

Vienna Chiropractic Associates, P.C.

Your Down-to-Earth Alternative Since 1983

September–December 2008



Chiropractic: As Individual As A Handshake

Well-meaning but misinformed friends, relatives, and even health professionals often dissuade parents from placing their children under chiropractic care. This is often based on the misperception that a chiropractic adjustment is “too rough” and that a young child’s spine should not be “subjected” to it.

In reality, a chiropractic adjustment has much in common with a handshake. If you are shaking hands with an athletic adult, your grip can be quite vigorous, while still being friendly. However, if a small child offered you their hand in friendship, you wouldn’t rebuff them to protect them from a grip that is “too rough.” You would modify your grip appropriately for the individual.

Obviously, it requires more skill and training to competently administer a chiropractic adjustment than it does to shake someone’s hand, but the same common-sense thinking applies. The doctor of chiropractic modifies the adjustment appropriately for each individual. Competent chiropractic care is quite safe for children. In fact, children often enjoy great health benefits following an adjustment.

A recent case report described a seven-year-old girl who was diagnosed with asthma at the age of four.¹ Despite treatment with ten different medications, she was unable to engage in physical activities due to persistent chest tightness. The patient experienced attacks of coughing and wheezing almost every day. Severe asthma attacks prompted emergency room visits approximately five times per

year. When her breathing capacity was tested, her peak expiratory flow rate (the velocity of exhaled air when the patient blows as hard as they can) was 46% below the normal range for her age and height.

A chiropractic examination revealed spinal restriction and misalignment (subluxation) at several levels in the thoracic spine (mid-back). Individually tailored adjustments were administered. Improvement in both coughing and chest

tightness was already apparent the night of the first adjustment. After four weeks of care, the girl no longer felt the need to use her inhaler, and was participating in swimming and running sports. After three months of care, her peak expiratory flow rate was measured and found to be only 5% below the normal value for her age and height. After ten months of care, she was able to stop all daily medications, only car-

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Office Hours

Monday	10:30 am–1:00 pm; 3:00 pm–7:30 pm	Friday	8:30 am–1:00 pm; 3:00 pm–6:30 pm
Tuesday	3:00 pm–7:30 pm	Saturday ...	9:00 am–1:00 pm (We are usually open at least two Saturdays/month)
Wednesday ..	10:30 am–1:00 pm; 3:00 pm–7:30 pm	Sunday.....	Office closed
Thursday	Office Closed		

For appointments, please call 703-938-6441. If we are closed, or away from the desk, you will be able to leave a message. If you are having trouble reaching us by cell phone from certain areas (including certain areas within Vienna) please try again.

Office Calendar

September

1..... Closed, Labor Day
6, 20..... Open, Saturday Hours
15..... Chiropractic Ind. Day

October

8..... Closing 5 pm, Yom Kippur
4, 18..... Open, Saturday hours
20..... Chiropractic Ind. Day

November

1, 15, 29... Open, Saturday hours
17..... Chiropractic Ind. Day

27-28

Closed, Thanksgiving, reopen Sat.

December

13, 20..... Open, Saturday hours
15..... Chiropractic Ind. Day
24..... Office closes at 5 pm Wed.
25-Jan 2 .. Closed, Winter Holidays.
30..... Open, mid-holiday adjustments

January, 2009

3, 17..... Open, Saturday hours
19..... Chiropractic Ind. Day

Note: We are making every effort to provide you with an accurate calendar. However, each newsletter covers a period of four months. Unforeseen circumstances during this time period may require minor changes in the calendar.

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rying an inhaler in case of emergency.

This case is part of a growing body of chiropractic literature. Doctors of chiropractic have been caring for children since the profession's beginnings.²

It makes no sense to withhold the benefits of chiropractic care from chil-

dren, senior citizens, pregnant mothers, surgical patients, or any other group. The chiropractic adjustment is as individual as a handshake.

References

1. Fedorchuk, C. "Correction of Subluxation and Reduction of Dysponesis in a Seven-Year-Old

Suffering from Chronic Cough and Asthma: A Case Report." *Journal of Vertebral Subluxation Research*; 11-26-2007: 1-5.

2. Todres-Masarsky, M., C.S. Masarsky, C.A. Anrig, S.T. Tanaka, J. Alcantara. Somatovisceral Involvement in the Pediatric Patient. In Masarsky, C.S., M. Todres-Masarsky (Editors). *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. Neurological Fitness, Vienna, VA, 2008.

Pregnancy And The Chiropractic Patient

Some people come to us only during pain episodes. Even if this is how you generally utilize chiropractic care, pregnancy is a time to strongly consider adding regular wellness visits to your regimen. Pregnancy places higher-than-usual demands on your body's resources, making it important to keep your nervous system as static-free as possible.

When you are pregnant, the presence of your "passenger" changes your physiology. Your rapidly changing shape is causing you to sit, sleep and even walk differently, forcing your body to adapt rapidly. You're carrying extra weight (your own and your "boarder's") to which you are unaccustomed, but have to learn to carry on a daily basis, much faster than would ordinarily be necessary.

There is additional pressure on your pelvic muscles and hip joints due to your expanded uterus. Everything has to be moving as efficiently as possible to limit discomfort and malfunction.

Your center of gravity is changing from hour to hour! This means constant change for your normal spinal curves, with increased risk of pinched nerves due to misaligned or restricted spinal joints (subluxations).

No one can guarantee you an easy labor or a quick delivery, but having everything in the best possible working order will help tremendously when the

big day comes. Keeping up with your body's changes instead of trying to fix the side effects of nine months of changes at once is a much more realistic approach. Prepare yourself for the big event with good planning.

