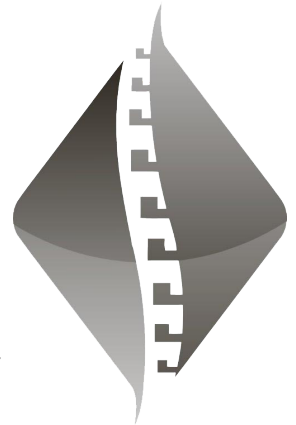


VANDAM CHIROPRACTIC



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5 WAYS ATHLETES BENEFIT FROM CHIROPRACTIC CARE

Most people make the conclusion that a person visiting a chiropractor is doing so for problems with their back or neck. According to a recent study led by Dr. Simon French of the Melbourne University in Australia, most people do visit the chiropractor for these reasons. However other research is showing that people are reaching out to their D.C. for other treatments involving problems with their muscular-skeletal system, and a great deal of these patients are younger athletes.

Here's 5 Ways that Athletes and (non-athletes) benefit from chiropractic care:

1. Undo the punishment the body takes in sports

Many athletes swear by the positive effects of chiropractic when talking about their personal successes. Two notable names like Lance Armstrong, Barry Bonds, Dan O'Brien and Arnold Schwarzenegger, to name a few, swear by their chiropractors. Athletic performance is affected by a combination of strength, flexibility, speed and coordination. Participating in sports is encouraged because of the many benefits.

Not only is a person getting exercise when playing, but they are also developing fine motor skills, learning about teamwork and fair play and of course building



friendships. But their bodies are also taking impacts no matter what sport they are playing.

When the spine exhibits imperfections in movement and/or alignment, the resulting vertebral subluxations can create focal areas of irritation in the nervous system, which subsequently interfere with the optimum functions of all other systems. As a result, athletic performance suffers. When athletes are adjusted regularly, they will often attribute their success to regular chiropractic care.

Even if you don't play football, sports like soccer, baseball, volleyball, softball, wrestling and lacrosse involve a lot of contact and the physical demands of any training and practice affect your spine and muscles too. Cross country track was a slug fest in NY. As soon as you were out of sight and in the woods running the race guys were catching elbows in their sides and getting pushed down," says Dr. Jay Lipoff, Executive Board Member of the International Chiropractic Association Council on Fitness and Sports Health Science. A point he drove home by drawing a comparison between heading a soccer ball traveling at 70 miles per hour and getting punched by Muhammad Ali.

2. Chiropractic care treats a variety of sports injuries

Athletes can experience many different benefits from receiving chiropractic care. Not only can adjustments

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help when treating injuries from high-impact sports such as wrestling, football, and hockey, but they offer other benefits as well. It's been shown that high-impact sports can place the same amount of strain on the body as an auto collision. Athletes getting routine adjustments may notice improved athletic performance, improved range of motion (especially in endurance athletes), better flexibility, increased blood flow, and may suffer from fewer injuries. Because spinal adjustments will reduce the irritation of the nerve roots between the vertebrae, the healing time from minor injuries can be shortened, improving performance.

Both high-impact and low-impact athletes can benefit from routine spinal adjustments. For high-impact athletes, it increases performance and flexibility and lowers the risk for injury; for low-impact athletes (golfers, tennis players, and bowlers), routine adjustments can help relieve the strain that is being placed on the body. Chiropractic care offers a natural way to treat and prevent many different ailments that often plague athletes.

Headaches – with a current focus on head and neck injuries in sports it should be noted that a Duke improved rUniversity study from back in 2001 came to the conclusion that, “Spinal manipulation resulted in almost immediate relief for headaches originating from the neck.” Since 60 to 90 percent of all headaches are linked to facet joint pain (neck), chiropractic treatments offer a significant form of relief.

Shoulder pain – Studies from the Annals of Internal Medicine and the British Medical Journal both found that adding shoulder manipulation to traditional rehab techniques improved the outcomes and reduced pain associated with certain shoulder injuries.

