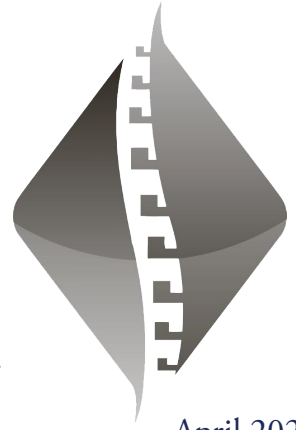


VANDAM CHIROPRACTIC



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WHY SHOULD I CONTINUE CHIROPRACTIC CARE?

Understanding the Role of Subluxation-Based Care

In the realm of holistic and non-invasive healthcare, chiropractic care stands out as a pivotal approach to maintaining and enhancing overall health. Understanding why continued chiropractic care is beneficial requires an appreciation of the role of subluxations in health and well-being.

Subluxations are essentially misalignments or dysfunctional movements of the vertebrae, which can lead to an array of health issues due to their impact on the nervous system. The spine houses and protects the spinal cord, which, along with the brain, comprises the central nervous system—the main information highway of the body. Any interference in this system, such as a subluxation, can disrupt the normal flow of information and lead to diminished health.



Preventive and Maintenance Care

One of the primary reasons for continuing chiropractic care is its emphasis on prevention. Regular adjustments can help maintain spinal health, prevent the onset of new subluxations, and mitigate the progression of existing conditions. This

preventive approach is akin to dental care for teeth or regular exercise for cardiovascular health—it's about maintaining optimal function rather than waiting for a problem to arise.

Enhanced Physical Function and Performance

Continued chiropractic care can also enhance physical function and performance. By ensuring the spine is properly aligned and subluxations do not hinder mobility, individuals may experience improved range of motion, flexibility, and muscle strength. This can be particularly beneficial for athletes or anyone engaged in physical activities.

Supporting Overall Health

The implications of chiropractic care extend beyond the musculoskeletal system. Due to the intricate connections between the nervous system and other bodily functions, adjustments can positively impact overall health. This includes improved respiratory and cardiovascular function, digestion, and enhanced immune system performance. Regular care ensures the nervous system operates without interference, supporting the body's natural healing abilities and promoting general well-being.

Long-Term Wellness

Committing to ongoing chiropractic care is a commitment to long-term wellness. It acknowledges that health is not merely the absence of disease but a state of complete physical, mental, and social well-

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being. By addressing potential issues before they become symptomatic and optimizing the body's natural processes, chiropractic care supports a proactive approach to health.

The continuation of chiropractic care, especially subluxation-based care, offers a comprehensive strategy for maintaining health, preventing dysfunction, and enhancing quality of life. It emphasizes the body's innate ability to heal and maintain itself, provided it has the proper support. As the chiropractic field continues to evolve, its focus on preventive care and holistic health remains a cornerstone, underscoring the value of sustained treatment and care.[1]

CHIROPRACTIC CARE FOR ATHLETES IN YOUTH BASEBALL

Youth baseball, while a source of fun and physical activity, brings with it a set of risks that parents, coaches, and young athletes should be aware of:

Common Injuries:

Little League Elbow and Shoulder, resulting from stress on the growth plates in the arm.[2] Ankle sprains, concussions, and muscle strains. Overuse injuries account for 50% of all youth baseball injuries due to year-round training.

Age-Specific Prevalence:

Little League Shoulder is most common before skeletal maturity, around the age of 14. Little League Elbow typically affects those aged 11 to 17. [2]

Risk Factors and Symptoms:

Pitching while fatigued increases injury risk by 36 times [3] Ignoring pitch count recommendations and throwing with mechanic. Symptoms include pain or tightness while throwing, loss of pitch velocity or control, and swelling in the forearm, elbow, or shoulder. [3]

Understanding these risks and symptoms can help guide preventive measures to ensure the safety and health of young athletes.

Chiropractic Care Benefits for Young Athletes

Chiropractic care provides a multifaceted approach to enhancing the health and performance of young athletes in youth baseball.

HERE'S HOW:

Injury Prevention and Mobility

Spinal Alignment: Regular adjustments can correct spinal misalignments, reducing symptoms like dizziness and balance issues, which is crucial for athletes' performance and safety [4] **Range of Motion:** Improved flexibility through spinal adjustments aids in meeting the sport's physical demands, decreasing injury risks from muscle strains [4]

Pain Management and Recovery

Direct Pain Relief: Chiropractic care offers a medication-free approach to pain relief, targeting the root causes such as nerve interferences or subluxations [4]



Accelerated Healing: Chiropractic adjustments can reduce inflammation and promote healthy blood flow, shortening recovery periods and keeping athletes competition-ready [4]

Performance Enhancement

Optimized Function: Addressing biomechanical imbalances and neuromuscular function can significantly boost athletic performance, agility, and speed [5]

DID YOU KNOW?

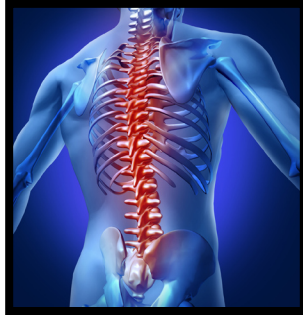
Did you know...that Venus is the only planet in our solar system that rotates clockwise? This phenomenon is known as retrograde rotation, and it's thought to be the result of a massive collision early in Venus's history that reversed its spin direction.

Did you know...the honeybee is the only insect that produces food eaten by humans? Honey is not only a sweet treat but also has various medicinal properties, including antibacterial effects and wound-healing capabilities.

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.

Sciatica and Back Pain. A 30-year-old woman

suffered from upper back pain and sciatica. She also had scoliosis and significant pelvic rotation. Medical interventions such as physical therapy failed to make significant improvements to her complaints.

Vertebral subluxations were found at the levels of C2, T6, and Right Ilium.



She was seen twice a week for six weeks and once a week for six weeks. After care, she reported a resolution of the sciatica, a significant decrease in upper back pain, and marked improvements in neck and lower back ranges of motion. [6]

Ear Conditions. Five individuals, ranging from

infancy to five years old, were battling with persistent otitis media despite having been on antibiotics for no less than half a year. Each of these patients then embarked on a regime involving chiropractic care. Remarkably, they all showed signs of recovery within the time frame of 3 days to 8 weeks, with the results being highly satisfactory. Among the five, three patients had misalignment at the atlas



vertebra; one manifested a dislocation at the occipital bone, while another had both atlas and axis vertebrae out of place. In addition to this, comprehensive spine adjustments were performed on them. [7]

HUMOR

- Why don't skeletons fight each other? They don't have the guts.
- Why don't eggs tell jokes? They'd crack each other up!
- What do you call an alligator in a vest? An investigator!
- How does a penguin build its house? Igloos it together!
- Why did the tomato turn red? Because it saw the salad dressing!
- What do you call cheese that isn't yours? Nacho cheese!

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.

REFERENCES

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