

# Health News

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*Helping you achieve*

*all your health goals !*



## Introduction

Welcome to the second issue of the Brockville Chiropractic Group's internally published newsletter. We thank everyone who offered feedback on the first issue and we have taken your suggestions into consideration. Again, we will provide you with current and useful health-related information for you to implement into your daily routine and the routines of your family. Please feel free to offer us your input or ask questions if you would like more information about what you read in this newsletter. Also, please pass this newsletter on to a friend or family member who you think may benefit from its content. As always, it is our mission at the Brockville Chiropractic Group to promote healthy lifestyles by living pain-free without the use of drugs or surgery.

## Meet the staff

### **Kathy Salmon**

Chiropractic Health Assistant

### **Jeannette Hill**

Chiropractic Health Assistant

### **Sophie Cushing, B.SSc., RMT**

Registered Massage Therapist

### **Dr. David Pickett, D.C.**

Chiropractor

### **Dr. Gordon Cushing, B.Sc., D.C.**

Chiropractor



## Wellness

## Chiropractic Care

You may have heard the myth, "once you see a Chiropractor, you have to go forever." There are a couple of ways to approach this statement... First of all, you don't **have** to do anything you don't want to. Health-care is in an era where potential clients are more informed and will research their health concerns and ask for second opinions before saying, "Yes, Doctor." When individuals are confident that they are doing the right thing, they will make the decision that they see fit. If not going to the Chiropractor is one of those decisions, then that decision will be respected and you don't "have to go forever."

On the other hand, to help prevent a recurrence of your condition, periodic check-ups or treatments may be recommended to you. This gives rise to the terms, "Relief Care" and "Wellness Care". Relief care is directed at relieving the symptoms of your presenting condition. Whereas, wellness care is about prevention and helping you feel and perform your best. For example, Tiger Woods doesn't see a Chiropractor on a regular basis to treat sciatica. He sees a Chiropractor because he knows that regular treatments help to maintain his peak performance condition. Doesn't this make sense as a regular part of your healthy lifestyle?

## Healthier Choices

In this "Information Age", we want to know all we can about something before making a decision, or **choice**, about what course of action to take. Therefore, when we are affected by neuro-musculo-skeletal pain conditions, we can choose natural drug-free health-care, like Chiropractic or Registered Massage Therapy, or we can choose anti-inflammatory drugs (NSAIDS). NSAIDS are the most commonly prescribed medication for these conditions. When making your decision, consider the following, as reported in the MEDICAL POST (April 2000): after two (2) months on NSAIDS:

- 1 in 5 people have gastrointestinal ulcers
- 1 in 70 have stomach pains from the ulcers
- 1 in 150 has an ulcer that bleeds
- 1 in 1200 die of NSAIDS-induced stomach bleeding



## Nutrition Bits and Bites

We are very excited to share with you a new line of nutritional products at our office. The name of the manufacturer and supplier is Enrich International. After careful research of many companies taking into consideration, scientific validation, potency and price, we believe that this company delivers top quality products at a fair price.

The products include: vitamin and mineral supplements, herbal formulations, and general nutrition products (ie. fiber supplements). In many cases, certain vitamins and minerals have been combined with specific herbs to increase their effectiveness in helping treat health conditions. Please enquire at our office as to how you can benefit from these products.

## Massage Therapy Column

**Fibromyalgia Syndrome (FMS)** is a condition that first received recognition by the American Medical Association in 1990. Since then, a vast amount of research has been done, however, a lot about FMS, including its cause, is still unknown.

**Diagnosis:** Fibromyalgia is diagnosed when a person has diffuse musculoskeletal pain on both sides of the body, above and below the waist for at least 3 months. Pain can be reported as throbbing, shooting, and/or aching. Also, 11 out of 18 tender points must be present. The symptoms will not be the same for all people and will have varying cycles of intensity in the same person. Associated symptoms may include: sleeping problems, morning stiffness, headaches and depression.

**Theories:** There are many theories proposed as the cause of Fibromyalgia. People with FMS have difficulty with sleep - this results in the body's inability to heal itself and recover from daily activities. This leads to a second proposed theory - lack of exercise. People with FMS are reluctant to exercise which is an important tool to relieve muscle stiffness and pain. Other theories, such as hormonal imbalances and nutritional deficiencies have also been suggested, but no direct cause is known.

