

VIENNA CHIROPRACTIC NEWS

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www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg

NOT MY KID!

No parent wants to believe their child has a health problem or is working against a possible one, despite diligent attention to their needs. Even less so, it's hard as a devoted parent to feel that you have missed a sign or symptom. If there's no blood, rash, breathing problem, continuous sharp pain, or obvious infection all must be well. The problem is that this is not necessarily so.

Not only are children's minds and social senses developing, so are their bodies, physiologically and anatomically, into their late teens and early 20's. Their skeletons are not even fully bone, but cartilage, until approximately age 25. Today's kids not only are vulnerable to all the early developmental challenges (learning to sit, stand and developing their primary spinal curves) but they are also affected by heavy training in sports and by falls. The average child also is spending an increasing amount of time hunched over screens, whether they are cell phones or computers. While adults who are also spending a lot of time on these devices are frequently hurt by uneven body usage or poor posture, they are at least fully developed. Their children are dodging the additional bullet of potential harm to a developing system. That hunch can turn into scoliosis, shortened muscles and ligaments on one or both sides and detrimental body usage, habits that are harder to correct in maturity.

Can we guarantee that kids who have early and regular chiropractic care will never get sick, absolutely never have injuries and will, in fact, become Olympic champions? Sadly no, our magic wands are permanently in the shop. However, we do know that early chiropractic check-ups and care as needed will help kids to develop properly and will work toward nipping problems in the bud.

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That Cough or Sneeze Has a Deep Reach

'Tis the Season

Allergies, air pollution, colds and flu make coughing and sneezing commonplace facts of life during the fall and winter. What is often not appreciated is the resemblance between these actions and whiplash injury.

The first film to capture the action of a sneeze is also the first film to receive a U.S. copyright. If you watch Thomas Edison's 1894 film, you will see his lab assistant Fred Ott undergoing the familiar back-and-forth whipping action of a violent sneeze.



Violent or repetitive sneezing and coughing strain the neck, shoulders, and upper back in ways very much like the whiplash of a car crash. Certainly, a rough bout of coughing and sneezing can leave these areas quite sore. However, the reach of this strain can go much deeper.

A Deep Reach

In 1995, University of Maryland anatomist Dr. Gary Hack and his colleagues discovered that the small muscles in the upper neck have a direct tissue connection to the meninges. In the years since the University of Maryland discovery, scientists have found that at least three muscles and one ligament in the neck have direct connections to these membranes, which cover the brain and spinal cord. When these connections are disturbed by injury or strain in the neck, not only can neck pain and headache result, but cognitive functions such as memory can suffer.

Don't Throw Away That Mask!

A certain amount of coughing and sneezing is unavoidable. However, there are common-sense preventive measures you can take.

With the pandemic phase of COVID-19 finally behind us, we don't see as many people using face masks. Yet, they can still be a good idea at certain times. When you are taking care of someone with the flu or a bad cold, the mask may reduce your chances of being the next infection victim. When gardening, mowing the lawn, or raking leaves, you don't need to be inhaling the pollen and mold spores these activities will kick up. When cleaning a particularly dusty area of your house or workplace, the mask can help keep the sneezing at bay. And as we've recently been reminded, large forest fires can pollute the air with smoke particles over a large area.

Every preventive measure in the world cannot make you bullet-proof to neck strain. If you find your neck strained from any cause, whether postural stress, coughing and sneezing, sports injury, a slip-and-fall accident, or a car crash, restoring normal joint mechanics will help you recover from the resulting pain as well as reducing meningeal stress. Your local Doctor of Chiropractic can explain the role of vertebral adjustments in this effort.

Sources for this Article Available on Request. Also, See:

Fred Ott’s Sneeze: From Library of Congress: <https://www.loc.gov/item/00694192/>

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AFFORDABLE CARE

Our Chiropractic Independence Days and multipacks are part of our effort to make chiropractic care accessible and affordable for all. Please get in touch for information on these programs.

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CALL FOR RESEARCH VOLUNTEERS: LONG HAULERS (COVID)

If someone you know continues to experience COVID-related symptoms more than 90 days after their diagnosis, we would like to talk to them. For information about our research project, or for a list of our published papers in this area, feel free to get in touch. Also, see our new video, “She Can Finally Read Again: Our First Long COVID Case”:

www.youtube.com/channel/UcKkEVboDAUWH4YEJnfrlnPg

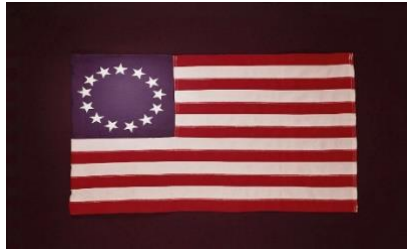
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COMMUNITY OUTREACH CLASSES

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. These courses are suitable for all age groups, teens to seniors. To register, contact Kathy Blevins, 703-255-7801 or KBlevins@viennava.gov.
Upcoming:

