

# VIENNA CHIROPRACTIC NEWS

May-August 2024

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

## CALENDAR

<b>May 11</b> Saturday Open <b>20</b> Chiropractic Independence Day <b>27</b> Memorial Day: Closed	<b>August 3</b> Saturday Open <b>19</b> Chiropractic Independence Day
<b>June 8,22</b> Saturdays Open <b>17</b> Chiropractic Independence Day	<b>September 2</b> Labor Day: Closed <b>7,21</b> Saturdays Open
<b>July 4</b> U.S. Independence Day: Closed <b>15</b> Chiropractic Independence Day <b>13,27</b> Saturdays Open	<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

## BEACH? MOUNTAINS? COLLEGE? HOW TO THRIVE WHILE YOU DRIVE

During this time of year, many of you will be driving to the beach or the mountains for a well-deserved break. You may be picking up your family's college student to come home for the summer, or perhaps you are touring campuses for your scholar-to-be. Here are a few reminders to help you thrive while you drive.

***Good Air:*** Your car probably has an option for recirculated ventilation. Use it. This will limit your exposure to fumes from other vehicles on the road when you are running your heat or air conditioning.

***Planet-Friendly is Spine-Friendly:*** Within the constraints of safety, make an effort to accelerate, decelerate, and change lanes as gradually and smoothly as possible. This sounds absurdly simple, but according to the U.S. Department of Energy, the savings in terms of fuel economy can be substantial. That means you're

putting less carbon dioxide, carbon monoxide, and other pollutants into the earth's atmosphere.

So, what's in it for you? Your neck and back won't be racked by "jackrabbit starts", screeching stops, and lane changes worthy of an action movie. Also, efficient driving is the opposite of aggressive and distracted driving, so the probability of an accident goes way down. In case all this isn't enough, you'll save a few bucks on gas and brake jobs too.

***The Mirror Trick:*** On a long drive, there is a tendency to slide into a slouched posture. This puts stress on your entire spine, particularly in your cervical region. Here's an easy solution: when you start out, sit in a tall yet relaxed posture, then adjust your rear-view mirror. If you slouch now, you will lose your rear view. That's your reminder to lengthen your spine into a healthier position, unless of course you don't care what's behind you!

***Don't Twist to Talk:*** When you're in the front passenger seat, you don't have to twist to talk. You're sitting right next to the driver. Sitting in a twisted position for long periods of time is exactly what your spine does not need!

## **AFFORDABLE CARE**

In an effort to make chiropractic care affordable to everyone, we offer multipacks and Chiropractic Independence Days. Ask about these programs. Also, see "Returning War Veterans" at the end of the newsletter.

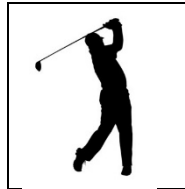
## **COMMUNITY OUTREACH CLASSES**

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. To register, visit the front desk at the Vienna Community Center. To register online, establish an account at <http://www.viennava.gov/webtrac>. For questions about the registration process, call the Vienna Community Center at 703-255-6360. Upcoming:

<i>Building a Better Neck</i>	May 21
<i>Mouth-Tongue Exercises for Better Sleep</i>	June 11
<i>Building Better Knees</i>	July 9
<i>Breathing Exercises for Better Brain Function</i>	August 13

***Need a speaker?*** We are happy to book a presentation at your business association, community center, house of worship, exercise/yoga/martial arts studio, or any other local organization. Contact Dr. Masarsky at 703-938-6441.

## GETTING BACK IN THE GAME



(Note: We originally published this article in *Stars and Stripes*. It is reproduced here with the kind permission of that publication.)

### *Navy Vet's Golf Game Interrupted*

A Navy veteran came in after suffering from back pain for three weeks. This patient is an avid golfer and played a vigorous game three days before the visit. Unfortunately, this further aggravated his back pain, which he now rated at “6” on a 10-point scale, where “10” is the worst pain imaginable. Clearly, he needed to find substantial relief before golf could resume.

