

Vienna Chiropractic Associates, P.C.

News



January–April 2011

The Voice and Spinal Health

The choir of an Iowa church didn't sound as good as it used to. One of their soloists was suffering from a partial loss of voice control.¹ She was unable to hit certain notes with the necessary volume. This problem was confirmed on a formal diagnostic work-up called the Voice Range Profile.

Her voice problems had begun shortly after a whiplash injury. The auto accident also left her with neck pain, headaches and dizziness. These symptoms had not improved after eight weeks of pain medication.

The soloist consulted with a doctor of chiropractic, who found restriction and misalignment (subluxation) in the cervical spine (neck). After eight weeks of chiropractic care, her neck pain, headaches and dizziness were completely resolved. In addition, her singing voice was back to normal.

The case of the soloist illustrates the

importance of cervical spinal health to normal vocal chord function. The nerve most involved in vocal chord function, the vagus nerve, travels through the neck in close proximity to the joints of the upper cervical spine. This anatomy is the likely explanation of a previous case in which a man lost his ability to speak after a severe head cold.² Six months into this debilitating problem he sought chiropractic care. After two weeks of

chiropractic adjustments to correct upper cervical subluxations, the patient's voice was back to normal.

Normal vocal chord function alone is not enough to produce a healthy human voice. Breath control is necessary as well. Several studies over the years have demonstrated that subluxation can disrupt normal breath control, while chiropractic care can improve breath control in people with or without breathing disorders.³⁻¹²

In many life situations, being in good voice can make the difference between

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Office Hours

Monday	10:30–1:00 3:00–7:30	Friday	8:30–1:00 3:00–6:30
Tuesday	10:30–1:00	Saturday	9:00–1:00 (selected Saturdays)
Wednesday	10:30–1:00 3:00–7:30	Sunday.....	office closed, barring emergencies
Thursday	office closed, barring emergencies		

Please call **703-938-6441** for appointments. If there is no one at the desk at that moment, you'll get a tape. Please leave a message, including your name and number. Someone will call you back in as timely a manner as practicable. Parts of Vienna are, for some reason, somewhat grudging toward cell phone transmission and reception. If your attempt to reach us via cell phone is a swing and a miss, please try again. Thanks!

Office Calendar

January	March
3..... Office opens to begin 2011	12,26..... Saturdays open, Ind. Day
7-9 closed, doctors at seminar	28..... Ind. Day
15,22..... Saturdays open, Ind. Day	April
24..... Ind. Day	9,16,30.... Saturdays open, Ind. Day
February	25..... Ind. Day
12, 26 Saturdays open, Ind. Day	May
28..... Ind. Day	14,21..... Saturdays open
	23..... Ind. Day
	30..... Memorial Day (office closed)

Note: We make every attempt to provide you with an accurate calendar. That being said, our calendar is made up many months in advance and unforeseen circumstances may require us to make minor changes.

success and failure. Obviously, you want your voice to be at its best if you are trying out for a chorus, choir, a singing part in a musical play or a band that needs a vocalist. However, your voice can also be crucial when presenting an important

speech, giving a high-stakes sales talk or making a good impression at a job interview. When any such event is coming up, consider making a chiropractic visit part of your preparation. 🍀

(References Upon Request)

How Do We Decide on Your Care Plan?

As those of you who are currently patients at this office are aware, all care at this office is completely customized, from what happens during your visits to how often we need to see you. Don't look for a blueprint, you, your inner workings and habits are the only blueprint we use on which to base our recommendations to you.

1. If you are a new patient, we will take a history and do an extensive examination. This takes an average of an hour of face-to-face time and should give us the basis to care for you appropriately. Please be a good historian, so we have the information we need. Unless we feel there are other tests we will need to see first, we will adjust you that day. We will then schedule a progress exam, usually for the next visit. What is a progress exam? We look at everything that was a problem on your first visit and recheck those findings so we can see what is clearing out quickly, what is being more stubborn, what else needs to be looked at and whether a different or additional chiropractic technique would be valuable to you. Then, having a sense of how quickly you are healing, how much better you are feeling and the realities of your daily life (distances you must drive, work you must do, stressors coming up) we are able to decide when we will meet for your next adjustment. Sometimes, you will need several visits reasonably close together; sometimes we can wait longer or see you less frequently. If you appear to be getting healthier more quickly than it originally appeared, we can always put more space between visits. If you have

an exacerbation of the original problem or find a new and talented way to injure your spine, you can come in more quickly. We will do periodic PE's (progress exams) to make sure things are proceeding as they should and so we can stay on top of any new needs you may have regarding chiropractic. It all depends on your body's rate of healing while going about your life.

