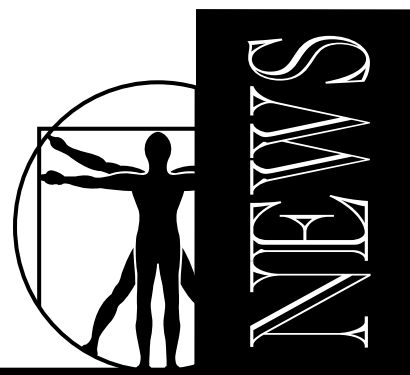


Vienna Chiropractic Associates, P.C.

Your Down-to-Earth Alternative Since 1983

January–April 2008



Pain Relief: Safe Behind The Wheel

It is generally considered self-evident that misalignments and restrictions (subluxations) in the spine can cause back and neck pain. What is not widely known is that some clinical evidence suggests that subluxations may also contribute to long-lasting disturbances in mental concentration.

Recently, an Australian-American chiropractic team published a paper discussing the case of a six-year-old boy who struck his head during a fall from a slide in a playground.¹ The impact of the fall knocked the boy unconscious. Eighteen months later, the mother brought the boy to a doctor of chiropractic. Even though she “did not believe in chiropractic care,” she was “at her wit’s end” due to her inability to alleviate her son’s headaches and neck pains with painkillers.

In addition to these main complaints, a careful history revealed that the boy was also suffering from stomach pains and frequently had “blood shot” eyes. He was also unable to sit still, was getting poor grades in school, and his teacher was complaining that he was disruptive and inattentive in class. These behavioral symptoms are typical of a profound disturbance in mental concentration—attention-deficit hyperactivity disorder (ADHD). All of these pains, eye irritation, and ADHD symptoms made their first appearance after the fall from the slide.

After three weeks of chiropractic care, the boy’s grades improved quite a bit. For example, scores of 20% were typical

on spelling tests just before the start of chiropractic care. After three weeks of care (which consisted of three adjustments for the correction of subluxation), he received a score of 80%, along with a vast improvement in penmanship. After two months of care, steady improvement in academic performance and behavior were noted by both his school and his

parents, his eyes were consistently clear, his stomach pains had abated, and his neck pain and headaches were much relieved. At nine months, the boy was continuing to do well with monthly chiropractic check-ups.

The combination of ADHD with neck pain, headache and other mus-

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HAPPY NEW YEAR!

Office Hours

Mon.	10:30 am–1:00 pm; 3:00 pm–7:30 pm	Fri.	8:30 am–1:00 pm; 3:00–7:30 pm
Tues.	3:00 pm–7:30 pm	Sat.	9:00 am–1:00 pm (We are usually open at least two Saturdays/month)
Wed.	10:30 am–1:00 pm; 3:00 pm–7:30 pm	Sun.	Office Closed
Thurs.	Office Closed		

Please call us at 703-938-6441. If we are closed or away from the desk, you will be able to leave a message. If you are having trouble reaching us by cell phone from certain areas (including parts of Vienna), keep trying. Visit our website: www.neurologicalfitness.com.

Office Calendar

January

- 2Office reopens
- 5,12,26 ..Open for Sat. hours
- 15Dr. King’s real b-day (office open)
- 21Chir. Ind. Day (M.L. King Day)

February

- 2,9,16Open for Sat. hours
- 12Lincoln’s b-day (office open)
- 18Chir. Ind. Day (President’s Day)
- 22Washington’s b-day (office open)

March

- 1,15,29 ..Open for Sat. hours
- 17Chir. Ind. Day (St. Patrick’s Day)

April

- 12,26Open for Sat. hours
- 21Chir. Ind. Day
- 22Earth Day (office open)

May

- 10,31Open for Sat. hours
- 19Chir. Ind. Day
- 26Office closed for Memorial Day

Note: We are making every effort to provide you with an accurate calendar. However, each newsletter covers a period of four months. Unforeseen circumstances during this time period may require minor changes in the calendar.

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culoskeletal pains is not unique to the case reviewed above. In fact, ADHD frequently makes its first appearance following a fall or accident. This pattern is commonly encountered in the small but growing body of literature indicating that chiropractic care can be helpful for patients with attention deficit problems.^{2,3} Apparently, the same trauma-related subluxations that create musculoskeletal pain may also trigger or aggravate ADHD.

