

# VIENNA CHIROPRACTIC NEWS

243 Church St NW, #300-B, Vienna VA 22180

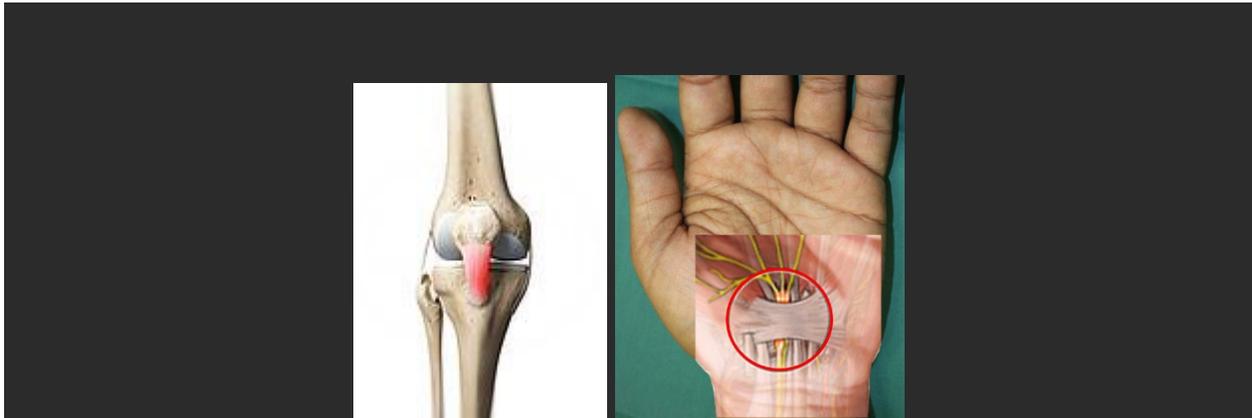
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You Tube: [www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg](https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg)

Sept-Dec, 2022

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



*Left:* Patellar Ligament of the Knee; *Right:* Transverse Ligament of the Wrist

## Ligament Pain

Ligaments are bands or cords of tough connective tissue that tether bones to each other. There are hundreds of ligaments in the human body. On the purely mechanical level, the ligaments help to stabilize the joints.

However, ligaments are not just pieces of machinery; they are also part of your body's circuitry. The nerves within the ligaments help your brain develop a dynamic map of joint function. This information is essential for coordination. That's the good news. The bad news is injury can cause ligament tissue to tear. This is called a "sprain". When a ligament close to the body's surface is sprained, there will usually be visible swelling as well as pain. This is especially common with sprains of the ankle or wrist.

Long-term stress to a ligament may not cause a sprain, but the cumulative effect can cause tissue irritation. This cumulative stress can be related to postural distortions or excessive use of a body part. Stress-related irritation or healed sprains can leave hypersensitive spots in the ligament called "trigger points". These spots can cause diagnostic confusion due to the feeling of pain distant from the trigger point – a phenomenon known as "referred pain".

When a ligament is sprained or stressed, its normal joint-mapping function is impaired. This can disrupt your coordination, leading to further injury.

For sprains, the best initial intervention is the so-called "RICE" formula. That stands for rest, ice, compression, and elevation. Especially for the first 48-72 hours after a sprain, rest will help you avoid further injury. Ice on the injured body part will help reduce the pain and swelling. Protect your skin with a thin towel or t-shirt and keep the ice on the sprain for

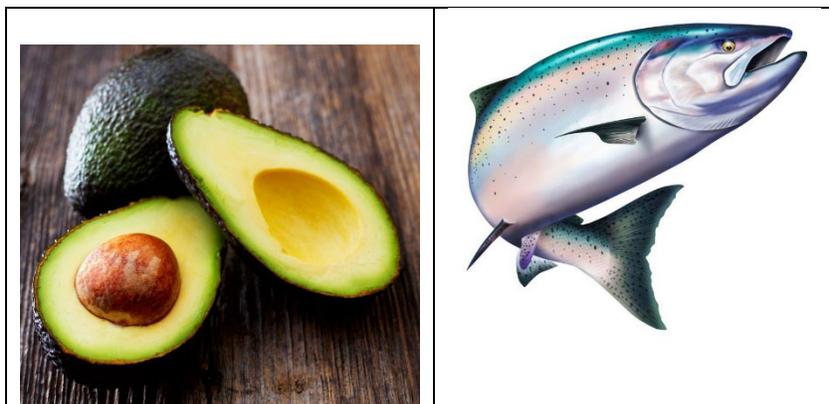
approximately 20 minutes. This can be repeated every 2 hours while you are awake. If practical, compressing and elevating the injured area will further reduce swelling. Even after the initial 48–72-hour period, maximum healing of a sprained ligament can take 8 weeks or more.

