

## **GOOD TO KNOW: CHIROPRACTIC INDEPENDENCE DAY**

We've been holding Chiropractic Independence Day for almost 30 years. On that day, all care is delivered regardless of insurance or economic status or any other outside faction. It is strictly a matter of our patients wanting to be seen and our willingness to do so.

### **Q&A**

*...Why are you doing this?*

Between the advent of managed care and the handing over of health care decision making to insurance companies and their accountants, the doctor/patient relationship, as well as the patient's health often suffered by being limited by decisions not made by the patient or doctor.

On Chiropractic Independence Day, the only things that count are your desire to be adjusted and the chiropractor's decision to deliver the care patients need and seek. Being out of work, dealing with a tight budget or wanting a wellness visit has nothing to do with anyone else.

*...You have to live on something, so how does this work?*

On Independence Day, there is a box on the front counter into which you can place an amount somewhere between what you can comfortably pay and what you decide your care here is worth. Sometimes people choose to pay it forward. At any rate, it's completely anonymous unless you choose to pay by check or credit card, either of which is available to you. We do acknowledge that the container of guacamole someone once left us didn't weather the experience well.

We regret we can't offer the Independence Day experience of completely self-initiated pricing to Medicare patients as those fees are federally mandated. Medicare patients do, however, always get a substantial discount.

Generally, Independence Day is held once a month and is indicated on our calendar at the end of this newsletter.

*...Other than the fee schedule, what is different about this day?*

Absolutely nothing. You get the same level of care you would get on any other day, at any other price point.

*... Can a new patient begin care on Independence Day?*

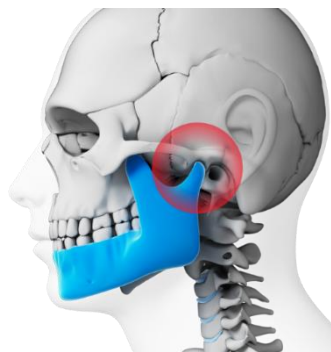
Yes, Chiropractic Independence Day is a great time to introduce that friend or family member who has been curious about the office and/or chiropractic care. They get to meet us and see if we're a good match for them.

*... How do I schedule for an appointment on that day?*

Call us! The earlier you schedule, the more likely you are to get an appointment at the time that works best for you. If you have made an appointment but find you have to change or postpone it, please give us as much notice as possible so that time can still be used effectively for someone.

## **THE EXPRESSIVE JOINT**

(This article by Dr. Masarsky originally appeared in the military news outlet *Stars and Stripes*. It is reproduced here with that publication's kind permission.)



### *The Missed Appointment*

Several years ago, a patient called in to cancel her appointment. The cancellation was not due to any dissatisfaction with our chiropractic services. She had to visit her oral surgeon first.

She was going through a difficult time, including a contentious divorce and a rough time at work. As a result, she suffered from very disturbing dreams.

What did this have to do with her oral surgeon?

### *The Skull's Most Movable Joint*

The bone that holds the lower set of teeth is called the mandibular bone or mandible. It forms a joint with the skull bone that forms the temple – the temporal bone. The anatomical name for this jaw joint is the temporomandibular joint, often abbreviated TMJ.

Most of the skull bones are connected by tight joints with very little movement. These are called sutures. The TMJ is unique. It is very movable, allowing the actions necessary for such activities as speech and chewing.

### *Symptoms Near to and Far from the Jaw*

Any joint in the body can develop problems, and the TMJ is no exception. When your TMJ is not functioning properly, the symptoms can include jaw pain, headache, neck pain, shoulder pain, an inability to open the mouth completely, and difficulty in chewing. Because the TMJ is located just behind the ear, joint dysfunction can cause or aggravate problems with hearing or balance. This can include ringing in the ears, dizziness, or the sensation of the room spinning (vertigo).

Because the jaw has powerful reflex interactions with the rest of the body, TMJ dysfunction can even contribute to back pain. According to a 2019 study, back pain among TMJ patients was significantly more frequent than among people without TMJ problems. Furthermore, the more severe the TMJ problems, the more severe the back pain.

### *Dreaming and Grinding*

People with TMJ problems often experience a worsening of their symptoms due to clenching and grinding their teeth at night. This is called nocturnal bruxism. When emotional stress enters the picture, bruxism tends to worsen.