2. What happens after your original problem is gone or has gotten as well as it can? That's up to you. You're either an adult or a child with a caring parent who brought you in for care. You hired us. We will make recommendations regarding future visits based on your structural makeup, daily lifestyle and general health. You may decide to follow those recommendations or wait until you are in pain or spinal disease again. It really is up to you. As long as there is mutual respect, we are happy to see you and happy to know you are doing well.
3. If you decide to continue on an early intervention basis, each time you come in we'll ask about any changes in your life, including injuries, new medical diagnoses, new stresses (happy and otherwise), medication being taken and health goals ("I want to run a 10K," "I'm hoping to lower my blood pressure naturally," "I know I've got a bulging disc and arthritis, but I think I should be able to be more active than I currently am"). This is pretty much an addendum to your original history. We will do a spinal analysis and any other testing we think is germane and then adjust you. You may require one adjustment or more, depending on what has happened since we've seen you last. We'll give you our recommendations and we'll go from there.

4. Communication is important in all areas of life. If you have concerns about your health, please tell us. That may be valuable information that we can use to help you get well quicker and stay there longer. 🍀

Nursing Injuries?

You and your newborn are settling into what we hope will be a long and happy life together when suddenly you find you're developing pain, stiffness and maybe some tingling sensations in your neck, arms and upper body, among other problems. What's that about?

Even though you may be spectacularly happy and healthy now that your passenger has debarked and you can see your feet again, you're most likely using your body very differently than you ever have (unless this isn't your first child), especially during the baby's meal times. This applies whether you are breastfeeding or bottle-feeding. While the tendency might be to cradle the baby in your arm and lean over, this puts you and your spine in a really stressed position, often for quite a while. Try these variations:

Sit in a comfortable position on your bed, chair or couch. Use pillows to add any extra support you may need. Now, bring the baby up to your breast or the bottle, holding him/her in the crook of one arm. You'll probably have to angle a little. Use more pillows under the supporting arm, the one in which the baby is lying, to bring it up to a comfortable height so you don't have to work so hard at keeping your growing child in a position that's healthy and good for both of you.

Lie back a little while you are holding the baby as she/he lies against you. Obviously, make sure the child has room to breathe. Leave some space between you, the bottle and the little nose. You'll still have an arm supporting the baby and can bolster that arm to a height that is comfortable for both of you, but you'll put less energy into lifting her/him toward you.

You will have to experiment a little with

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the above positions to find the exact height and angle that pleases you both. You will find that feeding time doesn't always coincide with the comfortable situation you have arranged at home, but do try to set up places in your home where you can nurse comfortably. Doing so can save you a lot of discomfort so you and the baby are both feeling good and healthy and can enjoy the time together. If your neck and arms still sing to you, give us a call.

If you are fortunate enough to be able to breastfeed, please do so. You are giving your baby a wonderful gift of nutrition and immunity. It's a great "welcome to the world" gift! 🍀

Progress Calls

One of the benefits you receive as a member of our patient community is the quick and easy communication we've always tried to foster here. One part of that benefit is the "Progress Call." Sometimes we'll ask you to call us later on the day you've been in, the next day or in three days or after an MD visit.

Why? We use those calls to check on your progress. They can help us reduce your visits, get you a little extra relief before your next visit or make a determination as to whether we may want additional testing or to involve another health care practitioner as we work to get you better. We want these calls not only if you feel awful, but if you're feeling good (we may have used a different technique on a particular visit, or put more emphasis on a new area). We even want them if you've plateaued for now. You're the only person who knows how you're feeling, but that information in our hands may be able to help you.

We usually ask you to make these calls, rather than just contact you ourselves. This is so we don't disturb your dinner, a nap, a conversation, or have you get up when you've just found the most perfectly comfortable position in the world.

Please make your progress call as requested so you can get the most out of your care here. 🍀

JOB INTERVIEWS: Looking and Sounding Confident

Many of you are currently job hunting. While we can't guarantee you employment, maybe we can help you put your best spine forward. Looking and sounding confident will go a long way toward showing you to your best advantage.

Voice. Your voice, unless absolutely everything leading to your first interview is done via computer, is your first contact with a prospective employer once they have seen your resume and have decided they'd like to meet you. Good posture will actually make your voice sound more modulated and interesting to your potential employer or at least her HR department. Even though the first time you speak to someone there, probably to set up an interview, will most likely be on the phone, sit up straight. Even better, stand up! They can't see you, but you'll be taking the strain off the area from which your vocal cords get their innervation and your voice will sound smoother. Keep your head up so your voice is directed into the phone, not your chest or lap. Sitting up straight will also help you open your diaphragm so you sound better and are less likely to sound strained, squeaky or swallow your own voice. Standing while you are speaking to her/him (unless you have a physical problem that prevents you from doing so) will open that diaphragm even more. Smile! It will relax you and make you sound better too.