For trigger points, chiropractic adjustments for any related joint misalignments (subluxations) will help reduce stress on the ligament tissue. This is especially important for the spine, where many of the ligaments are too deep to reach directly. When trigger points occur in ligaments that are close to the surface, we may use direct manual therapy to augment the chiropractic adjustment.

When appropriate, we will discuss exercises and postural advice with you. This can help avoid future ligamentous stress and injury.

Normal ligament tissue depends on the body’s ability to produce a tough protein called “collagen”. For your body to manufacture grade-A collagen, you need to have adequate levels of vitamin C. This vitamin is readily available from fruit (especially citrus fruits and berries) and green leafy vegetables.

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### **WHAT IS COENZYME Q-10?**

During the 1950s, scientists identified a molecule that plays a key role in generating energy in the cells of humans and many other living organisms.<sup>1</sup> This molecule is now known as coenzyme Q-10 or ubiquinone. Research is ongoing on the importance of coenzyme Q-10 in supporting the health of tissues with high energy requirements, such as the heart and the brain.<sup>2-3</sup> We recommend following a diet rich in this nutrient.

Meat and fish are rich sources of coenzyme Q-10. Important plant sources include avocado, broccoli, tree nuts, seeds, and vegetable oils. If you take coenzyme Q-10 supplementation, your absorption of the nutrient will be optimized by taking it when eating these foods.

While dietary coenzyme Q-10 is important, your body's supply of this nutrient is mostly produced by your internal biochemistry. This internal production (biosynthesis) of this nutrient requires the B-complex vitamins. Most of the foods rich in coenzyme Q-10 are also good sources of the B vitamins. In addition, whole grains are good sources of the B-complex.

Certain drugs, such as statins, can interfere with the biosynthesis of coenzyme Q-10. For this reason, it is not unusual for doctors to recommend coenzyme Q-10 supplementation when statins are prescribed.

Recent research has found a deficiency of coenzyme Q-10 associated with COVID-19 infection. This deficiency can occur during the acute infection and can linger afterwards as part of "long COVID".

You can find more information on energy production in your body in our video, "Feeding Einstein's Brain". This is posted on our You Tube channel:

<https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg>

### References

1. Morton RA. Ubiquinone. *Nature*, 1958; 182: 1764-1767.
2. Lei L, Liu Y. Efficacy of Coenzyme Q10 in Patients with Cardiac Failure: A Meta-Analysis of Clinical Trials. *BMC Cardiovasc Disord*, 2017; 17: 196. Full Text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5525208/>
3. Rauchova H. Coenzyme Q10 Effects in Neurological Diseases. *Physiol Res*, 2021; 70: S683-S714. Full Text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9054193/>

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## **BROCCOLI AND WALNUTS: a quick co Q-10 meal!**

**Ingredients:** 2 heads of broccoli, preferably fresh, including the stalks, sliced thin on the diagonal (use frozen only in a pinch, re: texture)

1 bunch of scallions, cut into 1 inch pieces, also along the diagonal

1 can of diced water chestnuts, drained

2 cups or more, coarsely chopped walnuts

2-3 Tbs EV olive oil for sautéing

1-2 Tbs sesame oil, largely for flavor

Salt, pepper to taste

2 Tbs cornstarch

½ to 1 full tsp ground ginger

5 large cloves of garlic, minced (can substitute small amount of ground, dried garlic, not recommended)

Soy sauce, to taste

Water as needed

**PREP:** Sauce: Put the cornstarch into a small bowl. Add the water, slowly, stirring to dissolve the corn starch. When it is liquid, as opposed to paste, add a tablespoon of soy sauce, half the ginger and garlic, stir and set aside.

