

VIENNA CHIROPRACTIC NEWS

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HOURS

M-W-F 10:00-1:00 & 3:00-7:00; **Tues** 10:00-1:00 (Dr. M. only); **Sat** (usually 2/mo) 9:00-noon
Closed **Thursday** and **Sunday** barring emergencies



CALENDAR

<i>May</i>	23	Chiropractic Independence Day
	14, 28	Saturdays Open
<i>June</i>	20	Chiropractic Independence Day (1 st Day of Summer!)
	9	Thursday, but open 10:00-1:00
	10-14	Closed, Drs out of town for seminar
	18, 25	Saturdays Open
<i>July</i>	4	Federal Independence Day, closed
	18	Chiropractic Independence Day
	9, 23	Saturdays Open
<i>August</i>	15	Chiropractic Independence Day
	6, 20	Saturdays Open
<i>Sept</i>	5	Labor Day, closed
	19	Chiropractic Independence Day
	10, 24	Saturdays Open

HOT/ COLD/ WHEN/ HOW?

In case of injury, like so many other things, the best first move is usually a simple one. Heat and cold both have their fans and both can be appropriate depending on the circumstances.

HEAT is a great application for overworked muscles. It dilates blood and lymph vessels to bring more healing nutrients to the site of injury. This can be done with a hot bath or shower (unless you're sensitive to them, the addition of epsom salts to a bath is a big plus). You can also apply a hot/warm compress to the area, provided it isn't too hot. If you decide on the compresses, use them over a broad area. We would recommend the soak or shower instead of spot-heating as that draws fluid specifically to the injured site, possibly promoting micro-swelling.

COLD: a painful joint is generally an inflamed joint. You will want to cool it down for pain relief, fluid redistribution and to combat an undue amount of inflammation. Cold constricts vessels, helping to keep excess fluid out and swelling and discoloration down.

When using cold/ice, protect your skin with a thin towel so the ice isn't making direct contact, which could be harmful. Cold can be applied for 15-20 minutes, and then removed for a space of 2 hours before reapplication. If you have a friendly assistant available, the injured area can be given a five minute ice massage (the after period of 2 hours off still applies). If the swelling doesn't appear to be going down or the bruise is growing, call your health care provider.

SPRAINS: You will want to use cold here first, as a diagnosis of sprain indicates some tearing, therefore the leaking of additional fluids into a swelling area. Cold will constrict those vessels, thereby limiting swelling and discoloration. If possible, get the cold on there in the first 20 minutes for the best results. If after 72 hours, the swelling is gone and there is no discoloration, you can begin the judicious use of hot compresses to nourish the healing tissues. If the area is still swollen or bruising has not begun to recede, check in with your provider for further instructions.

Brain Fitness Tips: Take a Walk

A study of more than 18,000 older women published in the *Journal of the American Medical Association* found women who walked at an easy pace for at least 1.5 hours per week had less loss of cognitive function than women who walked less than 40 minutes per week.¹

The brain fitness benefits of walking are not confined to seniors or women. Two published studies indicate that physical activity such as walking protects breathing capacity.²⁻³ Good breathing capacity, in turn, supports cognitive function.⁴

In addition to making time for planned walks, there are ways to work extra walks into your normal day. Do you habitually search for the parking space closest to your destination? If the weather is nice, and you are reasonably steady on your feet, park in the first space you see. You will add a little extra walking to your day, and save a bit of gasoline as well. Are there errands you normally drive to, but could walk? Weather permitting, consider doing exactly that.

As you walk, notice as many sights, sounds, aromas, and skin sensations as possible. This will make your walk more mindful, with additional brain benefits.

Maintain a tall posture while walking as smoothly as possible. Look up slightly (but watch where you're going, please!). This will make your walk spine-friendly as well as brain-beneficial.

If walking has recently become uncomfortable or difficult, that may very well be something we can help you with. Please call us for a chiropractic check-up.

References

1. Weuve J, Kang JH, Manson JE, Breteler MMB, Ware JH, Grodstein F. Physical Activity, Including Walking, and Cognitive Function in Older Women. *Journal of the American Medical Association*, 2004; 292(12):1454-1461. Full text: <http://jama.jamanetwork.com/article.aspx?articleid=199487>
2. Jenkins BWC, Sarpong DF, Addison C, White MS, Hickson DA, White W, Burchfiel C. Joint Effects of Smoking and Sedentary Lifestyle on Lung Function in African Americans: The Jackson Heart Study Cohort. *Int J Environ Res Public Health*, 2014; 11: 1500-1519.

