

Vienna Chiropractic Associates, P.C.

News



January–April 2012

We've Moved

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Our new office address is:
407C Church Street, NE
Vienna VA

The move is scheduled for sometime between January 15 and February 1 (promptly!) We wish we could be a little more specific, but it all depends on buildout time, etc. Most likely we'll be in by the time you receive this, but check when making your next appointment just to be sure we're all in the same place. We'll be keeping our old phone number: **703-938-6441**.

What Happened?

On the morning of September 9, 2011, we arrived at our old office to find it and the parking lot festooned with yellow police tape and surrounded by all kinds

of police cars and insurance company vehicles. It seems that during the night Mom Nature either had a hissy fit or was simply feeling energetic and pooled so much rain on our flat roof that it caved in, pretty much drowning all the office units in the building. The water got into the roof/ceiling space and knocked out chunks of ceiling on both floors and then it took out a good part of the back wall

(brick!). You can see some pretty good pictures of her night on the town by going to www.patch.com, then to Virginia, to Vienna, then typing in "building collapse." The building was condemned and we all went our separate ways.

Since then, we've been seeing patients three days a week at Elandre Spa, located at 352 Maple Avenue, W in Vienna. As

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Office Hours

Monday	10:00 am–1:00 pm 3:00 pm–7:00 pm	Friday	10:00 am–1:00 pm 3:00 pm–7:00 pm
Tuesday	10:00 am–1:00 pm	Saturday	TBA
Wednesday	10:00 am–1:00 pm 3:00 pm–7:00 pm	Sunday.....	office closed, barring emergencies
Thursday	office closed, barring emergencies		

Note: We don't know at this time when Saturday hours will begin. We will offer them individually when you make your appointments, as soon as we know. Saturdays will reappear on the calendar by the next newsletter, but if you need a Saturday appointment before then, please call and ask. As always, this schedule is made up several months ahead of time and small changes may become necessary. 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.

Office Calendar

January	April
23.....Independence Day	23.....Independence Day
February	May
20.....Presidents Day, office is open	21.....Independence Day
27.....Independence Day	28.....Memorial Day observed, office closed
March	
26.....Independence Day	

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.

of this writing, we are still there, but by the time you get this, we will hopefully be in our new home. Let's have a round of applause (and on our part, extreme gratitude) for Elaine and Andre who took in two very upset and exhausted chiropractors and gave us a chance to regroup.

Where Is 407C Church Street, NE?

Actually, it's right across the parking lot from the old office, in the same building as Dr. Joseph DeVyllder, Sekas Homes and about a half dozen other local businesses. When you turn off Church Street into the Vienna Square parking lot, instead of going straight ahead, make an immediate right. 407 Church St fronts on

Three Dog/Cat Nights (and Days)

The residents of Northern Virginia and the Metro area in general are bright, energetic, responsible and often in a huge hurry if only to end up sitting on our roads anyway. We often skip some small steps to save five minutes and to prove we are invulnerable. Again, as of this writing, we haven't seen much of Old Man Winter. We figure this means when he shows up, he's not calling first to see if it's OK. While we come from everywhere, Sweden to Africa, Maine to Arizona, it doesn't take long before most of us are spending a huge amount of time indoors and we become unused to even mild winters. While we are certainly here to address your wellness needs and to get you up and around again after falls or auto crashes, those last two probably don't need to happen as often as they do and even the very healthy can have that health challenged by a cold, wet winter. Here are a few tips to help keep those problems to a minimum:

1. Dress appropriately. Don't give your body any more physical stress than that to which it's already being subjected.

Church Street, but the actual ground floor is around the back, so either park in front or turn left within that half of the parking lot and park. You'll see a short lane with a row of offices. We'll be in #C. While we're a long way from a grand re-opening, we should be seeing patients there by February 1. Stop in and say "Hi!"

Thank You So Much!

