taping method work to correct soft tissue restrictions of muscles, fascia, and other connective structures that can limit motion and cause pain, stiffness, and weakness. With Kinesio Tape and ART, it's like getting treated and then a prescription to take home with you!

## Natural Pain & Inflammation Reduction

Chronic inflammation and pain are all too common in the U.S. It should come as no surprise that there is a correspondingly high rate of drug use in the form of anti-inflammatory and pain killer medications in American society.

These drugs are mostly safe when taken on a short-term basis, but when taken for prolonged periods there are well-documented side-effects such as liver toxicity and ulcers. For some, perhaps their dietary choices are fanning the flames of inflammation and pain leading to the need for long-term use of medication.

The foods we eat can significantly affect the inflammatory response of our bodies. Many people are taking drugs to *fight* inflammation on the one hand but eating foods that *encourage* inflammation on the other. It would be more effective to adopt a synergistic approach where therapies and lifestyle choices are working together toward the same ends.

The foods that are known to cause inflammation and resultant pain are well-known: sugar and corn syrup, processed grains and white flour, refined oils, and fatty meat. This list of foods would include soda, syrup, sweeteners, frosting, candy, cakes, cookies, crackers, pastry, pies, chips, noodles, many breads and pasta, fried foods, shortening,



margarine, dressing, gravy, burgers, hot dogs, sausage, bacon, salami, bologna, pastrami, roast beef, etc.

Dairy products such as milk, cheese, ice cream, and yogurt can also cause inflammation for many. Would you believe that the above foods make up about 80% of the calories in the average American diet?

Based on the above list, it is not difficult to imagine what a list of *anti-inflammatory* foods would consist of: vegetables, fruit, raw nuts and seeds, lean meat, poultry, fish, and egg whites, whole grain products in moderation, and olive, almond or avocado oils. Additionally, most common spices (ginger, turmeric, basil, cinnamon, garlic, parsley, cilantro, rosemary) easily added to your meals have anti-inflammatory properties.

A natural supplement that has been shown effective for pain reduction (when compared to Celebrex) is White Willow Bark. For acute inflammation, studies demonstrate a faster recovery with the use of an enzyme derived from the pineapple called Bromelain. Perhaps the greatest benefit of a natural approach to pain and inflammation is avoiding medication risks.

## Yelp Needs Help

Thank you to our kind patients that posted reviews for us on Yelp.com. Yelp is used by internet-savvy consumers to find products and services around the Bay Area, and in particular San Francisco, by reading about other people's reviews and ratings—it's too bad Yelp will REMOVE your review unless you have a history of posting for multiple businesses. We've had more than half our reviews *disappear* this way. So if you want others to see and benefit from your reviews, be sure to regularly post some rants or raves on Yelp about your consumer experiences.

**HAPPY HOLIDAYS HAPPY NEW YEAR!**