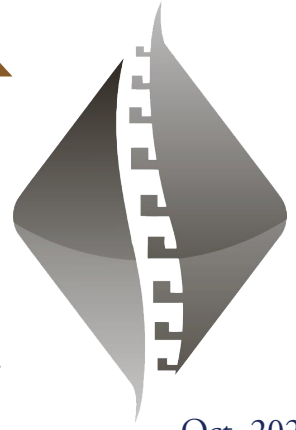


Celebrating **25** years
OF PROVIDING CHIROPRACTIC &
ACUPUNCTURE HEALTHCARE

VANDAM CHIROPRACTIC

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HOW CAN CHIROPRACTIC HELP WITH REPETITIVE STRESS INJURIES?

Repetitive stress injuries (RSIs) are a class of injuries that stem from the chronic overuse or misuse of particular body parts. Often associated with occupational tasks, sports, or other repetitive motions, RSIs can manifest as conditions such as carpal tunnel syndrome, tennis elbow, or trigger finger, to name a few. The symptoms can range from mild discomfort to severe pain, with inflammation and limited motion. As these injuries have grown increasingly common in the modern workplace and athletic fields, the need for effective treatments has become paramount. One such healthcare modality is chiropractic care, which offers multiple therapeutic approaches for managing and alleviating RSIs.



Understanding Repetitive Stress Injuries

RSIs result from repeated microtrauma to the tendons, muscles, and nerves at their core. Over time, these minor, repetitive injuries can lead to inflammation, pain, and decreased function. Typically, RSIs develop when there's an imbalance between the physical demands on a body part and its ability to cope with those demands.

Chiropractic's Role in Treating RSIs

Chiropractic care is a holistic healthcare discipline that removes subluxations (nerve interference) and allows the body to heal. Here's how chiropractic care can aid in managing and treating RSIs.

Spinal and Joint Adjustments: Chiropractors can restore proper spine and joint mobility and alignment through controlled and targeted adjustments. This not only helps alleviate pain directly but also aids in optimizing nervous system function, which can promote the body's natural healing processes.

Ergonomic Advice: Chiropractors can provide guidance on workplace ergonomics, posture, and movement patterns. By making subtle adjustments to one's workstation or daily routines, it's possible to decrease the strain on affected body parts and minimize the risk of developing RSIs.

Therapeutic Exercises: Chiropractors often prescribe exercises designed to strengthen weak areas and improve flexibility to complement hands-on care. By incorporating these exercises into their daily routine, patients can expedite their recovery and reduce the likelihood of injury recurrence.

Holistic Approach: Unlike some holistic healthcare that focuses solely on symptom relief, chiropractic care considers the whole individual. By addressing underlying issues and promoting a holistic approach to health, chiropractors can treat RSIs and enhance their patients' overall well-being.



A study published in the Journal of Occupational Rehabilitation found that chiropractic care, including

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manual adjustments and stretching exercises, offered significant relief for those suffering from work-related upper limb disorders, including many RSIs (3). This evidence and patient anecdotal reports underscore the potential benefits of incorporating chiropractic care into a comprehensive care plan for RSIs.

Given their chronic nature, repetitive stress injuries require a multifaceted approach for effective management and care. Chiropractic philosophy, with its holistic methodology and variety of therapeutic techniques, can play a pivotal role in this process. Those suffering from RSIs might find it beneficial to consult with a chiropractor to explore how this healthcare can aid their recovery.

JUST THE ESSENTIALS

Essential Oils and Chiropractic: A Synergistic Approach to Holistic Well-being

In the realm of alternative and complementary medicine, the holistic approach to well-being is often underscored by combining different therapeutic modalities. Two such modalities that are gaining popularity for their harmonious effects are essential oils and chiropractic care. They can offer a multi-dimensional approach to health and healing when utilized together.