We just want to pause again to thank those of you who showed up with trucks and lanterns, fostered plants, held hands and gave of your time in general. While we're still not even sure what we rescued and won't be until we are able to unpack, we could not have done it without those of you who helped us deal with the

Keep your hands, feet and head covered and dry whenever possible. You don't want to lose body heat or end up with frostbite because your body couldn't keep up with the exposure. On truly frigid days, cover your nose and mouth with a scarf so that you're not gulping icy-cold air and cramping your respiratory tree and the rest of your inner anatomy.

2. Stretch and otherwise warm up before exerting yourself, even for a pleasurable workout and certainly before shoveling snow. Take advantage of your body's own capability for self-protection.
3. Freshly fallen snow is beautiful. Crystalline ice surrounding every little twig and pine needle is a wonder. Ice on the sidewalk, parking lot and road is slippery and potentially dangerous. Wear flat shoes, preferably with gripping soles, when there is ice on the ground. If you fall and break something, those new stilettos or even kitten heels won't be as attractive worn one at a time while you hobble in a boot or cast on the other side. You can change shoes inside, where it's dry. Guys, you too! Those wingtips won't look that dignified in the meeting as you try to figure out how to use crutches and no one believes you were

mess. For your privacy, we're not sharing names, but you know who you are. Thank you so much!

Our Hours

There are some small changes to our hours. We will be open Monday, Wednesday and Friday from 10:00 am to 1:00 pm and 3:00 pm to 7:00 pm. When we get into our new space, Dr Masarsky will again be seeing patients on Tuesdays from 10:00 am to 1:00 pm. As soon as we are sufficiently organized, both doctors will be available two Saturdays per month whenever possible. As always, we will make every reasonable effort to work with the complicated schedules of our patient community. 🐾

skiing. Even a light flop can jar your spine and create nerve transmission problems, so this is a good time for that ounce of prevention.

4. Not to belabor the point, but ice is potentially dangerous. If you are not used to driving on it, study up a little. Three flakes wafting over the beltway should not be enough to paralyze an entire area. There are simple things you can do to be a safer driver, for yourself, your family and those with whom you're sharing the road. When you clean off the car, clean off the whole roof. This keeps you from jumping out of your skin and causing the driver behind you to test his/her brakes when the cap of ice on your roof melts enough to go airborne, sending some of the slush over your own windshield and the rest right into the car behind you. Learn how to apply brakes on ice. AAA will be happy to teach you. If you find you are having trouble controlling your car at what should be a safe speed, well, slow down. Really. It's not a safe speed if you can't control your vehicle. Also in the name of control, when approaching a rise or hill, don't stop or slow down to study the geometry. The physics of the situation will knock out your momentum, leav-

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ing you stuck or gunning it and, again, giving up some amount of control.

As we said, we're here to help with the fallout from your adventures on ice, but we'll all feel better if there's minimal damage to your body over the winter. 🐻

Getting The Most Out of Core Strengthening

If you are systematically exercising the muscles of your back, abdomen and pelvis (your core muscles), you are doing a very wise thing for your health and fitness. We encourage you to continue your Pilates, weight training, yoga or any other workouts you are doing to develop core strength. However, please understand that core strength is valuable in the context of core control. It is the combination of core strength and core control that gives you core stability. Without stability, your core (your back, abdomen and pelvis) becomes vulnerable to injury.

Assessing your level of nerve control over various muscles—including core muscles—is the purpose of the muscle testing we do on a routine basis during your chiropractic visit. Improved muscle control after the chiropractic adjustment is one of our most important clinical outcome measures.

Strength with control is an efficient stabilizing force. Strength out of control is an unreliable force. If you are working out, and you are not already on a program of regular chiropractic care, consider getting started. 🐻

Call For Research Subjects: Chiropractic and Creative Block In Children

We have been studying the effects of the chiropractic adjustment on several measures of creativity. While most of our subjects have been adults, we are interested in more cases involving children.

What We Have So Far: We published results of our pilot studies in 2010 and 2011 (complete papers available on request). While most of the 27 subjects were adults, two were children. One was a fourteen-year-old student who was involved in making all of the costumes and some of the props for a production by her school drama class. Three days after a chiropractic adjustment, we interviewed her about her progress on this creative project. She stated that she usually makes the costumes fairly uniform, but since the adjustment, she had been changing styles. She stated that this was something she had never attempted previously. She also noted a reduction in tension since the adjustment.

