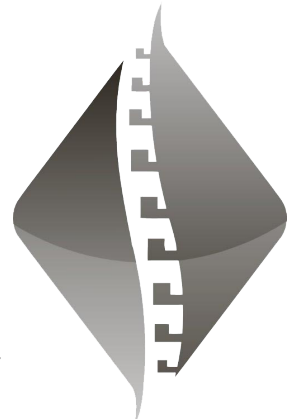


VANDAM CHIROPRACTIC



Dr. *Scott A.* VAN DAM

January 2019

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

WINTER ACTIVITIES & CHIROPRACTIC

When snow, ice and frigid weather blast into town, ACA advises people to take all of the necessary precautions to prevent injury. Winter recreational activities and chores can pose problems for the outdoor enthusiast whose body is not conditioned. Winter sports like skating, skiing and sledding can cause painful muscle spasms, strains or tears if your body hasn't been properly warmed up. Even shoveling snow the wrong way, slipping on sidewalks and wearing the wrong kinds of clothing can lead to spasms, strains and sprains.

Simply walking outside in the freezing weather without layers of warm clothing can intensify older joint problems and cause pain. As muscles and blood vessels contract to conserve the body's heat, the blood supply to extremities is reduced. This lowers the functional capacity of many muscles, particularly among the physically unfit. Preparation for an outdoor winter activity, including conditioning the areas of the body that are most vulnerable, can help you avoid injury and costly health care bills.

WARM UP

Simply put, warming up is essential. When pressed for time, it's better to shorten the length of your workout and maintain a good warm-up than to skip it and dive right into the workout. You can complete a good warm-up in 15-20 minutes, and it will make your workout more pleasant and safe.

Skiing: Do 10 to 15 squats. Stand with your legs shoulder width apart and your knees aligned over your feet. Slowly lower your buttocks as you bend your knees over your feet. Stand up straight again. It's a good idea to wear layers because you may be going from a cold environment (outdoors) to a warm environment (indoors).



Skating: Do several lunges. Take a moderately advanced step with one foot. Let your back knee come down to the floor while keeping your shoulders in position over your hips. Repeat the process with your other foot.

Sledding/tobogganing: Do knee-to-chest stretches to fight compression injuries caused by repetitive bouncing over the snow. While either sitting or lying on your back, pull your knees to your chest and hold for up to 30 seconds.

Don't forget cool-down stretching for all of these sports. At the bottom of the sledding hill, for instance, before trudging back up, do some more knees-to-chest stretches or repetitive squatting movements to restore flexibility.



(continued on page 2)

Winter Activities & Chiropractic.....	1-2
Chiropractic Q and A.....	2

Research and Chiropractic.....	3
Humor.....	3

(continued from page 1)

SHOVELING SNOW

Shoveling snow can also wreak havoc on the musculoskeletal system. ACA suggests the following tips for exercise of the snow shoveling variety:



If you must shovel snow, be careful. Listen to weather forecasts so you can rise early and have time to shovel before work.

- Layer clothing to keep your muscles warm and flexible. Shoveling can strain “deconditioned” muscles between your shoulders, in your upper back, lower back, buttocks and legs, so do some warm-up stretching before you grab that shovel.
- When you do shovel, push the snow straight ahead. Walk it to the snow bank; don’t try to throw it. Avoid sudden twisting and turning motions.
- Bend your knees to lift when shoveling. Let the muscles of your legs and arms do the work, not your back.
- Take frequent rest breaks to take the strain off your muscles. A fatigued body asks for injury.
- Stop if you experience chest pain, get really tired or shortness of breath. You may need emergency assistance. (1)



CHIROPRACTIC Q & A:

Question:

How many joints are in your spine?

Answer:

Chiropractors adjust the spine to correct vertebral subluxations – but do you have any idea how complex your spinal column is?

Your spine contains 24 vertebrae (spinal bones) that are connected by 23 discs. These discs act as shock absorbers, give the spine its curve, strengthen it and increase its flexibility.

Each vertebra has four posterior (back facing) joint surfaces that connect it to the other vertebrae, PLUS each vertebra connects with the discs above and below. In addition, many vertebra have joints that connect your spine to your ribs, sacrum, skull and other structures.

In all your spine has 364 joints! About one for every day in a year. Coincidence? Maybe there’s a joint that resonates with every day! That’s a stretch, but you never know.

All those joints work together to support your weight and permit you to move in lots of different directions, and to get into all kinds of weird positions.



Is it any wonder that chiropractors are so busy keeping this structure in alignment with all its parts balanced with gravity? Stop by and we’ll make sure everything is in order. (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.

Depression and anxiety. A 30-year-old woman who had a clinical diagnosis of depression and anxiety presented for chiropractic care. She was analyzed using x-ray and heat scanning for subluxations and adjusted where and when needed.

Her anxiety and depression resolved. Her sleep, energy and quality of life improved and she was able to cease taking medications. Her spinal imbalance, neck curve and overall nervous system imbalance greatly reduced. (3)



Diabetes and mid-back pain. A 26-year-old man with chronic mid-back pain for 9 years and type 1 diabetes mellitus began chiropractic care. X-ray and MRI imaging revealed flattening of the curve of the mid-back (hypokyphosis of the thoracic spine) with spinal misalignment consistent with vertebral subluxations.



After 36 visits, the patient reported improvement in his mid-back pain and quality of life. X-rays showed normal mid-back curve. Glucose monitoring showed a dramatic drop in blood glucose immediately after each visit. The patient reported he reduced his insulin by half during chiropractic care. (4)

CHURCH BULLETIN HUMOR

- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- At the evening service tonight, the sermon topic will be “What Is Hell?” Come early and listen to our choir practice.
- Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.
- Please place your donation in the envelope along with the deceased person you want remembered.
- The church will host an evening of fine dining, super entertainment and gracious hostility.



(5)

REFERENCES

1. <https://www.acatoday.org/Patients/Health-Wellness-Information/Winter-Activities>
2. Cramer G, Darby S. Clinical Anatomy of The Spine, Spinal Cord, and ANS (3rd Edition). St. Louis, MO: Elsevier/Mosby. 2014;Appendix I:638-642.
3. Ochsner A, DelVicario J. Resolution of anxiety and depression along with decreased medication usage in a 30-year-old female undergoing chiropractic care: case report & review of literature. Annals of Vertebral Subluxation Research. November 12, 2018:152-159.
4. Fedorchuk C, Lightstone DF, Comer RD et al. Improved glycosylated hemoglobin, hyperglycemia, and quality of life following thoracic hypokyphosis vertebral subluxation correction using Chiropractic BioPhysics®: a prospective case report. Annals of Vertebral Subluxation Research. November 19, 2018: 160-172.
5. <http://makobiscribe.com/new-years-resolution-inspirational-humor/>