

# VIENNA CHIROPRACTIC ASSOCIATES NEWS

**September-December 2014**

[www.neurologicalfitness.com](http://www.neurologicalfitness.com)

703-938-6441

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## HOURS:

MWF: 10AM-1PM & 3PM-7PM

T: 10AM-1PM

Saturday: 9AM-Noon. (Please note, we hold Saturday hours approximately twice per month. Please see our calendar for the dates each month.)

## CALENDAR:

<b>Sept 1</b>	<b>Labor Day</b> , office closed	<b>Dec 24-Jan 3</b>	<b>Winter Holidays</b> , office closed
15	Chiropractic Independence Day	15	Chiropractic Independence Day
6, 20	Saturdays Open	6-20	Saturdays Open
<b>Oct 20</b>	Chiropractic Independence Day	<b>Jan 19</b>	Chiropractic Independence Day
11, 18	Saturdays Open	3, 17	Saturdays Open
<b>Nov 17</b>	Chiropractic Independence Day		
1, 15, 29	Saturdays Open		
27, 28	<b>Thanksgiving Holiday</b> Office closed		

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## THE DESK JOCKEY'S TALE OF WOE... or ...Sitting Most of the Day Can Be a Pain!

It's natural to look forward to kicking off your shoes and plopping into your favorite chair when you get home at the end of the day. Your whole body is happy to relax. However, a huge percentage of the jobs in the Metro area also involve long periods of sitting, whether you're flying that desk, being on a plane or train or spending way too much time behind the wheel. This compresses your sacroiliacs (SIs), hip joints and lumbar spine, often to the point of compressing/pinching nerves so they malfunction.

In the workplace, take advantage of every chance to move. This keeps things from locking up on you. Go get a drink of water or tap on a colleague's door instead of emailing them. During the many meetings that mushroom in the fall, stand up periodically. If you feel self-conscious about getting up to stand in the back of the room, don't! You won't be alone! There's an added

advantage to standing up periodically, besides decompressing your lower body. Your voice will sound stronger and more confident. Enjoy the results!

On planes (and a little less on trains) you may have less freedom of movement. First or business class would be first choice, but in the interest of reality, let's see what you can do with coach. Drink plenty of water. While it's no thrill doing the stroll to the restroom, you will get everything moving again. If you can get a seat with more leg room, that's great, but movement is what you (and your veins) are looking for.

A tremendous number of you have sales-related jobs for which even if you're not flying to clients, you are probably spending a lot of time commuting, making presentations, or showing properties. Stopping periodically will help. Another help during even short trips would be to sit on a small pillow or folded bath towel during your drive. This absorbs some of the vibration from the moving vehicle. It will help on trains, too. If you're traveling with a work partner, switch drivers periodically. This helps the person in the passenger seat to sit in a straight forward posture for part of the trip, as opposed to twisting to the left to speak with the driver. When you are the driver, sit close enough to the wheel, with the seat back reasonably straight. That'll not only take the strain off your low back, but your upper back, neck and shoulders will love you too.

## **IMPORTANT CHANGES FOR THE FALL!**

Welcome to autumn! Let's do a little house-keeping.

1. Please make sure we have your current, best-to-use email address. Not only will this help you get your newsletter more regularly, but you'll also find it easier to make or change appointments, as well as helping us notify you of any sudden changes in scheduling.
2. Have you moved within the last year? Please make sure we have your new street address. The same holds for work or home phones. This way, even if you didn't leave a callback number, we can!
3. If you call us and no one picks up the phone, despite it being within regular hours, it means everyone is either with a patient or on another line. Please leave a message on the machine. This way, your call isn't wasted (we will get back to you as soon as practicable) and we don't look like the Keystone Kops trying to reach you by racing out of another room and down the hall, just to reach the phone as it goes silent.