**Treatment:** There is hope and a variety of treatment options for people with FMS. Certainly a multidisciplinary approach is a must - combining the efforts of Massage Therapy, nutritional supplements, regular exercise, Chiropractic, and guidance from your MD, one may learn to deal with the challenges of this condition. Although Massage Therapy cannot cure FMS, it can help in variety of ways. By removing trigger points found in taut bands of muscle and increasing circulation to muscle and surrounding tissue, muscle recovery is facilitated which allows people to exercise and provide pain relief. Also, chronic pain can lead to emotional stress and/or headaches. Massage Therapy can be an effective method of relieving stress and tension by giving the individual some relaxation time.

## Health Facts

- Studies show that Chiropractic management of low back pain is more effective, more cost effective and produces higher levels of patient satisfaction than other forms of management.
- In North America in 1999, there were more visits to complimentary health-care practitioners, including Chiropractors and Registered Massage Therapists, than to Medical Doctors as people are becoming more aware the effectiveness and safety of these alternatives.

**The next edition of Health News will be released before the snow flies. Have an healthy and colorful Fall !**



## Important Dates

- September 4<sup>th</sup>** – Labor Day
- October 9<sup>th</sup>** – Thanksgiving Day
- October 29<sup>th</sup>** – End of Daylight Savings Time.
- October 31<sup>st</sup>** – Halloween
- November 11<sup>th</sup>** – Remembrance Day

## Chiropractic Hours

Mondays	8am – 8pm
Tuesdays	8am – 8pm
Wednesdays	8am–12pm, 1pm–8pm
Thursdays	9am – 8pm
Fridays	8am–12pm, 1pm–6pm
Saturdays	8am – 12pm

## Massage Therapy Hours

Mondays	5:30pm – 8:30pm
Wednesdays	1pm – 7pm
Fridays	1pm – 7pm

# Health News

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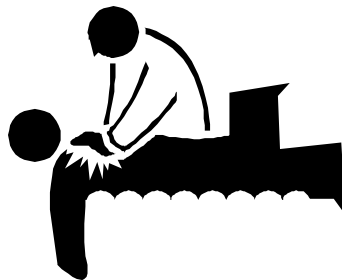
- Introduction
- Chiropractic Corner
- “New” OHIP Year !?
- Nutrition Bits and Bites
- Massage Therapy Column
- Health Facts
- Announcements

## Introduction

Well, here is the third edition of the Brockville Chiropractic Group’s newsletter. As per your requests, many more copies will be available to take with you to your home or workplace. We received many positive comments on the information provided about Fibromyalgia and the importance of “Wellness” or “Preventative” care to help maintain your optimum state of health. We hope you find this edition as informative and we encourage you to approach us with any suggestions or questions that you may have. Also, please feel free to take a copy and pass it on to someone who you think will benefit from its contents. Wishing you all the best in health as we embark on a wonderful spring – after this winter, we all deserve it!!!

## *Helping you achieve*

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## Meet the staff

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## Chiropractic Corner

Posture begins from the ground and works up. If the base of support – your feet – are not providing an adequate foundation, then you may experience a variety of pain syndromes further up the kinetic chain. The kinetic chain is the interrelation of the arches of the foot, the ankle joint, the knee joint, the hip joint, the sacroiliac joint and the spine, and the effects on these joints when the body is in a closed - kinetic chain position. A closed-kinetic chain is when you are performing activities in a weight-bearing position. For example: standing at work, walking or jogging – basically, performing any sport or activity with your feet on the ground.

Therefore, by stabilizing your base of support (your feet) and providing shock absorption, many conditions of the lower limb and spine can be remedied and/or prevented. So, you may have knee pain or back pain, but don’t be surprised if your chiropractor assesses your feet and/or the way you walk. Also, custom-made orthotic insoles may be recommended to you as part of the solution for your condition. Just as your dentist inspects your whole mouth when you have a toothache, your chiropractor is concerned with the biomechanics of your whole body.

## “New” OHIP Year !?

April 1<sup>st</sup> brings us to the beginning of a new OHIP year for chiropractic coverage. This means different things to different people. If you have benefited from chiropractic services in the past year, then your chiropractic coverage from the government is reinstated to \$150.00 on April 1<sup>st</sup>. Many people take advantage of this opportunity to establish a regular treatment plan to help relieve that back pain or headache. Therefore, give our office a call to book an appointment...

If you have a health-care benefits package through work, the new OHIP year may mean something different to you. Please ask us about your insurance details, so that we can better help you and your family receive the most accessible chiropractic care possible.



## Nutrition Bits and Bites

Glucosamine Sulfate, or GLS for short, is finally gaining the respect that it deserves! GLS is a natural supplement that is recommended to people who have arthritis. It helps promote new cartilage formation within the joints (ie. knees, spine, etc.), thereby, relieving joint pain and stiffness.