3. Vats U, Patra P. Effect of Moderate Intensity Aerobic Exercises on Vital Capacity and Quality of Life on Asymptomatic Subjects with Sedentary Lifestyle. *Int J Med Health Sci*, 2015; 4: 24-28.
4. Chyou P-H, White LR, Yano K, Sharp DS, Burchfiel CM, Chen R, Rodriguez BL, Curb JD. Pulmonary Function Measures as Predictors and Correlates of Cognitive Function In Later Life. *Am J Epidemiol*, 1996; 143: 750-756.

You Should See Us for Suspected Concussion...

...Because You May Not Be Sure You Have One

A mild traumatic brain injury (concussion) is not always obvious. Imagine a dimmer switch turning down your reading light 20%. You probably won't have trouble with a short session of easy reading, but if you challenge your eyes with a long read that requires concentration, you may experience fatigue and/or blurred vision and/or headache.

In a similar way, concussion may not be any more obvious than that slight dimming of your reading light. You're okay at 80% until you challenge your brain with a task that requires balance, coordination, or concentration. Then headache, blurred vision, fatigue and other symptoms may kick in.

Please mention any new difficulty with challenging tasks, so we can look deeper.

...Because You Don't Have To Play a Sport to Have a Concussion

While public awareness of concussion has been elevated by the widely reported NFL lawsuit and the movie *Concussion*, the majority of concussions do not involve sports injuries. Accidents from all aspects of life produce concussions as well.

At Vienna Chiropractic, we are aware of the concussion risk that comes from car crashes, slip-and-fall injuries, street crime, domestic violence, and military service as well as sports injuries.

...Because Concussions Don't Always Go Away By Themselves

Sadly, concussion victims are too often told to "walk it off", even today. While a majority of adults recover from signs and symptoms of concussion within 10 days (3-4 weeks for children and adolescents), a significant minority develops post-concussion chronicity.

At Vienna Chiropractic, we are alert to the importance of long-lasting post-concussion syndrome. Please make us aware of any past injuries, even if they happened years ago. This will help us help you.

...Because Even the Emergency Room May Have Missed It

Unless you experienced the "classic" type of concussion – a blow to the head that knocked you out – even an emergency room work-up may have missed your concussion. A 2008 study at the University of Washington's teaching hospital determined that the diagnosis of concussion was missed 56% of the time.¹ Missed diagnosis was especially common when the patient felt dazed, but did not lose consciousness. With increasing awareness, the situation has improved since 2008, but concussion remains a frequently undiagnosed and misdiagnosed problem. Even if an MRI found no anatomical brain damage, please know that such imaging does not rule out concussion.

At Vienna Chiropractic, we are well aware that you don't have to hit your head to hurt your brain, a concussion is not always a knockout, and you can't just "snap a picture" of a concussion. We have devoted a substantial portion of our continuing education to prepare ourselves to assess your concussion properly.

... Because An Injury that Hurts Your Brain Hurts Your Spine

The misconception that doctors of chiropractic have no significant role to play in managing the concussion victim is unfortunately widespread within the health professional community as well as the lay public. Yet, consider how difficult (maybe impossible) it is to imagine an injury that causes a concussion that does not jar the vertebrae! Misaligned vertebrae that disturb neurological function are called "vertebral subluxation complexes" in chiropractic terminology. Adjusting vertebral subluxations is central to chiropractic practice.

At Vienna Chiropractic, we understand that vertebral subluxations can cause or aggravate headache, dizziness, memory problems, and other symptoms typical of concussion. Concussion and vertebral subluxation are, in fact, mutually aggravating problems. Far from being inappropriate, chiropractic care is the health service best prepared to comprehend the full picture of your subluxation-concussion complex. When appropriate, exercise, nutrition and lifestyle advice will be offered to help you maintain your adjustment.

Please help us educate your friends, relatives and co-workers by sharing this newsletter, as well as our video **Mo's Concussion**. You will find the link to the video in our January 2016 newsletter: <http://www.neurologicalfitness.com/newsletr/Jan-April2016.pdf>.

Reference

1. Powell JM, Ferraro JV, Dikmen SS, Temkin NR, Bell KR, Accuracy of mild traumatic brain injury diagnosis. Arch Phys Med Rehabil. 2008 Aug;89(8):1550-5.

HELP KEEP VIENNA CHIROPRACTIC SKID FREE!

