

# VIENNA CHIROPRACTIC ASSOCIATES

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&

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*January-April 2013 News*

## CALENDAR

January:	Saturdays Open:	1/5 & 1/19
	Independence Day:	1/28
February:	Saturdays Open:	2/2 & 2/16
	Independence Day:	2/25
March:	Saturdays Open:	3/9 & 3/23
	Independence Day:	3/18
April:	Saturdays Open:	4/6 & 4/20
	Independence Day:	4/15
May:	Saturdays Open:	5/11 & 5/18
	Independence Day:	5/20
June:	Saturdays Open:	6/1 & 6/15
	Independence Day:	6/17

## HOURS

<i>Morning:</i>	10:00 am – 1:00 pm
	M,T,W,F
	&
	9:00 am – noon
	selected Saturdays
<i>Evening:</i>	3:00-7:00 pm
	M,W,F

## DOES CHIROPRACTIC SLOW DOWN AGING? The Evidence, Part 2

The ability to take a deep breath is a sign of overall health and vitality. With each decade of adult life, breathing capacity generally decreases.

Certain factors can make your breathing capacity “older” than your chronological age. For example, the same “pinched nerves” (subluxations) that can cause neck pain and upper back pain often disturb breathing. Correcting these subluxations with the chiropractic adjustment can often improve breathing capacity. Some of the research backing up this statement can be found on the National Institutes of Health (NIH) data base, Pub Med. A summary of some of this research can be found at the following links:

<http://www.ncbi.nlm.nih.gov/pubmed/17870419>

<http://www.ncbi.nlm.nih.gov/pubmed?term=Masarsky%20ANDchronic%ANDobstructive%20pulmonary%20disease>

Further information on the beneficial respiratory effects of the chiropractic adjustment can be found in our article "Wind" in a previous newsletter:

<http://www.neurologicalfitness.com/newsletr/Spring08.pdf>

A growing body of evidence indicates that the chiropractic adjustment does in fact ameliorate some of the biological markers of aging. We are pleased to present this evidence to you.

## **FIFTH CERVICAL VERTEBRA: KEYSTONE OF THE CURVE**

Before a person is born their spine has a curve that is convex (C-shaped) when viewed from the back – the fetal position. This curve changes early in life, when the infant first manages to lift their head from the floor. The neck muscles that accomplish this create a new curve in the cervical spine – one that is concave when viewed from the back.

For the rest of that person's life this new concave curve is normal. The fifth cervical vertebra is at the center of this normal curve. It functions in a way that is analogous to the keystone of an arch. Normal positioning and smooth movement of this vertebra in relation to the one above and below are important factors in maintaining this important shock-absorbing curve.

Altered positioning or motion of the fifth cervical (subluxation) can disturb the nerves in this area of the spine. Some of these nerves control the muscles that help maintain the normal cervical curve. As a result, the cervical spine may begin to revert to its fetal position. This portion of the spine ceases to be a shock-absorber and becomes a shock-transmitter. Over time, degenerative changes (arthritis), neck pain and headache frequently result from this change in curve.

Obviously, cervical trauma from such events as a whiplash accident or a slip-and-fall injury can cause a subluxation at the fifth cervical vertebra. More subtle risk factors involve the strain of maintaining a posture in which the head is carried forward in relation to the shoulders. This forward head carriage is common among people who work in visually intensive occupations, especially jobs involving long hours of computer time or paper work. Long distance driving can have the same effect.

Patients with fifth cervical subluxation often experience weakness, spasm, pain or numbness in the shoulders, arms or hands. The neck loses range of motion, making it especially stiff when trying to look up or when trying to bend the neck to the left or right shoulder.

A set of nerves closely related to the fifth cervical vertebra influences the function of the heart and the thyroid gland. For people with cardiovascular or thyroid problems, irritation to these nerves can be detrimental. The same is true of health problems that indirectly affect these organs, such as depression or anxiety.

In the early stages, fifth cervical subluxation may produce no noticeable symptoms. Fortunately, a number of chiropractic examination steps may help uncover the problem at this subtle stage. The exact exam steps we perform may vary from person to person and will depend on the overall situation. Examples include feeling the movement of the fifth cervical in relation to the vertebrae above and below – a clinical art called motion palpation. Your control of your biceps or deltoid muscles may be disturbed; we can identify this disturbance through the art of manual muscle testing. We may find that your sense of touch in the skin of the shoulder is not symmetrical from left to right. All of these findings are helpful in identifying the fifth cervical subluxation and are sometimes also used to track our progress in correcting the problem.

The chiropractic adjustment will also vary from person to person and from situation to situation. In some cases, a gentle pressure in a specific direction is timed with your breathing for a minimal-force adjustment. In other cases, a more vigorous but equally skillful technique is applied. Exercise and posture advice may be part of the follow-up, along with future check-ups and adjustments.

## **OUR NEW FAMILY PLAN**

Over the years, some of you have taken advantage of our 18-visit plans for families. We want to continue to make it easy and affordable for all of your family members to get care. Beginning this year, when more than one household family member schedules at the same time, only the first family member pays full price. Everyone else gets a discount of 25%.

We will not start any new pre-paid family plans (although if you already have one, you may renew it).

## **DEPARTMENT OF EVERYTHING**

Drs. Masarsky and Todres are, of course, responsible for your exams and adjustments. For the time being, we are also in charge of appointments, finances, record-keeping and the physical maintenance of the office. Basically, the two of us constitute the “Department of Everything”. We are about as small as small business gets! Please understand if we are on the phone when you come in, we’ll wave hello and get to you as soon as possible, but we can’t chat with you and the caller at the same time. Sometimes, you may have to give us a moment to finish copying, correcting or organizing something before we can get to you. When you’re done with your care, payment and rescheduling, we may have to get to something else right away, even if there’s no one in line behind you. If you have an insurance issue or some other problem, we will certainly try to help you, but we might not be able to do so instantly.

Helping us deal efficiently with our “Department of Everything” duties enables us to keep our major focus where it belongs – on your chiropractic care.

Thank you for understanding!

## THE (NERVE) ROOT OF YOUR PROBLEM

Sometimes, we get a puzzled look when we respond to a patient's wrist problem by examining their neck. People may be annoyed when they come in with a knee problem and we examine their low back. Sometimes, as we examine one area, the patient suddenly begins pointing to another area, where they feel the "real problem" is located. Occasionally, someone even grabs our hand while we are working on them and pushes it to a different location, because they believe we are not in the "right spot"! Weren't we listening when they described their problem?

Trust us, we heard you, and we understand where the "spot" is. Much of the effectiveness of chiropractic care grows from a simple but critical insight: ***The location of a pain is not always the location of its cause.*** Your pain or other symptom may be caused by a problem right where you feel it, but very often the cause is interference with the nerves that control the area where you consciously experience the problem.

The roots of the nerves that supply your wrist are located in your neck. The roots of the nerves that supply your knee are located in your low back. When we check locations distant from your pain, we are not ignoring your description. We are trying to get to the (nerve) root of your problem.

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## **NEWS**

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