

Chiropractic Myths Dispelled

MYTH: Chiropractic care is dangerous.

FACT: Chiropractic is a safe, scientifically proven form of alternative health care. Chiropractic doctors are required to attend a minimum 2 years undergraduate education in addition to education in an accredited chiropractic college. All Chiropractors must pass a national board exam before being allowed to treat patients. Although there are some risks associated with chiropractic care, the risks are very small as can be evidenced by the minimal cost of malpractice insurance for chiropractors as opposed to medical doctors. If you have any questions or concerns about some of the possible risk factors, they can be discussed with your Chiropractor before any treatment is rendered.

Shoulder Injuries

I can't tell you how many people I have talked to recently who have told me they have shoulder problems. Most people don't realize that Chiropractors can treat shoulder injuries. The shoulder joint is built for mobility rather than stability, as opposed to the hip joint, which is built for stability rather than mobility. This is why your shoulder has a greater range of motion than the hip. This is also why the shoulder is more prone to getting injured than the hip joint. Most shoulder injuries arise from problems with the rotator cuff muscles. These are the 4 muscles that hold the shoulder in place. These muscles are the supraspinatus, infraspinatus, teres minor, and subscapularis. Common shoulder problems that involve these muscles include muscle strains, tendonitis, and impingement syndrome. These are also some of the common shoulder conditions that are treated in our office. We treat these conditions by first addressing the muscle dysfunction, and then by rehabilitating the muscles with an exercise program. This safe, drug-free method is very effective for treating most shoulder problems.

The Importance Of Treating The Muscles, Bones, And the Joints

As most Chiropractic patients will tell you, there are many different ways in which Chiropractors treat their patients. There are a multitude of different techniques that can be utilized by Doctors of Chiropractic. Most Chiropractic doctors treat patients by manipulating (adjusting) the spine. The premise behind this is that people can have misalignments in their spine. These misalignments or subluxations are areas of the spine where the joints are either out of alignment or are not moving properly. When these dysfunctions in the joint are present, spinal nerves can be affected and this causes pain. Chiropractors remove these subluxations to help relieve the pain. Now after a Chiropractor puts the joint back into place, what prevents the joint from coming out of place? What caused the joint to come out of alignment in the first place? More often than not, muscle tension and stress is what pulls the joints out of alignment or prevents them from moving properly. Joint dysfunction can also be caused by poor posture, mental stress, physical stress, and chemical stress. Now, if an adjustment is performed on the joint without addressing what caused the joint dysfunction, then the joint will more than likely come out of place again. However, if the Chiropractor addresses what is causing the subluxations, such as the muscle tension, poor posture, etc., then the effects of the adjustment will last longer. Some types of techniques that are utilized by Chiropractors to address muscle tension include electric muscle stimulation, hot packs, deep tissue massage, active release technique, traction and postural re-education exercises.

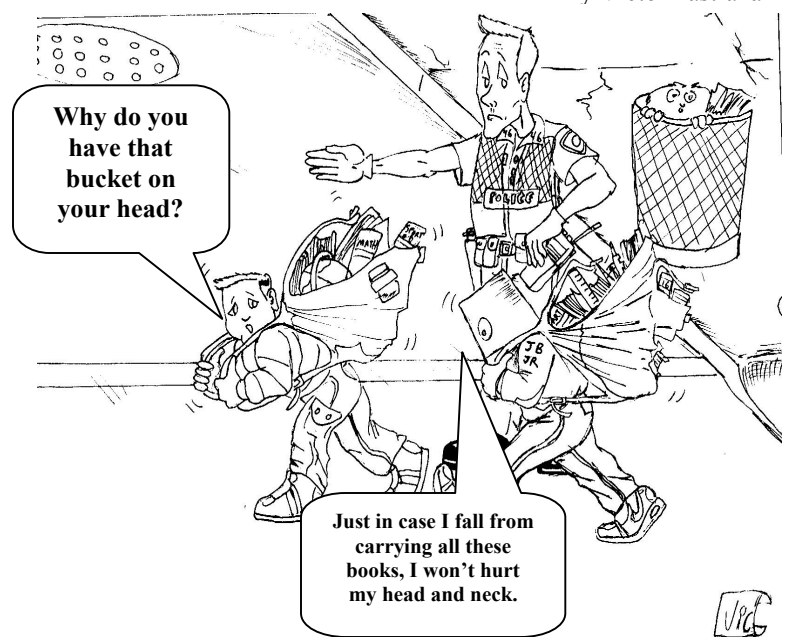
Kiddy Corner

A recent study has shown that the use of backpacks during the school day and the weights of the backpacks are associated with low back pain. Another study concluded that children actually hunch their bodies forward and lower their heads to accommodate the burden of a heavy backpack. With the ever-increasing loads of children's schoolbooks, what can children do to protect their backs? Here are a few simple suggestions that may just save your child's back.

1. Use a backpack with wheels.
2. The backpack should not weigh more than 10% of the child's body weight.
3. Bigger is not better. The more room there is in a backpack the more books a child will carry and the heavier the bag will be.
4. Wear both shoulder straps while carrying your backpack.
5. Use the waist belt.
6. Use the side chest straps.
7. The bottom of the book-bag should rest in the curve of your lower back and the top should just touch the bottom of your neck.
8. Keep the shoulder straps snug so that the backpack fits close to the upper part of your back.
9. Load your backpack so that the heaviest items are right next to your back.
10. Use a backpack with ample padding to prevent straps from digging into and pinching shoulders.

Lumbar Loonies

By Victor Pastrana



The first day of school!!!

To make an appointment at All Family Chiropractic call (914) 375-0050

Office Hours: Mon., Wed., & Fri. 8:30am to 7:30pm and Sat. 10-2 or by appointment. Call Today!!!