## **PETS FOR VETS**

From September 2, until Veteran's Day (November 11), we will be collecting money for Pets for Vets, one of the best programs we've seen in a long time. So many of our people are coming back from service with PTSD or other problems in finding their place in the community and within themselves again. Pets for Vets pairs rescue dogs with returning GI's. When your application for a dog is received, they will meet with you and even do a home visit and select a dog that they believe will be a good match. The dog is then trained to work, as much as possible, with any of the problems with which you've come home, whether they are things like difficulty getting around quickly, anger, frustration or any of the other things that may be keeping you from feeling like yourself. (Pets-for-Vets pays for this training.) Then you get your pal. The trainer will continue to

work with you if necessary to make sure things go well for the two of you. Yes, they do place cats too, though this is a newer part of the program.

This is a great program and like so many worthwhile programs, they are grossly underfunded. We hope you can see your way to dropping a few dollars or at least some spare change in the container we'll have set aside for this purpose. If you want to write them a larger check, we know they'll appreciate it tremendously.

To learn more about the program, go to [www.pets-for-vets.com](http://www.pets-for-vets.com).

## **SAME TIME NEXT MONTH?**

Have you ever been in the reception area as another patient made an appointment for a month or more in the future? Did you wonder how they knew they would be in pain next month?

In fact, they don't know and it doesn't matter for their purposes. They understand misaligned joints that cause nerve interference (subluxations) can be present before conscious pain or malfunction appears. That reaction time may already be slowed, coordination may already be off, balance may already be disturbed and mental focus may already be foggy. By making appointments for monthly check-ups they are opting for early detection and correction of any existing vertebral subluxation complexes. Not only can pain episodes generally be made less frequent and less severe, overall performance of the nervous system can be improved.

By way of analogy, consider this: No one is going to force you to get regular oil changes for the maintenance of your car. However, if you do, you will enjoy better engine performance, superior gas mileage and probably a longer life for your vehicle.

## **NERVE ENTRAPMENT: A Hidden Source of Pain**

Nerve entrapment, pressure on a nerve due to improper joint movement or an over-contracted muscle, can be painful and debilitating. While we primarily look to the spine to isolate and correct this problem, nerves can be trapped anywhere along the paths they take from the spine, through the torso (body) and into the arms and legs. We are trained to identify the cause(s) of this entrapment, correct the problem and when, where applicable, teach self-care to maintain that correction.

Nerve entrapment problems can be very common in sports or in repetitive stress injuries stemming from work activities. Nerve injuries can cause pain, weakness or numbing sensations. They can interfere with your balance and coordination. They may often be confused with other diagnoses, for instance, a tennis or golf player's painful elbow or numb hand is often considered to be tendinitis on first blush, but when muscles and related points are tested, it may well be a nerve being interfered with anywhere from the root to the painful joint itself. Carpal tunnel problems are frequent in our desk-flying society, but the nerves which can present as CTS can actually be entrapped in at least 6 different places as they leave the spine and travel to the wrist. Rarely is a nerve trapped in only one place. More likely, an instability in the neuromusculoskeletal system is creating and maintaining the problem. Dr Janet Travell, who served as President Kennedy's MD, has written that more nerve entrapments in the pelvis caused by piriformis problems exist than there are disc protrusions related to symptoms in the leg.

An accurate history, studying whether the pain, odd sensation or weakness appears or disappears with a specific position or movement, is the first step in you and your chiropractor solving the mystery. Are you able to exhibit strength in a muscle once, only to have that muscle show weakness with repetitive movement? Accurate muscle testing by a trained practitioner can go a long way toward finding and fixing your problem. (Adapted, with thanks, from an article by David Leaf DC, in the Pathways to Health newsletter, printed by ICAK, the International College of Applied Kinesiology.)

### **CHIROPRACTIC INDEPENDENCE DAYS**

On selected Mondays (usually once per month) we hold Chiropractic Independence Day. It is a day of Independence from worries about income and insurance coverage. Just leave an amount in the box at the front desk that you think represents the quality of care, consistent with what you can afford.

The above applies only if insurance is not involved. If you are on Medicare, we are legally obligated to charge you the fees fixed by that federal program. If you are not on Medicare, but you require insurance paperwork of any kind, we must the fees we would normally charge you.

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**Address Correction Requested**