Interestingly, there is evidence finding ADHD to be a significant risk factor for future car crashes, falls, and other accidents.⁴ Hypothetically, this could set up a vicious cycle in which disturbed concentration leads to future accidents, generating new subluxations, leading to new musculoskeletal pains and additional attention deficits. If this proves

to be the case, chiropractic care may prevent future accidents by preventing loss of mental focus.

While the role of chiropractic care in preventing ADHD-related accidents remains hypothetical at this time, consider the effects of some of the drugs often used instead of chiropractic care to relieve neck pain, back pain and headaches. Some of the more powerful analgesics (such as Fiorinol®, Percocet®, and Vicodin®) and all of the muscle relaxants can cause drowsiness and sedation. In fact, the labels on these products usually carry warnings against driving or operating machinery while under the influence of the drug.⁵

Dealing with your aches and pains the natural chiropractic way may bring improved mental concentration and other benefits for your nervous system.

Compared to those who take certain drugs for pain relief, chiropractic patients are safer behind the wheel.

References

1. Lovett, L., C.L. Blum. Behavioral and Learning Changes Secondary to Chiropractic Care to Reduce Subluxations in a Child with Attention Deficit Hyperactivity Disorder: A Case Study. *Journal of Vertebral Subluxation Research*, 2006 (Oct 4): 1-6.
2. Pauli, Y. Improvement in Attention in Patients Undergoing Network Spinal Analysis: A Case Series Using Objective Measures of Attention. *Journal of Vertebral Subluxation Research*, 2007 (Aug 23): 1-9.
3. Todres-Masarsky, M., C.S. Masarsky, C.A. Anrig, S.T. Tanaka, and J. Alcantara. Somatovisceral Involvement in the Pediatric Patient. In Masarsky, C.S., Todres-Masarsky, M.: *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*, Churchill Livingstone, New York, 2001.
4. Barkley, R.A. *Taking Charge of ADHD*. The Guilford Press, New York, 2000.
5. Arky, R. (Editor). *Physician's Desk Reference*, 50th Edition. Medical Economics Company, Montvale, NJ, 1996.

Focus Groups

We'd like to thank those of you who recently participated in our survey/focus groups. In one case, we will make no changes; in the other we have a new, written policy.

Office Hours: The consensus was that things are best left as is. No changes will be made.

Missed Appointments: We now have a new policy that we think will be fair to everyone. If you have not already received it by e-mail or picked it up during a visit, please call and we'll mail you a copy. The policy will be in effect as of January 1, 2008.

Sew Much Comfort

Many of our men and women in uniform are coming back seriously injured. Whatever your feelings about war in general or this one in particular, we hope you agree that these folks deserve the best help we can give them as they work on healing.

Sew Much Comfort is an organization

that creates or alters clothing to fit around prostheses and medical equipment needed by these veterans. This allows them to wear street clothes instead of hospital gowns while getting ready to rejoin civilian society. This, in turn, helps them maintain personal dignity while they heal into the rest of their lives.

We'd like to say, "Thanks" again to those of you who contributed during our fundraiser for this very worthwhile group. We are no longer collecting, but if you would like to contribute privately, or perhaps volunteer, you can contact them at:

Sew Much Comfort
c/o Michele Cuppy
13805 Frontier Lane
Burnsville, MN 55337
www.sewmuchcomfort.org

Bigger Back Huggers

If you've sat against the back huggers (low back support cushions) in our reception area and felt one might be helpful, but wished they came in a slightly bigger

size, you're in luck! We now have them available in two sizes. If you're interested, speak to Helga or Lisa, and they will briefly disappear into the magic room that also produces cervical pillows and neck rests and come out with a back hugger in the new size for your inspection.

Moving? Moved? New Number?

If you're moving soon or have recently done so, have changed your phone number(s) or want to receive your newsletter at an e-mail address we don't yet have, let us know! You can call in the new info (703-938-6441), fax it in (703-319-3978) or drop it off next time you see us. Thanks!