Another subject was a ten-year-old student who was working on drawing body parts belonging to various imaginary creatures. On phone interview three days after a chiropractic adjustment, he noted that he was getting better ideas on how to arrange the creatures' body parts. For example, he had drawn one character so that when seen from one side they appear to be happy, and when seen from the other side they appear sad. He added, "I don't usually draw like that."

What We Are Doing Now: We are currently preparing case reports of people with various forms of creative block. Our subjects so far have been adults with various forms of writer's block. However, we are very interested in working with school-aged children who feel "stuck" on any projects requiring creativity and originality, including art projects, science projects, musical compositions and various forms of writing (poetry, plays, essays, fiction, etc.).

What Is Involved: We are looking for children who have not had chiropractic care for six months or more prior to the study. If your child participates, your written consent will be required, of course. They will be asked to complete a series of brief pen-and-paper exercises at the beginning of a series of five chiropractic

visits. Your child will also be asked to describe the creative task that has them feeling "stuck" or "blocked."

There will be nothing experimental about your child's chiropractic care. We will proceed as we would with any other patient with age-appropriate procedures. We will examine for areas of joint misalignment or restrictions that are causing nerve irritation (subluxations). Chiropractic adjustments will be administered during the first four visits to assist their body in the correction of these subluxations.

On the fifth and final visit of this project, brief pen-and-paper exercises will be administered again. We will also ask your child to describe any changes they may have noted in terms of their creative efforts.

Chiropractic care for your child during this five-visit volunteer period will be free of charge. No other form of compensation will be provided.

This project was interrupted by the building disaster in September (see *What Happened*, pg. 1). We should be ready to resume our research efforts sometime in February or early March. If you would like to discuss this project further, please get in touch with us at 703-938-6441. 🐻

Snow and Vienna Chiropractic Associates

We generally do not close for snow unless the roads are truly unnavigable. Please don't assume we are closed. If you are not sure, call us (703-938-6441). If for whatever reason you will not be keeping an appointment, call us at the above number or e-mail us at viennachiropractic@neurologicalfitness.com to let us know and to reschedule.

If we wake up and realize that the only thing that makes sense is to remain closed that day, we will call or e-mail those with

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appointments as soon as the decision is made so that you don't waste a trip (unless the lines are down, in which case, that'll be your sign!). Please keep us up to date on your contact information so that we can reach you.

For more snow tips, click on: www.neurologicalfitness.com/news-lettr/0108.pdf. ☺

E-Mail

Since the somewhat untimely demise of 421 Church St., we have been using e-mail more to keep in touch with you (did we just hear applause from some of you?). This includes making and changing appointments and since it seems to be working out well, we'll be sticking with it for the time being. Please don't ask us to discuss clinical matters over the Internet. Not only do

we not do so to ensure the security of your information, but we feel clinical details should be discussed person to person.

If we do not yet have an e-mail address for you, please consider giving us one, preferably the one you go to most often. If that changes, please let us know within a reasonable time frame. If you do not have computer access, please make sure we have a good street address or P.O. Box for you. The e-mail address will definitely make things faster and more timely if you choose to use it. ☺

Nurse Joanne

Joanne graduated nursing school this past December. She's studying for her boards and looking forward to beginning her new career. Major congratulations are in store! ☺

Independence Day and So Forth

Want to receive regular care on an early intervention basis? Talk to us about our "packs." Out of work, short on work or just needing some extra care? Talk to us about our Independence Days. Full-time college or tech school student? We can help.

Are you a serviceman or woman who has been deployed to Iraq or Afghanistan during the past five years? We have a gift for you. Please ask us about it. ☺

**And from and for all
of us...**

Happy New Year!

© 2012: Drs. Marion Todres and Charles Masarsky, Chiropractors

News

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407-C Church Street, NE
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Address Correction Requested

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