**Vegetables:** Pour olive oil into large skillet or wok. Heat to high, then add broccoli and stir frequently. You can cover the pan for 1 minute to speed the broccoli off raw. Add the scallions and stir. Add the water chestnuts, stir, then add the walnuts. Check the broccoli to see if it is cooked through. Season with sesame oil, salt and pepper and the remaining garlic and ginger. Cook 1 more minute. Turn off the heat and pour on the sauce (you may have to stir it again to get any cornstarch that has settled off the bottom. Add water if necessary, but a little at a time so you don't overshoot). Stir quickly to distribute it evenly and take it off the burner. The sauce will thicken and coat the vegetables. This all happens very quickly so have everything cut, mixed and ready to go. This can be a side dish or a main if you serve it over brown rice, rice noodles or soba.

Want more protein? Serve under broiled or roasted salmon (high in coQ-10) or mix in surimi made from pollack. Not as much coq-10 as salmon but still a good serving.

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## **COMMUNITY OUTREACH CLASSES**

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. For details, call 703-938-6441. To register, contact Kathy Blevins, 703-255-7801 or [KBlevins@viennava.gov](mailto:KBlevins@viennava.gov). Upcoming:

<i>Building a Better Neck</i>	Sept 20
<i>Breathing Exercises for Optimal Brain Function</i>	July 12 & Oct 18
<i>Mouth and Throat Toning for Better Sleep</i>	August 9 & Nov 15

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## **OUR LONG COVID RESEARCH CONTINUES**

In our January newsletter, there was a call for COVID-19 “long haulers” to participate in our research project on the effect of chiropractic adjustments on long haul symptoms. We are

pleased to announce our first case report stemming from this research has been published. The paper is posted for public access at this link (the link is safe):

[https://apcj.rocketsparkau.com/site\\_files/4725/upload\\_files/MasarskyLongCOVIDCR.pdf?dl=1](https://apcj.rocketsparkau.com/site_files/4725/upload_files/MasarskyLongCOVIDCR.pdf?dl=1)

We are still looking for volunteers. The more we learn, the more people we can help. If you or someone you know would like more information on this project, please call 703-938-6441. Thank you!

# # #



*Remember our veterans on Veterans Day and every day.*

## **RETURNING WAR VETERANS**

Have you been deployed to Iraq, Afghanistan, or any other active conflict area in the past five years? If so, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. Call 703-938-6441 for more information. Thanks, and welcome home.

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## **MULTIPACKS**

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our multipacks. You'll save money while safeguarding your spinal health and mobility.

## **CHIROPRACTIC INDEPENDENCE DAYS**

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, care is independent of your insurance status or financial situation. Anonymous cash payment goes into a box at the front desk, or you may pay by check or with credit card. How much? That's up to your judgment of our care's worth and your ability to pay. (Medicare is the one exception; those fees are federally mandated.)

New patients are welcome on Chiropractic Independence Days, schedule permitting. This is a great way to introduce friends and family members to chiropractic care.

Time slots go quickly, so book early. We ask that you let us know as soon as possible if you need to cancel or reschedule, so that a fellow community member can use your time slot.

Thanks!

## IMAGINE A PILL

Imagine a pill that helps most people alleviate and prevent back pain, neck pain, headaches, and more.

It will do no harm to your stomach.  
 It will do no harm to your liver.  
 It will do no harm to your kidneys.  
 It carries no risk of addiction or overdose.  
 It will not make it unsafe to drive or operate machinery.  
 In fact, it usually improves attention span, balance,  
 coordination, and general function.

If this pill existed, everyone would be talking about it.  
 It does not exist, but the chiropractic adjustment does.

***Feel free to forward this message.  
 Please accept our thanks for your referrals!***

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## CALENDAR

<b>Sep</b> 5 Labor Day: Office Closed 10, 24 Saturdays Open 19 Chiropractic Independence Day 26 Rosh Hashana: Office Closed	<b>Dec</b> 3, 17 Saturdays Open 19 Chiropractic Independence Day 24 thru 1/1/23 Winter Holidays, closed 28 Office Open for Patch-ups!
<b>Oct</b> 5 Yom Kippur, office closed 17 Chiropractic Independence Day 8, 22 Saturdays Open	<b>Jan</b> 2 Office Reopens 9 Chiropractic Independence Day 7, 21 Saturdays Open
<b>NOV</b> 5, 19 Saturdays Open 21 Chiropractic Independence Day 24, 25 Thanksgiving Holiday, Closed	<b><u>STANDARD HOURS OF OPERATION</u></b>  <b>M-W-F:</b> 10:00-1:00 & 3:00-6:00 <b>Sat:</b> 9:00-noon (selected Saturdays) <b>Tue/Thu/Sun:</b> Emergencies Only