Consider the phrases in the English language that indicate facial expressions of stress: being down in the mouth, keeping a stiff upper lip, baring one's teeth. Not surprisingly,

researchers have found convincing evidence of a stress-TMJ connection. For example, a paper published in 2022 found that post-traumatic stress disorder (PTSD) aggravates nocturnal bruxism and other TMJ problems.

Let's return to the patient I mentioned at the beginning of the article. She was already under care for TMJ dysfunction. Her dentist had prescribed a night guard – an appliance to reduce jaw stress during sleep. She had chewed her night guard to pieces and damaged her bridge work in her sleep. She woke up with a mouth full of debris. Needless to say, I completely agreed with making a visit to the oral surgeon a priority.

### *Before It Gets that Bad*

If you are suffering from symptoms that suggest a TMJ problem, don't demand too much from your jaw. Avoid hard or tough, chewy food for a while. Take small bites that don't require you to force your mouth wide open.

A simple exercise can ease TMJ stress somewhat. It takes advantage of the close relationship between your jaw and your ears. Pull down on your earlobes (not your earrings!) firmly, but not to the point of pain. Slowly open and close your mouth one time. Pull back on the ears and repeat the opening and closing of your mouth. Pull up on your ears, and repeat. Place the tips of your fingers just barely in your ears (use your knuckles instead of your fingers if you have long fingernails). Press forward gently, using only the amount of pressure that would be comfortable for rubbing your eyes. Open and close your mouth.

If these diet and exercise approaches do not help, a consultation with your dentist or an oral surgeon may be in order. A Doctor of Chiropractic can often help TMJ patients with adjustments, exercises, and other non-surgical interventions.

### Sources for this Article

Kim, D., Ko, SG., Lee, EK. *et al.* The relationship between spinal pain and temporomandibular joint disorders in Korea: a nationwide propensity score-matched study. *BMC Musculoskelet Disord* **20**, 631 (2019). <https://doi.org/10.1186/s12891-019-3003-4>

Al-Khudhairy MW, Al-Mutairi A, Al Mazyad B, Al Yousef S, Hatab Alanazi S. The Association Between Post-Traumatic Stress Disorder and Temporomandibular Disorders: A Systematic Review. *Cureus*. 2022

Nov 26;14(11):e31896. [The Association Between Post-Traumatic Stress Disorder and Temporomandibular Disorders: A Systematic Review - PMC \(nih.gov\)](#)

Trager RJ, Vincent DA, Tao C, Dusek JA. Conservative management of pediatric temporomandibular disc displacement presenting as juvenile idiopathic arthritis: a case report. J Can Chiropr Assoc. 2022 Apr;66(1):92-101. [Conservative management of pediatric temporomandibular disc displacement presenting as juvenile idiopathic arthritis: a case report - PubMed \(nih.gov\)](#)

## **WHAT ARE SANDALTHOTICS?**

As Spring and Summer come around, people tend to be more active and spend more time outside. At some point, the sneakers disappear, and the sandals come out.

Most of you are aware that our office can fit patients with custom-made soft orthotics at a reasonable cost. Maybe fewer of you are aware that the same company that fabricates those spinal pelvic stabilizers (orthotics) also can provide good quality sandals with those same custom orthotics built into them.

Planning on doing a lot of walking this summer? Talk to us and see if Sandalthotics make sense for you.



## **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.

## **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" and "Good to Know" above.

## 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 13
<i>Tongue-Throat Exercises for Better Sleep</i>	June 10
<i>Breathing Exercises for Better Brain Function</i>	July 8
<i>Building Better Knees</i>	August 12

## CALENDAR

<b>May 3,17</b> Saturdays Open <b>19</b> Chiropractic Independence Day <b>26</b> Closed for Memorial Day	<b>Aug 16</b> Saturday Open <b>18</b> Chiropractic Independence Day
<b>Jun 14,28</b> Saturdays Open <b>16</b> Chiropractic Independence Day	<b>Sep 1</b> Closed for Labor Day <b>13,27</b> Saturdays Open <b>15</b> Chiropractic Independence Day <b>22</b> Dr T out for PM: Rosh Hashana
<b>Jul 4</b> Closed: U.S.A. Independence Day <b>12,26</b> Saturdays Open <b>21</b> Chiropractic Independence Day	<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