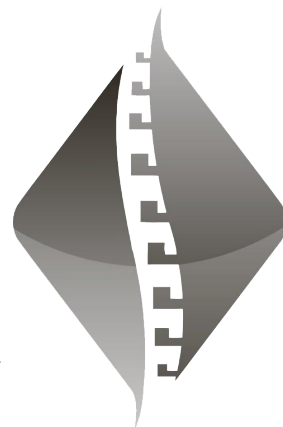


VAN DAM CHIROPRACTIC

Dr. *Scott A.* VAN DAM



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1203 28th St. S - Fargo, ND 58103 - 701.532.5320 - vandamchiropractic.com

AUTO INJURIES INCREASE RISK OF FUTURE BACK PAIN

The National Highway Traffic Safety Administrations reports that more than two million people are injured every year in auto-related accidents involving either a passenger vehicle, large truck, or motorcycle. Furthermore, that number appears to be climbing at an alarming rate, increasing more than five percent between 2014 and 2015 alone.

Certainly, being involved in this type of incident can have long-lasting effects. For instance, one study published in the journal Psychosomatic Medicine found that “a substantial minority” of subjects questioned reported experiencing anxiety when traveling in a motor vehicle post-accident, with 10 percent developing post-traumatic stress disorder (PTSD), a condition that, in some cases, plagued them for years.

Well, another recently published study has found that being in a car crash can also result in long-term physical ramifications as well. Specifically, it discovered that back pain can linger or appear long after the vehicle has been fixed and the debris has been cleaned out of the roadway.

In April of 2017, the European Spine Journal presented a study involving 789 adults, all of whom reported experiencing mild low back pain or no pain at all. Upon entering the study, each person was asked whether or not he or she had been in a motor vehicle accident resulting in low back pain, making note of whether

their level of pain increased, decreased, or stayed the same six and 12 months down the road.

Approximately 74.8 percent of the

participants responded at the six month mark, with 64.5 percent providing input at 12 months. Of those who did respond, researchers noticed a positive correlation between those who had previously been involved in an auto accident and the incidences of low back pain at a later date. In other words, having a car crash in your past may increase your risk of back pain in the future.



This is partially why being assessed right after a car wreck is so critical. While this is relatively standard when it comes to auto injuries that can be seen or easily felt, damage done to the musculoskeletal system isn't quite so visible or easy to pinpoint, which also makes it easier to ignore.

Educating patients is the first step to helping them resolve any subsequent back issues. The second step is to regularly ask them whether they've been involved in a crash, no matter how small. If they have, addressing that issue first and foremost can keep their quality of life from being compromised months, years, or even decades later. (1)

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CHIROPRACTIC Q & A:

Question:

Who needs chiropractic care?

Answer: EVERYBODY!

Chiropractic is like good nutrition: very important if you aren't sick or suffering but vitally important if you have any health challenges.

Don't wait until you have serious symptoms; chiropractic can locate hidden problems (subluxations) now before they become obvious. That is especially important for babies, children, the elderly and everyone in between.

CHIROPRACTIC ADJUSTMENTS HELP WITH PAIN RELIEF

Johns Hopkins Medicine defines pain as "an uncomfortable feeling that tells you something may be wrong." Depending on its cause, this feeling can range from being mildly annoying to absolutely debilitating in nature, potentially preventing a person from having any quality of life whatsoever. Additionally, some pains are constant and steady, whereas others tend to come and go.



Regardless of the type, intensity, and consistency of the pain, at some point in our lives, we all experience this feeling in one form or another. However, whether or not we're able to effectively handle it is largely determined by our individual pressure pain thresholds. In other words, the higher our thresholds, the less impact these pains have on our lives, and one fairly new study has found that chiropractic may just increase that limit.

In December of 2016, Chiropractic & Manual Therapies published a piece of research which set out to determine what effect, if any, spinal manipulation therapy (SMT) had on pressure pain threshold. Individuals were recruited from Murdoch University campus in Western Australia and, ultimately, 34 subjects ranging in age from 18 to 36 qualified for inclusion. Twenty of the participants were male, with the remaining 14 being

female, all of whom were assessed at the beginning of the study and declared asymptomatic.

Using an algometer with a 1cm² rubber probe, the participants' deep mechanical pain sensitivity was assessed multiple times at four different sites on the body (calf, lumbar, scapula, and forehead) by asking each one to indicate the point in which the pressure turned into pain. The average of the second and third recordings was used as a baseline.

Once the initial data was recorded, each participant was then subjected to a high-velocity, low-amplitude spinal manipulation using the hypothenar mammillary push while the subject lay on his or her side. Furthermore, the thrust was aimed at the portion of the participants' spine located between the L5 and S1 vertebrae. Upon completion, the pressure pain threshold was collected again, and then again at 10, 20, and 30 minutes after the conclusion of the treatment session.

Researchers found that, after engaging in just one session of SMT, subjects reported increases in pressure pain threshold in the calf and lumbar spine areas, with no notable reduction in the scapula or forehead. Additionally, the thresholds that did increase did so at a higher rate on the right side of the participants' bodies than on the left.

This study shows promise for patients dealing with chronic pain issues as chiropractic adjustments seem to provide an instantaneous reduction in pain.



Further research with a larger group of test subjects is warranted.(2)

Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS

We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE — PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.

THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.



NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH'S CASES AND SEE MORE NEXT MONTH.

Resolution of Raynaud's Syndrome. A 29-year-old woman had been suffering from cold, stiff hands with discoloration for the previous 10 years as well as intermittent spinal stiffness.

She had subluxation-based chiropractic care for 11 weeks that added up to 15 visits. Both pre and post x-ray studies were utilized to show correction of abnormal curvature of the spine and pelvis.



After 15 visits, she had significant improved neurological function and symptom relief of Raynaud's Syndrome. (3)

Stenosis and hand pain in a 74-year old woman. A 74-year-old woman had been diagnosed with moderate neck (cervical) stenosis that was compressing the nerves going to her upper extremities. Her symptoms included inability to turn her head fully, and numbness, tingling and nerve pain down her left arm and into her 3rd, 4th and 5th fingers. She had been suffering from these symptoms for one year.

She began chiropractic care and subluxations were discovered at multiple spinal levels. She had 15 adjustments over an eight-week period. She reported less numbness and tingling in her left arm and an increased cervical range of motion (ability to turn her head). (4)

Ear infection in a 10-year-old.

This boy suffered from fluid-filled ears, allergies and sleep disturbances. He was prescribed Flonase® and Zyrtec® for his allergies. His parents



brought him in for chiropractic care.

A chiropractic examination found a loss of normal neck curve, sacrum misalignment, and subluxations in the upper back (3rd thoracic or T3), lower (lumbar) spine and the base of the skull.

The child was adjusted at T3. His ear started draining immediately and continued draining for the next two days. After two weeks of care X-rays were retaken and showed restoration of normal neck curve and alignment of the sacrum and pelvis. The child's otitis media resolved. (5)

*Chiropractic isn't designed
to make you instantly
feel better,
it is designed to make
you instantly heal better.*

- UNKNOWN

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