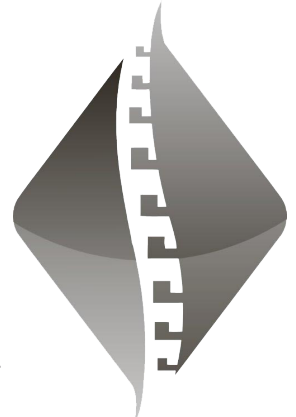


VANDAM CHIROPRACTIC



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BENEFITS OF CHIROPRACTIC CARE FOR REMOTE WORKERS

Combatting the Effects of Prolonged Sitting

Remote work has redefined the professional landscape, bringing numerous benefits and introducing new health challenges. Prolonged sitting and poor ergonomics are significant concerns for remote workers. These issues can lead to discomfort, pain, and chronic health problems. Chiropractic care solves these challenges, providing relief and promoting better health.

Impact of Prolonged Sitting

Extended periods of sitting can have severe consequences on the body. Poor sitting posture stresses the spine, neck, and shoulders, leading to conditions such as lower back pain, neck strain, and repetitive strain injuries. Remote workers often spend hours in front of computers and are particularly vulnerable to these issues.

Poor ergonomics further compound these problems. Without an ergonomic setup—proper chair, desk, and monitor placement—remote workers may adopt habits that strain their musculoskeletal system. The cumulative effect of prolonged sitting and poor ergonomics can significantly reduce productivity and quality of life (1).



Alleviating Pain and Discomfort

Chiropractic adjustments correct spinal misalignments, reducing nerve pressure and alleviating back, neck, and shoulder pain. These adjustments also improve joint mobility, reducing stiffness and discomfort. Complementary therapies, such as massage, stretching exercises, and ergonomic advice, enhance this comprehensive pain management and prevention approach.

Improving Posture and Ergonomics

Chiropractors are experts in posture and ergonomics. They can assess a remote worker's current setup and provide personalized recommendations for improvement. Simple adjustments, such as changing chair height or monitor position, can significantly reduce bodily strain.

Additionally, chiropractors educate remote workers on proper posture and movement techniques. Learning how to sit, stand, and move correctly helps prevent future injuries and promotes better overall health.

Enhancing Overall Well-Being

Chiropractic care offers broader health benefits beyond pain relief. Regular chiropractic adjustments can improve circulation, boost the immune system, and enhance overall well-being. For remote workers, this means reducing physical discomfort and increasing energy levels and mental clarity.

As remote work plays a significant role in our professional lives, addressing its associated health challenges

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is crucial. Chiropractic care provides an effective solution for combating the effects of prolonged sitting and poor ergonomics. Remote workers can alleviate pain, improve posture, and enhance their overall well-being by seeking chiropractic care. Maintaining good physical health is essential for sustaining productivity and enjoying a higher quality of life.

CHIROPRACTIC ADJUSTMENTS FOR ATHLETES

Enhancing Performance and Preventing Injuries

As an athlete, whether you're playing on the weekend with friends or competing at the professional level, you're always looking for that edge to improve your game and stay injury-free. Chiropractic care can be your secret weapon in achieving these goals. Regular chiropractic adjustments enhance athletic performance, prevent injuries, and speed up recovery, making them indispensable for athletes.



Enhancing Athletic Performance

Chiropractic adjustments ensure that your spine and nervous system function at their best. When your spine is misaligned, it can interfere with nerve flow, affecting muscle function and overall physical performance. By correcting these misalignments, chiropractic care helps restore proper nerve function, which leads to better muscle control, improved coordination, and enhanced biomechanical efficiency (2).

Athletes often experience muscle tightness and imbalances due to intense training and repetitive movements. Chiropractic care addresses these issues by improving joint mobility, reducing muscle tension, and increasing flexibility and range of motion. This improvement in biomechanical function translates to better athletic performance, as your body can move more efficiently with less effort.

Preventing Injuries

Preventing injuries is crucial for athletes, and regular chiropractic adjustments can play a significant role. By maintaining proper alignment and joint function, chiropractic care ensures that your body is optimal, reducing the likelihood of injuries.

Many sports injuries result from overuse, leading

to conditions like tendinitis or stress fractures. Chiropractic care can help prevent these injuries by addressing imbalances and misalignments before they become serious problems. Furthermore, chiropractic adjustments enhance proprioception—your body's ability to sense its position and movement in space—vital for maintaining balance and preventing falls and other accidents.

Aiding in Faster Recovery

Injuries are an inevitable part of an athlete's life, but the speed and efficiency of recovery are crucial. Chiropractic care is known for its ability to accelerate the healing process. By improving circulation and reducing inflammation, chiropractic adjustments can speed up recovery from acute and chronic injuries.

Additionally, chiropractic care helps manage pain without the need for medications, which is especially beneficial for athletes who need to avoid the side effects of pharmaceuticals. Chiropractic adjustments can release endorphins, the body's natural painkillers, and promote relaxation, which aids in pain management and reduces the stress and anxiety associated with injuries.

JUST THE ESSENTIALS

Back to School: A Natural Way to Boost Well-Being

As summer winds down and the excitement of a new school year approaches, parents and students often seek ways to ensure a smooth and healthy transition. One natural and increasingly popular method is the use of essential oils. These potent plant extracts can provide various benefits, from boosting concentration to easing anxiety, making them an excellent addition to your back-to-school routine.



Boosting Concentration and Focus

One of the primary challenges students face is maintaining concentration during long school days. Essential oils such as peppermint and rosemary have been shown to improve focus and cognitive function. Diffusing these oils in the morning or applying a diluted mix to pulse points can help students stay alert and attentive throughout the day. According to a study published in the *Journal of the International Society of Sports Nutrition*^{*}, peppermint oil can enhance memory and increase alertness (3).

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.

Atrial fibrillation. A 64-year-old man with a history of long-standing atrial fibrillation sought chiropractic care, presenting with general fatigue, tachycardia (rapid heartbeat), dizziness, weakness, and shortness of breath occurring three to four times per week for up to seven hours each time. He also reported right elbow pain and occasional discomfort in his lower back, mid-back, and neck. Through chiropractic adjustments aimed at correcting his subluxations, the patient experienced a complete resolution of his atrial fibrillation and all associated symptoms (4).



Irritable Bowel Syndrome in a 20-year-old woman. A 20-year-old woman visited a private chiropractic practice for symptoms related to irritable bowel syndrome (IBS), which included fatigue, diarrhea, constipation, menstrual pain and irregularities, ulcers, and stomach upset. She also suffered from neck and back pain and had a history of bulimia and anorexia. During the initial care plan, she received



12 chiropractic adjustments to reduce vertebral subluxations. By the 12th visit, the patient reported a 70% improvement in her IBS symptoms and relief from her lower back pain (5).



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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