<i>Building a Better Neck</i>	September 12; January 16
<i>Long COVID</i>	October 10; February 20
<i>Mouth-Tongue Exercises for Better Sleep</i>	November 14; March 19
<i>Breathing Exercises for Better Brain Function</i>	December 12; April 16

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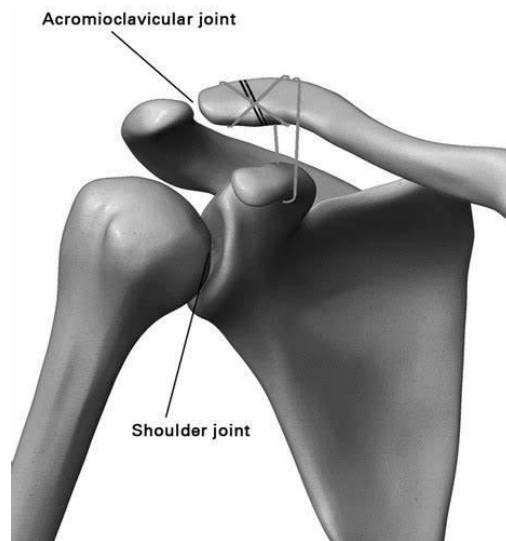


We offer one year of free chiropractic care to those returning from service in a combat area in the past five years. Contact us for further details.

Please remember our veterans on November 11 (Veterans Day) and every day!

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Your Shoulder, Your Neck, and a Mirror Trick



{Above: Head of the humerus (left) joins with the glenoid fossa (right) to form the shoulder's ball-and-socket joint.}

The Shallow Socket

Whether you are shoveling snow, pitching a fast ball, taking a tee shot at the golf course, delivering an overhead serve in tennis, lifting a laughing child in the air, or just putting something away on a high shelf, your shoulder is involved. While shoulder function involves a complex interaction among your upper arm bone (humerus), shoulder blade (scapula), and collar bone (clavicle), the star of the show is definitely the ball and socket joint. It is formed by the rounded head of the humerus meeting a socket or cavity on the outside of the scapula. This

is called the glenohumeral joint, and it is responsible for giving your shoulder a greater range of motion than any other part of your body.

It turns out that the socket of the glenohumeral joint is shallow. What holds the joint together is a structure formed by the muscles that rotate the shoulder. The tendons of these muscles form a cuff that deepens the socket. This is the rotator cuff. Injuries or overuse of the shoulder can strain or sprain the rotator cuff.

Control and Coordination

In chiropractic care, we encounter rotator cuff problems frequently. In addition to examining shoulder joints and muscles, we carefully check the portions of the spine that supply nerve control to the rotator muscles. These nerves primarily exit the spine at the fifth and sixth cervical vertebra in the middle of your neck. In some cases, joint problems above or below these vertebrae can indirectly affect the same nerves. Therefore, we also check the upper cervical and upper thoracic areas.

Chiropractic adjustments are designed to correct the alignment and mechanics of the vertebrae, thereby removing a source of stress to the spinal nerves. When cervical and/or thoracic adjustments are called for, the nerve “circuitry” is better able to control and coordinate the rotator muscles. This often relieves the strained or over-used shoulder. Preventing and relieving stress on these nerves in your neck and upper back is an essential component of maintaining good shoulder health. In terms of helping yourself, your head-neck posture comes into play.

The Mirror Trick

When doing a great deal of paperwork or computer tasks, it is very easy to find your head migrating forward. This head-forward posture distorts the mechanics of your neck and upper back. This is just what your shoulder doesn’t need! Try to check in on your posture at least once an hour when doing this sort of work.

Another situation that frequently causes a head-forward posture is driving. This is especially common when driving a long distance or navigating through rough traffic. Without realizing it, many people instinctively respond to stressful driving by scrunching into an angry, aggressive head-forward posture.

To prevent this, you can install an automatic posture checker without spending a dime. When you get into your car, sit reasonably tall, with your head well balanced on your shoulders. Then, adjust your rear-view mirror. Now if you slouch your head forward, you will lose your rear

view. Most people will immediately lengthen out of their slouch and resume a healthy balanced posture. That's certainly better than crashing you and your car!

Sources for This Article Available On Request

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CALENDAR

Sep 4 Labor Day, Ofc Closed 18 Chiropractic Independence Day 25 Yom Kippur, Ofc Closed 16,30 Saturdays Open	Dec 9 Saturday Open 18 Chiropractic Independence Day 23-Jan 2 Holiday Break 27 Holiday Catch-Up Day
Oct 14,28 Saturdays Open 16 Chiropractic Independence Day	Jan 3 Office Reopens 6, 20 Saturdays Open 15 Chiropractic Independence Day
Nov 11, 18 Saturdays Open 20 Chiropractic Independence Day 23-25 Thanksgiving; closed	<u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only