Essential Oils: Nature's Remedy

Essential oils are concentrated, volatile plant extracts that capture the essence, or "life force," of the plant from which they are derived. These oils have been utilized



for thousands of years for their therapeutic properties. Depending on the oil and its intended use, it can be used topically, diffused, or even ingested.

Essential oils are known for their diverse range of benefits. For instance, lavender oil is renowned for its calming properties, while eucalyptus oil can aid in respiratory support. When applied to the skin, they can have localized effects, or when diffused, they can alter the ambiance of an environment, promoting relaxation or alertness as required.

"Essential oils have been used for nearly 6,000 years,

with the aim of improving a person's health or mood." (1)

Chiropractic Care: Aligning the Body

Chiropractic care primarily focuses on diagnosing and removing subluxations (nerve interference) through manual adjustment or manipulation of the spine. Chiropractors believe these interferences can affect the body's ability to heal itself and lead to various health issues. This concept is foundational to traditional chiropractic philosophy.

The goal is to remove the subluxation and help the body to heal itself.

When spinal alignment is corrected, it can have a cascade of positive effects throughout the body, from improved nervous system function to better postural habits.

Combining Essential Oils and Chiropractic

When essential oils and chiropractic care are used in tandem, the combined effects can be potent:

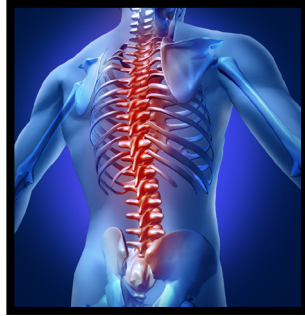
1. **Enhanced Relaxation:** Essential oils can be diffused in the treatment room or applied topically to promote relaxation before a chiropractic adjustment. This can be beneficial in preparing the body for manipulation, especially for individuals who may be anxious or tense.
2. **Muscle Relief:** Oils such as peppermint or wintergreen can be applied to areas of muscle tension or soreness post-adjustment to aid in relief and decrease inflammation.
3. **Reinforcing Chiropractic Adjustment Effects:** Post-chiropractic session, essential oils like lavender or chamomile can be recommended for at-home use to prolong the feelings of relaxation and well-being, possibly enhancing the longevity of the adjustment effects.

While essential oils and chiropractic care can stand alone as effective holistic modalities, their combined use can offer an enriched therapeutic experience. They seamlessly complement each other, providing both immediate relief and long-term benefits. As with any health treatment, consulting with trained professionals to tailor the approach to individual needs is always recommended.

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.

Migraines in a 16-year-old Girl

A 16-year-old girl had been complaining of migraines since kindergarten. She was experiencing migraines 1-2 times per week, each attack lasting approximately 2-3 hours. Under medical care, she had an MRI (magnetic resonance imaging), a CT scan (computer axial tomography), and a dental consultation. Nothing was found.

She consulted with a chiropractor. Chiropractic analysis revealed an atlas (C-1) subluxation. The patient received five adjustments to the atlas. She was able to stop using medications as her headaches reduced to 2-4 per month. (2)

Drop Attacks on a 23-year-old Man.

A 23-year-old male complaining of drop attacks and daily nausea, vomiting, severe headaches, and back pain for five years began chiropractic care.



After one month of care, the patient reported a resolution of drop attacks, daily vomiting, and other symptoms. (3)

Seizures and Delays in Cognitive Development in a Two-Year-Old Boy.

A 2-year-old boy suffered from seizures, behavioral disturbances, and cognitive developmental delays following a head trauma.

He was experiencing 1-3 seizures per week and sometimes up to 3 seizures per day. In addition, he was combative, angry, and uncooperative with his parents and had a developmental delay in his language use.



His parents brought the child in for chiropractic care fifteen months after his injury. A chiropractic examination revealed a subluxation of the C1 (atlas) vertebra. The patient had a total of seven visits over a five-and-a-half-month period.

There was an improvement and eventual cessation of his seizures and an improvement in the patient's behavior and cognitive development. (4)

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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