Recently, a medical journal published a study on the effectiveness of GLS on 212 patients with Osteoarthritis. The results showed a statistically-significant improvement in reported symptoms and less deterioration of the joints as assessed by x-ray. By comparison, aspirin and related drugs used to reduce pain increased the rate of joint deterioration. (*Lancet, Jan. 2001*).

Feel free to ask our staff about more information on GLS and how it can benefit you or someone you know.

## Massage Therapy Column

The topic for this edition of the Massage Therapy Column is a soft-tissue technique called “Strain/Counterstrain”. This is a massage therapy treatment for many conditions, such as: muscle tightness, stress, tension, muscle strains, and injuries. I recently completed this course in Toronto with the intention of offering a little bit more to my clients during our massage therapy treatments.

Strain/Counterstrain is a technique that involves teamwork on behalf of the client and the practitioner. They both work together, with the practitioner delivering the treatment and the client offering feedback so as to direct the treatment. Tender points in the muscles are located, then, the limbs are moved in certain positions so as to relieve the discomfort, followed by a constant pressure, and finished by slowly returning the limb to its normal position. The goal is to relieve the muscular tension and soreness and thereby relieve the client’s symptoms.

Some points that the client should keep in mind following a Strain/Counterstrain treatment include: 1) some muscular soreness is normal and this will subside, 2) there are no health conditions that prohibit a certified practitioner from performing Strain/Counterstrain, and, 3) positive results are usually experienced within a few sessions.

So, don’t be surprised if I add this technique to your treatment plan or if you have any questions, please feel free to ask me more about this technique.

As you may already know, Gord and I are expecting a baby brother or sister for Sarah this summer! I will be off for approximately 4 months, however, I will be finding another Registered Massage Therapist to take my place for that time. We will find someone who is similar to me in our massage therapy practices. Gord will still be working his regular hours to assist this individual and to offer treatment for those of you who see both Gord and myself. We will keep everyone informed of the details.

## Health Facts

- Due to the proven effectiveness of Chiropractic for spine-related conditions, a public-information initiative will commence in 2001 entitled, “Chiropractic – treatment that stands up!”
- New research on Whiplash-Associated Disorders emphasizes the need for mobilization of joints and muscles in the neck, as performed by Chiropractors and Massage Therapists, for the most effective recovery. This is much different from the old model of therapy that included: neck collar usage for weeks, bed rest, ultrasound treatments and TENS units.



## Announcements

- Staff changes Sophie and Gord are anxiously awaiting the arrival of another child sometime in mid-July! We’ll keep you posted.
- **March 17<sup>th</sup>** – St. Patrick’s Day.
- **April 1<sup>st</sup>** – Daylight saving’s time begins – change your clocks!
- **April 13<sup>th</sup>** – Good Friday.
- **April 15<sup>th</sup>** – Easter Sunday.

## Chiropractic Hours

Mondays	8am – 8pm
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Wednesdays	8am–12pm, 1pm–8pm
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- LASERS !!!!!
- Massage Therapy Column
- Announcements

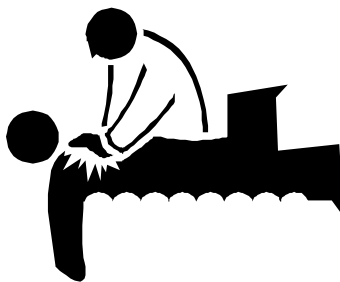
## Introduction

This edition of the Brockville Chiropractic Group's newsletter brings many announcements regarding our clinic. **Staff changes, technology changes,** and changes in **office hours** (please see the **Announcements** section) are occurring as you read this newsletter! We hope that these changes will be to your satisfaction in receiving effective, safe, affordable health-care at the Brockville Chiropractic Group. As always, our objective is to assist people experience healthier, pain-free lifestyles while doing all the activities they desire.

Don't be surprised if you receive a courtesy phone call in the near future from one of our staff to inquire as to how you've been and if we may be of service to you or you family or friends.

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## Chiropractic Corner

The safety of neck manipulation (or adjustment) has been questioned recently in the news media. In this edition of Health News, the Chiropractic Corner will discuss alternatives to neck manipulation. When Chiropractors perform spinal manipulation, the goals are to restore movement and function to the spinal joints, reduce muscle tension, and relieve irritation to nerves that transmit pain signals. This, in turn, decreases neck pain and stiffness, relieves shoulder/arm symptoms and reduces the frequency and severity of headaches. Spinal manipulation is not the only way to achieve these goals. Spinal mobilization is much less vigorous and does not involve 'cracking' of the joints. Neck manual traction is another option, which involves no turning of the head and neck, and may also be effective. Finally, muscular release techniques that reduce muscle tension in the neck have been proven to be effective in relieving headaches. Therefore, if the idea of having your neck 'cracked' makes you apprehensive about seeing a Chiropractor for your neck pain and/or headaches, please mention this so that we can offer you an alternative method to provide you with relief for your condition.