The warmth and sun of summer is glorious and yes, you're right to protect your skin from both the dryness of air-conditioning and those wicked, penetrating rays of the sun with a soothing, dermis penetrating SPF skin cream. Forbidden, and rightly, so are the baby oils and tropical creations of (some of our) youth. We're just going to ask one little thing of you. **Please don't wear skin cream or oil along your spine or on any unclothed body part (arms, legs) to your appointment here** unless it is so absorbed by your skin that everyone just figures that skin is naturally beautiful because no one can see or feel the oil. **Why, you may ask?**

We practice a particularly specific form of chiropractic here and folks, there's nothing like starting out at L5 right posterior with angled pressure on the mammillary only to find yourself a moment later finishing the move several segments up and approaching your thoracic spine! This is not a good thing and it's made possible by an externally well-oiled spine, no matter whether we're working on bare skin or Egyptian cotton. There is also the possibility of you skidding 3 or 4 inches along the table on scented and oiled arms and legs. We would prefer to avoid either scenario for you.

Recap: Skin creams, oils and sunscreens are excellent for your skin but not necessarily during a very specific adjustment. This is a bad time and place to gain yards! We'd be happy to give you the privacy to apply them later when you're properly and well-adjusted.

X-RAY DOESN'T SHOW EVERYTHING

It is not at all unusual for us to see a patient suffering from debilitating back pain after months or years of therapy, drugs and even surgery directed to a spinal level diagnosed by x-ray or some other form of imaging such as CAT scan or MRI. The pain may be disrupting their sleep, and the drugs may be causing mental foggiess and other side-effects.

Our evaluation often uncovers an undiagnosed problem, usually involving a joint restriction not seen on imaging.

Diagnostic imaging such as x-ray, MRI, CAT scan, etc. is unsurpassed for demonstrating pathological changes in anatomy. However, many people's problems are caused by abnormal function with little or no anatomical change. Certain common problem areas – such as the sacroiliac joints – are notorious for looking normal on diagnostic imaging, but significant problems are readily apparent on functional physical examination. Vertebral restrictions without disc herniations or arthritic changes are often overlooked as well. As we already mentioned in another article in this newsletter, concussion is invisible to standard imaging.

Recognizing that radiation is not a nutrient, our front-line evaluation emphasizes history and functional exam. Should we subsequently feel that imaging would be helpful, there are many fine radiologists in our area to whom we can and do refer.

BREECH BIRTH AVERTED

The following is an actual case. The name and any other identifying characteristics have been withheld to protect the patient's privacy.

A business professional in her 30's visited during her 32nd week of pregnancy. Her baby was in the breech position, and the patient had heard that this can sometimes be relieved through a gentle chiropractic procedure called "Webster technique". The basic idea of this technique is to relieve pelvic constraints in the sacroiliac joints. Adjustments to correct sacroiliac function are done in conjunction with a particular set of reflex techniques. Once pelvic constraint is relieved, it is not unusual for the baby to move into a more normal position within the uterus.

The patient was seen three times over one week for Webster technique. On the second visit, the patient felt the baby kick while the reflex techniques were being performed. On the third visit, the patient stated that the baby felt more active than before.

Telephone follow-up was done a few days after this visit. The patient stated the baby was in normal position, verified by the obstetrician on ultrasound exam.

Chiropractic Independence Days, Multi-Packs, and Veterans Program

Our Independence Day and Multi-Pack programs have made continuing chiropractic care affordable for many patients over the years. Our veterans program is our way of saying, “Thanks, and welcome home” to recently-returned war veterans. For more information, see our January newsletter: <http://www.neurologicalfitness.com/newsletr/Jan-April2016.pdf>.

PART-TIME ROCKER RESCUED

A 30-something tech support specialist and rock band drummer presented with a complaint of neck pain after an intense musical performance. Along with this pain, which he rated as a “6” on a 10-point scale, he complained of “popping” in his left ear.

During physical examination, a vibrating tuning fork placed in the center of his head sounded louder to him on one side than the other. This exam step is called Weber’s test, which helps reveal one-sided hearing loss due to congestion.

Misalignments and restrictions (subluxations) were adjusted in his neck and upper back. Subtle adjustments were also performed on his cranial bones.

Six days later, he returned for follow-up. His neck pain was now reduced to “3”, and the popping sensation in his ear was gone. The tuning fork sounded equally loud in both ears.

How Do You Introduce Us?

Our thanks to those of you who have introduced friends, family, and co-workers to our practice! To help you introduce us to others, we have written a newsletter-like piece titled, “Introducing Vienna Chiropractic Associates”. Feel free to pick up a copy in the office, or we can mail or e-mail it to you. Thank you again for your trust and confidence!

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Address Correction Requested