### *Feet Not Firmly on the Ground*

Misalignments in the lower back that cause pain often also cause disturbed sensation in the feet. Examination with a tuning fork indicated the right foot was less sensitive to vibration than the left foot. The same nerve circuitry that enables us to feel vibration also enables us to sense pressure. Disturbed pressure sense in the feet could affect balance.

The patient was asked to stand on one leg for as long as possible. The test was then repeated on the other leg. His single leg balance was extremely poor – three seconds on each leg. Both doctor and patient now understood that pain was not his only problem; the veteran's poor balance placed him at risk for future injury due to falls. Going forward, it was going to be difficult returning to golf with his feet not firmly on the ground.

### *Four Days Later*

Chiropractic adjustments were administered to correct misalignments (aka subluxations) in the lower back. Four days later, the patient returned for follow-up. Sensitivity to vibration in the feet was not totally normal yet, but much improved. Single leg balance was now thirty seconds on each leg. He rated his pain at “3” and felt he would soon be able to return to the sport he enjoyed.

### *It's Not Just Amateurs*

Amateurs such as our Navy veteran are not alone in using chiropractic care to get back on the fairway. Professional golfers frequently make use of chiropractic care. For example, consider this quote attributed to Tiger Woods: **“I’ve been going to chiropractors for as long as I can remember. It’s as important to my training as practicing my swing.”**

Woods’ use of chiropractic care is consistent with a 2009 Brazilian study that found stretching exercises plus chiropractic adjustments to improve golf swing to a greater extent than stretching alone.



### *Archer's Aim Thrown Off*

A 30-year-old cable technician was experiencing the sensation of the room spinning around her. This vertigo had been going on for approximately one week and was often triggered by going up or down in an elevator. Not only was this disturbing symptom threatening her performance at work, but it was also problematic during recreation – she enjoyed target sports such as archery.

### *The “Leaky Vibe”*

With a vibrating tuning fork placed on the center of her head, the patient was asked whether the vibration sense was centered on the tuning fork. She replied that the vibration seemed to “leak” to the right of the fork. A 2023 paper in a chiropractic journal described this innovative use of tuning fork testing. The “leaky vibe” result has often been found to be related to problems in the skull and/or vertebrae. In this case, chiropractic adjustments were delivered to the jaw, upper back, and one of the subtly movable joints (called “sutures”) at the back of the skull.

### *The Elevator Test*

Following the adjustment, the “leaky vibe” test was repeated. The patient stated the vibration was now “centered”. She was asked to take a ride down and back up in the building’s elevator. She stated there was a slight vertigo sensation, but much less severe and distressing than before the adjustment.

### *It’s Not Just Sports*

Although many people seek chiropractic care to overcome injuries and/or improve performance in golf, target sports, baseball, football, judo, and other sports, the misalignments (subluxations) assessed by chiropractic examination affect activities of daily living as well. Imagine pulling weeds in your garden while experiencing vertigo. Consider the increased risk of falling on an icy sidewalk or wet floor when your balance is off. Overcoming injury and improving neurological fitness in everyday life as well as sports is the reason for the Doctor of Chiropractic to practice.

### **Sources for this Article**

Case of the Archer with Vertigo: Masarsky CS. Alternate Uses for the Tuning Fork. *Asia-Pac Chiropr J*, 2023; 4-2: [Masarsky CS. Alternate uses for the Tuning Fork: Doctor, test thyself \[The wide-angle lens\]. \*Asia-Pac Chiropr J\*. 2023;4.1 - Page 2 \(publitas.com\)](#)

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### **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.

***REMEMBER OUR VETERANS' SERVICE ON MEMORIAL DAY AND EVERY DAY!***

##

**WE LOVE AND APPRECIATE OUR PATIENTS.**

**WE LOVE AND APPRECIATE YOUR REFERRALS TOO.**

**THANK YOU IN ADVANCE FOR YOUR NEXT REFERRAL!**