"Now, how am I supposed to lie face down?" You won't have to. We can adapt the chiropractic adjustment to the positions you and your passenger can assume. We have enough techniques in our bag of tricks to accommodate you both!

Veterans Returned From Afghanistan And/Or Iraq

We're glad you're back and we have a gift for you. Whether you're back in the Metro area permanently or are between deployments, we'd like to offer you a year of chiropractic care at this office at no cost. All we have to see is your ID and a copy of your orders. Please call us for details.

You've been through a lot, body and spirit, and we'd like to help and say,

Welcome Home!

Sports Healthcare

The winning point is made or the race is won when the athlete exerts his or her best effort, but it takes more than that. Beautiful form in skating, gymnastics or martial arts requires hard work and focus, but it takes more than that. Such feats require the coordination and balance that can only come from a finely tuned nervous system and musculature.

We hear a lot about “sports medicine” for athletic injuries, and we agree that injuries must be handled quickly and efficiently. We continue to do everything consistent with our approach to practice to help the injured athletes among our patients heal quickly and properly. When this requires referral for diagnostic imaging or medical intervention, we are happy to provide that.

This being said, what we prefer to offer you is what we suppose would be called “sports healthcare.” Sports healthcare is not just about injury intervention; it’s about improving your performance in the sport you enjoy. A growing body of research indicates that chiropractic care improves agility and reaction time.^{1,2} Correction of vertebral subluxation can result in improved balance and visual focus.^{3,4} Ease of breathing—improved “wind”—has been found to improve under chiropractic care by a number of clinical investigators (ourselves

included).^{5,6} While these things are important to all of us, they are crucial for sports participants, whether your level of involvement is recreational, competitive amateur, or professional.

We continue to be here for you when you’ve been injured, but long before that we are here to keep you functioning well and to direct your fine-tuning to the way you personally use your body. We want you to have every chance possible to thrive and to excel. Talk to us about your interests, so we can help tailor your visits to your quest.

References

1. Lersa, L.B., C.M. Stinear and R.A. Lersa. “The Relationship Between Spinal Dysfunction and Reaction Time Measures.” *Journal of Manipulative and Physiological Therapeutics*, 2005; 28: 502–507.
2. Todres-Masarsky, M., C.S. Masarsky and E. Langhans. “The Somatovisceral Interface: Further Evidence.” In Masarsky, C.S., M. Todres-Masarsky (Editors). *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. Neurological Fitness, Vienna, VA, 2008.
3. Walsh, M.J., B.J. Polus and M.N. Webb. “The Role of Cervical Spine in Balance and Risk of Falling in the Elderly.” *Chiropractic Journal of Australia*, 2004; 34(1): 19–22.
4. Masarsky, C.S. and M. Todres-Masarsky. “Subluxation and the Special Senses.” In Masarsky, C.S., M. Todres-Masarsky (Editors). *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. Neurological Fitness, Vienna, VA, 2008.
5. Masarsky, C.S. and M. Todres-Masarsky. “Breathing and the Vertebral Subluxation Complex.” In Masarsky, C.S., M. Todres-Masarsky. *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. Neurological Fitness, Vienna, VA, 2008.
6. Engel, R.M. and S. Vemulpad. “The Effect of Combining Manual Therapy with Exercise on the Respiratory Function of Normal Individuals: A Randomized Control Trial.” *Journal of Manipulative and Physiological Therapeutics*, 2007; 30: 509–513.

Multipacks

If you want to have your spine checked regularly on an early intervention basis, you may be interested in our six- or twelve-visit packs, or the eighteen-visit family pack. You will save money while safeguarding your spinal health and mobility. Our staff is happy to answer your questions on these programs.

Interprofessional Relations

Our office has always recognized the advantages to patients of having their health care professionals communicate regarding the patients’ needs, including sharing information that can actually boost the patients’ rate of healing and general health. We’ve even created a form with which you can formally give your permission for us to speak with each other about your health.

While we would all like to believe that everyone in health care knows everything we need them to know about all health care methods, that’s not really possible. Given these limitations, occasionally someone will assume they know more about another field or specialty than they actually do. They may even try to advise for or against certain practices outside their own field. We find the best way to deal with this potentially embarrassing situation is:

- a. Ask the recommending professional why they believe a particular recommendation will benefit you.
- b. Put your providers in touch with each other, so everyone understands what is being done for you.

This way, you get the best care available for your individual situation.

What Is Chiropractic Independence Day?

In an effort to make chiropractic care affordable to everyone, we set aside selected Mondays as Chiropractic Independence Days. On Independence Days, there are no set fees. Your decision to seek chiropractic care is independent of your insurance or income level. Payment (which goes anonymously into a box at the front counter) is a combination of what you feel the

care is worth and your ability to pay. (Medicare is the one exception; we must charge the federally mandated fee.) We do accept new patients on Independence Day, depending on time availability, making this an excellent time to introduce a friend, co-worker, or loved one to chiropractic care. It does make sense to make your appointment well in advance, as these time slots fill in quickly.

Thank You for Your Referrals

We'd like to thank those of you who have been referring family, friends and co-workers. For a health care provider, referral is the sincerest form of flattery.

If your friend or relative is curious to quietly observe as you get adjusted, that's okay with us as long as it's okay with you. If they would like to briefly discuss their health concerns, invite them to call us for a 15-minute phone consultation—no charge, no obligation.

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News

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Address Correction Requested