Multipacks

If you want to have your spine checked regularly on an early intervention basis, you may be interested in our pre-paid packages, which offer substantial discounts. Our staff is happy to answer your questions on our programs.



Shoveling Snow



It's beautiful, peaceful, and hypnotic and needs to be shoveled, scraped and lifted off your car, sidewalk and driveway so that you can get out and about as needed. Hopefully, the following will make that easier to do.

Preparation

...Stretch and warm up. Unless you are a landscaper or have a job that requires similar body usage, you are not used to the repetitive, one-sided pushing and lifting you are about to do, and you need to give your back, neck, arms and legs a little physical pep talk. Any set of stretches and movements should do, just don't get so involved that you overdo and never get to the snow.

...Dress appropriately in loose, warm layers. You have to be able to move! Wear a hat and whatever it takes to keep your feet and hands warm and dry.

Performance

...Have the proper tools. A garbage can lid, tennis racquet or the shovel you used to plant your begonias is *not* the proper tool. You really need a snow shovel, with either a bent or straight handle. The bent handle will make life easier. If you don't have a shovel or the edge on the old one is just too beaten up, get a new one now so that you don't have to join the frenzy at the hardware store at the first sign of flakes.

...Get out there as soon as the snow stops or, in the case of a big storm, slows down. As much as it's delicious to stay all toasty inside, drinking hot chocolate, fresh snow is a lot lighter and easier to deal with than snow that's been sitting there freezing and compacting for hours.

...Depending on where you live, you may have to dig out between cars, in which case you don't have much room and will be shoveling even more sideways than the usual posture. This puts torsion into your

spine. Stop periodically, step into a more open space and stretch. Make a few sham shoveling movements to the opposite side, turning the other way, to counteract the torsion.

...Even if you have lots of room, vary the side to which you've been shoveling. Stand up straight periodically.

...Use a broom and its handle to slide the snow off the roof of the car while the snow is still soft so that you won't have chunks of snow flying off the top of the car once it's moving.

...Lift with your legs. It really does make a difference!

...Minimize the amount of lifting you have to do by dragging the snow (using the shovel as a sled) to its "final resting place." This is a lot less tiring than carrying a heavy shovel full of snow several yards before dumping it.

...Sprinkle walkways with ice melt, not salt. Even if you get more snow, or things start to ice up, the walks will be safer and easier to work with and the grass, as well as the concrete, won't be damaged.

Peak Performance

...Okay, we made that up, it's not that good, but once you've made it possible to get out when you need to, you can go back inside, take a hot shower or a good soak (just to let your muscles know that you still love them) and go back to that hot chocolate, knowing you can relax now. A warm sweater and a good view of Nature's show will make it even better. Even if you have to go to work or school, you'll have had a good workout and can get around safely now.

...Needless to say, after this or any other major athletic event, a chiropractic adjustment is always an excellent idea.

What Is Chiropractic Independence Day?

In an effort to make chiropractic care affordable to everyone, we set aside approximately one Monday per month as **Chiropractic Independence Day**. On Independence Days, there are no set fees. Your decision to seek chiropractic care is independent of your insurance or income level. Payment (which goes anonymously into a box at the front counter) is a combination of what you feel the care is worth and your ability to pay. (Medicare is the one exception to this; ask us for details.) This is a good day

to introduce a friend, co-worker, or loved one to chiropractic care. Independence Day appointments fill up fast, so book yours well in advance.

Thanks For Your Referrals

We'd like to thank those of you who have been referring family, friends and co-workers. For a health care provider, referral is the sincerest form of flattery.

If you've been talking to someone who could benefit from our care, but they seem hesitant, ask them to visit our web site: www.neurologicalfitness.com. Also, invite them to observe your next adjustment, or watch an adjustment in the privacy of their own home by borrowing one of our

DVDs. They can also call for a 15-minute free, no-obligation phone consultation (703-938-6441).

Check Yourself, Check Those You Care About

There are simple self-tests that can indicate a probable need for an adjustment, even if there is no pain. One of these tests is Single Leg Balance. This test is described on our website in our May-August 2007 newsletter. If you don't have Internet access, ask us for a paper copy.

If you, a family member, or anyone else close to you fails the Single Leg Balance test, please call for an appointment.

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News

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Address Correction Requested