Ankle injuries – a joint study from the JMPT and Physiological Therapeutics found that chiropractic care of ankle sprains helped increase motion, lessen pain and provide better ankle function.

Injury prevention – An Australian study conducted in performance, BMC Musculoskeletal Disorders reported that Australian football players who used a regiment of chiropractic care had a fewer number of leg injuries than those who did not.

Check back next month for the other 3 Chiropractic Benefits for Athletes.

CHIROPRACTIC Q AND A

Question: How do Doctors of Chiropractic locate and correct my subluxations?

Answer: Good question. There are over 100 different analysis and correction/adjustment procedures (techniques) that the chiropractic profession has developed over its 100+ year history. Chiropractic students (and graduates) spend hundreds or even thousands of hours mastering some of the more complex ones.



HUMOR - DID YOU EVER WONDER?

- Do pilots take crash-courses?
- Do stars clean themselves with meteor showers?
- Do you think that when they asked George Washington for ID that he just whipped out a quarter?
- Have you ever imagined a world with no hypothetical situations?
- Have you ever seen a toad on a toadstool?
- How can there be self-help “groups”?
- How do you get off a non-stop flight?
- How do you write zero in Roman numerals?
- How many weeks are there in a light year?
- If a jogger runs at the speed of sound, can he still hear his Walkman?

**this will
CRACK
you up!**

Dr. Van Dam will be out of the office Aug. 4-11

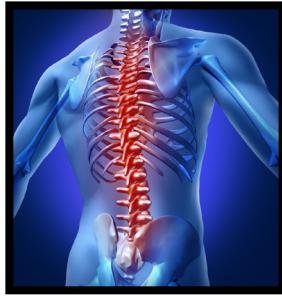
Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

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.

Glaucoma, carpal tunnel, hand numbness and chiropractic care. A 40-year-old woman suffering from numbness in her arms and hands, and other problems such as neck and shoulder pain, dizziness, headaches, migraines, vertigo, anxiety, low back pain, right hip pain and clicking, numbness in the bottom of her feet, chronic fatigue, and cervical and lumbar intervertebral disc “problems” began chiropractic care.

Subluxations were located in her sphenoid (cranial bone), occiput (base of skull), neck (C1, C2, C5, C7), sacrum and coccyx (tailbone). The patient reported moderate improvement in low back pain and headaches, much improvement in neck pain, shoulder pain, hip pain and clicking, and dizziness, and resolved numbness in both her hands and feet. By the 15th visit she reported a 90% overall improvement and decided to cancel scheduled carpal tunnel syndrome (CTS) surgery.

She had also been diagnosed with borderline glaucoma that was steadily worsening. Glaucoma is increased pressure inside the eyeball (intraocular) and is the second leading cause of blindness. By her 15th visit her intraocular pressure had dropped and her ophthalmologist felt that medical intervention was no longer necessary. (2)

Breech baby turns after chiropractic care. A 26-year-old female in her 27th week of pregnancy with her second child presented for a chiropractic visit after experiencing low back pain. One week later an ultrasound determined the baby was in a breech

position. She had a previous natural birth with no complications and was beginning chiropractic care with hopes of avoiding a cesarean section.

After a series of chiropractic adjustments, the baby moved from a breech position to a normal vertex (or head down) position confirmed through ultrasound. (3)

Arnold-Chiari malformation, headache, motion sickness and hearing deterioration. A six-year-old male diagnosed with vertebral subluxation and Arnold-Chiari malformation suffered with headache, motion sickness and progressive hearing deterioration.

The boy's chiropractic examination consisted of spinal heat reading and X-rays. A subluxation was detected at C1 – the top cervical or neck vertebrae – and the patient was adjusted there. A post adjustment X-ray analysis determined that more care was needed at C2 after which the child received a C2 adjustment. After the first adjustment, the patient reported that his headaches had been eliminated. (4)



REFERENCES

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