General Carriage. Carrying yourself with confidence, even if you're feeling a distinct shortage of that commodity just at the moment, makes you look more at home in the potential new environment. It also works as a beautiful backup to all those good things you said about yourself in the resume that got you in the door. Of course, it will also make you sound like the confident person who made the appointment so that your potential employer can feel they made a smart choice in deciding to interview you. Need a brush up on what constitutes good posture? Here we go...

Stand in front of a mirror. Now line up your ears with your shoulders. Next, line up the shoulders with your hips and your ankles. Feel like you look a little stiff or awkward? Imagine a lead fishing sinker tied to your tailbone. It'll make you tuck your hips back a little, literally a little more laid back without slouching. Try to take a deep breath in this position. If you can't comfortably do so, ease up on things a little until you are at the point where your breathing is easy and your voice sounds smooth and confident, as opposed to breathy, strained or nervous. **Note:** If you will be wearing heels to your interview, do this exercise wearing the shoes you will wear then. Not only will your feet feel better in them (if they don't, wear a different pair so you don't look uncomfortable!) but you can learn to maintain your posture even at an unaccustomed angle.

Good luck. 🍀

Call for Subjects

Continuing with our research into chiropractic and creativity, we are now looking to the business world, where staying alive has a lot to do with versatility and the ability to see things in new ways when necessary. We're looking for subjects who are working on creating projects, finding new ways to keep a business economically healthy, creating a better business environment and so forth. Subjects have to have not been adjusted for twelve or more months. We know that for many of you that sounds a little rough, but it'll keep our stats clear. If you know of anyone who fits the above profile and is interested in being part of this study, please have them contact us at 703-938-6441. 🍀

Chiropractic Independence Days and Other Helpful Stuff!

In an effort to make chiropractic care available to everyone who wants it, we've set aside selected Mondays as **Chiroprac-**

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tic Independence Days. On these days, there are no set fees. Your decision to get adjusted is completely independent of insurance, or lack of it, or your financial situation. Payment, unless you opt to write a check or pay by credit card, goes anonymously into a box at the front desk. You determine the amount, based on what you think the care you received was worth and your ability to pay. Medicare is the one exception, as those fees are federally mandated. We do see new patients on Independence Day as the schedule permits and it's a great way to introduce friends and family to the benefits of chiropractic. The schedule does fill up so it makes sense to schedule your appointment early to get the time slot you need. We do ask that you show up on time. If you can't keep your appointment, please release it as soon as possible so someone who needs it can come in. Thanks!

Want to be checked on an early intervention basis and save money doing so? Are you a full-time post-high school student who could use a student discount? Have you been deployed to Iraq or Afghanistan within the last five years? We have a gift for you.

Call us at **703-938-6441** for information on the above programs or ask our staff next time you're in. ☺

SNOW!

We seldom close for snow unless we get a huge amount overnight and can't dig out right away or unless it starts during the day and comes down fast and furious. If such a closure affects your appointment, we will make every effort to let you know. We need to have a good phone number for you to do this, so if you've changed numbers, please make sure we have an accurate one for you.

If you decide you won't be keeping your appointment due to snow, please call us. This courtesy gives us the option of going home if that seems wise, or offering your appointment to someone who could use it.

In the interest of saving space, please check out the following web addresses for some tips on how to stay happy and safe during the snowy times: www.neurologicalfitness.com/newsletr/0108.pdf and www.neurologicalfitness.com/newsletr/news1003EXC.htm#Snow.

If you prefer, ask us for a paper copy. ☺

**Once Again... Thanks
for your referrals!**

Happy New Year!

QUIZ

1. When you have low back pain, your doctor of chiropractic should adjust your:

- A. Cervical spine (neck)
- B. Lumbar spine (low back)
- C. Both of the above
- D. One or the other or both, depending on the doctor's findings
- E. None of the above

2. If your arm hurts or feels "funny," it is because:

- A. You injured the painful area and don't remember doing so
- B. There is a problem with the nerves in your arm
- C. You've been trying to keep up with your Jack Russell
- D. There is a subluxation affecting nerves going to your arm
- E. Possibly all the above

Answers

1. (D.) Sometimes, the adjustment needs to be remote from the pain. See our article, "Why So High, Doc?" for just a few examples (www.neurologicalfitness.com/newsletr/Summer09.pdf or ask for a paper copy).

2. (E.) Sometimes the problem is with your "machinery" (your arm). Other times, it's with your "circuitry" (the nerves going to your arm). Frequently, it's both.

News

Vienna Chiropractic Associates, P.C.
421-B Church Street, NE
Vienna, VA 22180

Address Correction Requested