## LASERS !!!!!

Laser therapy for muscular and skeletal conditions may sound like a very new concept, however, it has been used for more than 30 years. The first scientific report was published in 1967 and since then more than 2500 reports have been published worldwide. Laser therapy has been used in the dentistry profession for decades to promote tissue healing and to decrease inflammation in the soft tissues surrounding the teeth.

Laser therapy works by penetrating infrared laser light into the cells to stimulate the production of collagen which is the building block of connective tissue (ie. ligaments, tendons, cartilage, discs, etc). As collagen is produced, the injured tissues heal. This ultimately reduces pain, improves mobility and function, and makes the tissue more resilient to future injury.

Since collagen is present in so many tissues of our bodies, Laser Therapy can aid in the treatment of many conditions. The following is a list of conditions that research has shown Laser Therapy to be helpful with:

- Osteoarthritis
- Rheumatoid arthritis
- Carpal Tunnel Syndrome
- Ligament/Joint sprains
- Tendon/Muscle strains
- Bursitis and Tendinitis

At the Brockville Chiropractic Group, we usually utilize Laser Therapy as one component of a patient's treatment plan. Other components may include: Electrical Muscle Stimulation, spinal manipulation, Massage Therapy, and/or exercise rehabilitation. The ultimate goal is to provide the most effective results in the shortest period of time and to prevent recurrences of the patient's condition. For more information on Laser Therapy, please don't hesitate in contacting us.

## Massage Therapy Column

Massage Therapy is the systematic manipulation of soft tissue through pressure and movement. These soft tissue structures include: skin, muscles, tendons, ligaments and fascia. The therapist utilizes a variety of massage techniques to encourage healing through the following mechanisms: promoting the flow of blood and lymph, relieving muscle tension, stimulating nerves, and stretching connective tissues and/or muscles to help keep them flexible.

Although there is a universal agreement that massage "feels good", it does offer many specific therapeutic benefits, such as: decreased tension and anxiety, as well as, decreased pain due to the release of endorphins - the body's natural painkillers. A therapeutic massage can affect all systems of the body but mostly influences the circulatory, muscular, nervous and fascial systems. Any interruption to these systems may lead to symptoms of:

- Anxiety, tension, stress, depression and insomnia
- Muscle pain, headaches and back/neck pain
- Conditions such as fibromyalgia and forms of arthritis
- Chronic pain and stiffness
- Constipation or other digestive disorders

Massage therapy can also be preventative in nature by maintaining proper function and flexibility of the soft tissue structures.

Massage therapy does not 'cure' diseases, however, relief of symptoms and restoration of muscle function and fluid circulation is achieved through massage therapy. And this will certainly improve someone's quality of life.

Registered massage therapy treatments can be 30 minutes, 45 minutes, or one hour in duration. Most health insurance plans provide coverage for massage therapy and may require a Medical Doctor's prescription.



## Announcements

- **New staff!** Lori joined our health-care team as of June 1<sup>st</sup> as an Assistant. She brings with her many years of office administration experience and is a great Chiropractic/Massage Therapy success story. Help us welcome her to our clinic!
- **New technology!** First of all, we have a new computer system to provide print-outs, receipts, bills (including Massage Therapy), etc. to send to insurance companies, thus increasing efficiency and ease for our clients. Secondly, we have purchased a Laser Therapy treatment device. We hope you have read the section on Laser Therapy and how it may compliment your treatments or how it may help someone you know.
- **New hours!** Check the hours below for our new office hours.

## Chiropractic Hours

### Dr. David Pickett

Tuesdays	4pm – 7pm
Wednesdays	8am – 12pm

### Dr. Gord Cushing

Mondays	8am–1pm, 3pm–7pm
Tuesdays	8am – 3pm
Wednesdays	12:30pm – 7pm
Thursdays	9am – 4pm
Fridays	8am – 4pm

## Massage Therapy Hours

Tuesdays	8am – 3pm
Wednesdays	12:30pm – 7pm
Thursdays	8am – 3pm

## Also...

Sophie and Gord are still available one Saturday per month each. Please check with Kathy or Lori as to what Saturdays they are working. In emergencies, don't hesitate to contact us at **345-0372**.