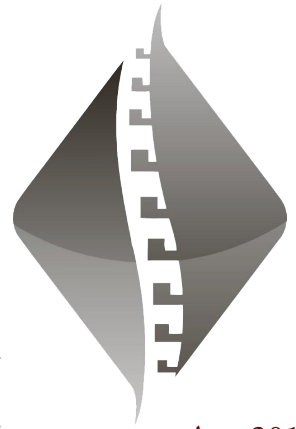


# VANDAM CHIROPRACTIC



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Aug 2019

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## CHIROPRACTIC, CTS AND TOS

### Where is your carpal tunnel?

You won't find the carpal tunnel on any map—it's in your wrist. Your carpal (wrist) bones form a tunnel-like structure—the carpal tunnel—through which pass tendons and the median nerve.



Carpal Tunnel Syndrome (CTS) is the occupational disease of the 21st century. Sufferers experience tingling and numbness in the hands, fingers and wrists; blanching (whitening upon pressure) of the hand; pain so intense that it awakens you at night and more. (1-2)

### Who gets CTS?

Years ago, telegraph operators, seamstresses, carpenters and meat cutters were the CTS sufferers. Today office workers, computer operators, musicians and assembly line workers are more prone to it.

### Thoracic Outlet Syndrome (TOS)

A similar condition is thoracic outlet syndrome. TOS affects the nerves in the upper back as they exit the neck. The symptoms include pain, weakness and numbness or tingling in the arm. (3)

### The Medical and Chiropractic Approaches

The medical approach to persistent symptoms may include corticosteroid injections or surgery. For over a hundred years, however, Doctors of Chiropractic have been adjusting people's spines to release stress from their nervous systems. Clinicians, researchers and patients have reported relief of classic carpal tunnel symptoms and improvement in overall body function after chiropractic adjustments. (4-5)

### CHOOSING A BACKPACK

A backpack should ideally contain only 10% of your child's weight, according to the American Chiropractic Association. Choosing a backpack with several compartments is important because the compartments help to position the contents in a balanced and effective way. Wide, padded straps and a padded back are also highly recommended. The straps need to be adjustable in order to keep the backpack just under the shoulder blades and no lower than 4 inches below the child's waistline. (6)



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## CHIROPRACTIC Q & A:

**Question:** How often should I come in for chiropractic care?

**Answer:**

People are like cars and pianos, they need regular tune-ups, especially with lots of use.



Life causes subluxations. Physical and emotional stress cause subluxations. Subluxations weaken, imbalance and can damage us but it may be years until the damage surfaces and we experience the results—pain, disease and premature aging.

Why not come in for periodic chiropractic checkups (and adjustments) now to help ensure a healthier family? It's real health assurance.

## DRINK MORE WATER

Water is your life source. Drinking enough water means you are helping your body remain healthy and function at its best. Most people do not drink enough water. The average person should be consuming around ten cups of water a day, or just over a half gallon.

Water accounts for 60% – 65% of your total weight, and is the most abundant nutrient in your body. It is also the least forgiving of your nutrients, in that you cannot go more than a couple of days without it. Water transports nutrients, oxygen and waste products around the body, it regulates your body temperature, and it is the medium in which all your body's chemical reactions take place.

Drinking coffee, tea, juices and soft drinks is not a substitute for drinking enough water, because, along with the water they contain, they also contain products the body will need to eliminate, thus robbing you of water to do so. Any drink containing caffeine is even worse because it is diuretic, so you actually end up with a net loss of water from your body. Because

the food and drink you consume will contain water, you do not need to drink a full half-gallon of water every day. Instead, a good guide is to get a 1.5 liter bottle of water and make sure you drink that each day, or two of those if you are exercising heavily. (7)



## BUY A GOOD MATTRESS

The positive benefits of sleep are often underestimated, but getting enough good quality sleep is essential for your overall health and quality of life. Sleep debt is costly for society in both fiscal and



physical terms, therefore sleep must be a priority and not relegated to something we grab if and when we have the time. Back problems can be caused by not sleeping well, or made worse by it.

One key ingredient in having a good night's sleep is a good mattress. The following advice will help you select the mattress that's right for you:

Choice of mattress is a highly personal matter that depends on the individual. What may be perfect for you may be terrible for someone else. There is no magic mattress that works for everyone with low back pain. What's important is to find a mattress that helps you sleep without pain and that does not create problems for the next day

Find a mattress with good back support to guard against low back pain. It should provide support while allowing the spine's natural curves and alignment to be unaffected. Generally, a medium-firm mattress is usually better than a firm mattress.

Don't put off buying a new mattress if yours is obviously past its prime. A visible sag in the middle is a good indicator. Placing a board under the mattress is not a long-term fix, and may even cause more problems.

"Orthopedic" or "medically-approved" mattresses should be taken with a pinch of salt. Extensive medical research or controlled clinical trials have not been carried out on the issue of mattresses and low back pain. (8)

## 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.

**Migraine, neck and lower back pain.** A 23-year-old woman had been suffering from ten years of chronic migraines, neck pain and low back pain. She was given prescription medications (i.e., fluoxetine, Synthroid® and fioricet) that were ineffective. After 10 weeks of continued chiropractic care, she reported that all her presenting complaints of chronic migraines, neck pain and low back pain had completely resolved and all medication was discontinued. (9)



**Premature ventricular contractions (PVCs).** Two women complaining of PVC and other symptoms began chiropractic care. PVCs are extra heartbeats that begin in the heart’s two lower pumping chambers (ventricles) disrupting heart rhythm. It is sometimes felt as a fluttering or a skipped beat.

The first patient was a 26-year-old woman suffering with daily headaches, TMJ, neck pain, midback pain, bilateral wrist pain, shortness of breath with rib pain, irregular heartbeats, lower back pain, hip and knee pain. These complaints had been present for approximately two years.

The other woman was 72-years-old. She was told her PVCs would never stop because they had followed a stroke. Other symptoms included 6 months of pain in the left ring finger that interrupted her sleep. In

addition, she also had complaints of knee pain, neck pain, headaches and lower back pain.

Each woman was assessed for vertebral subluxations using various chiropractic procedures. Vertebral subluxations were found in their cervical, thoracic and lumbar spinal regions.

Chiropractic care was individualized for each patient; they were adjusted for their subluxations. No other therapies or modalities were employed. Each showed complete resolution of the PVCs and complete resolution of or great improvement in their other symptoms. (10)

**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.**

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