

POSTURE, WHAT ARE YOU LOOKING AT? HOW MANY ARE IMPROVING THEIR LOOK!



Special thanks to
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103
Eau Claire, WI
715-834-6333

“**SIT UP STRAIGHT!**” a familiar reminder given to many people during their growing years. As it turns out the “no slouching please” mantra from grandma and mom was really important in more ways than one.

Current research is showing just how important posture is to good health. Posture is a window to how well your spine is aligned, slouching, twisting, uneven shoulders, or lower back shifts may indicate more than just lazy bones, it may be an indicator of a problem with the spine.

Spinal health determines the quality of nerve flow to every organ and tissue in your body. Poor posture may indicate that your overall health is suffering. For example, increased upper back curve has been linked to increased mortality. The research finds, “**The hyperkyphotic posture (humping on the top of the back) was specifically associated with an increased rate of death due to heart disease.**”

Studies have shown a link between postural problems and poor lung function, poor blood pressure regulation and digestion problems. Evidence suggests that mild distortions and deviations in how we carry our posture, have an incredible influence over our overall health and wellbeing. Many patients present to chiropractic offices with symptoms they have not attributed to postural imbalances.

The earlier the better, over time poor posture can really stick, most postural problems can be prevented with early detection and correction,. **If you have a spot in your body that you are no longer able to “sit up and straighten out” you may benefit from chiropractic care.** Modern Chiropractic procedures and documentation track improvement and allow patients to get maximum results with minimal time and cost.

Chiropractors who use pain scales and diagrams, test for balance, strength, flexibility and endurance,

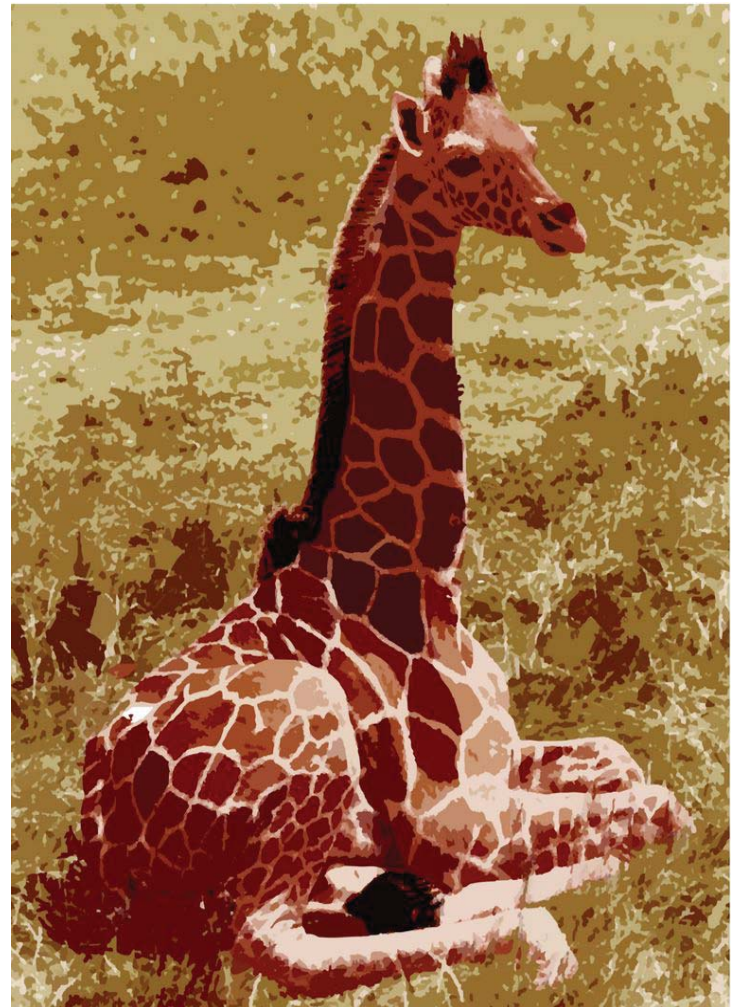
and are able to create appropriate treatment programs tailored to each individual. Like most doctors offices, care, as well as the tailored treatment programs, may vary from office to office in an effort to adjust for each particular patient. The current generation growing up carrying heavy backpacks and spending long hours on computers, or computer games, are setting the stage for poor posture. Exercise, listening to Grandma and if necessary seeking help from a chiropractor who specializes in care of the spine can all add up to a healthier life. This is one of many reasons why a vast majority of people seek conservative chiropractic care, along with proper exercise and nutrition. As you straighten up and look strong you enhance your overall wellbeing.

Is it really that simple? You be the judge.

(Kato DM, Karlamangla AS, Barrett-Connor E and Greendale G. Hyperkyphotic Posture Predicts Mortality in Older Community Dwelling Men and Women: A Prospective Study, Journal of the American Geriatrics Society. 2004;52(10):1662.)

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NEWS FLASH: YOUR ACHING BACK MAY BE DIRECTLY RELATED TO YOUR PERSONAL FINANCES!



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John & Judy Soborowicz DC CCN
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Eau Claire, WI
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Where we can't offer film at nine, or good investment advice, we can tell you this.

According to the Johns Hopkins Health Alerts, quite a bit. In their Health Alert entitled, "Back Pain and Osteoporosis Special Report The Mind Body Connection," they say that "A growing number of studies affirm that the mind-body connection also plays a role in back pain, both in setting off an initial "back pain attack" and in contributing to ongoing chronic pain."

They went on to say that psychological distress increased the risk of developing back pain and having a slow recovery.

But this is what's very interesting: They said one study found that "catastrophizing" was found to increase the risk of getting back pain.

This, they explain, is largely due to the "fight or flight." During this stress response, your body produces chemicals to make you hyper alert. This causes muscles to tense up and can even go into spasm.

It is important to understand this today, because every time you turn on the television, someone is reminding you that our economy is a catastrophe; the worst economic times since the great depression...and that we may be on the verge of total collapse. This is not to say the situation is not bad. But "catastrophizing" may be giving you a life of aches and pains.

There are many things you can do to stop the cycle; breathing exercises, stretching, meditation and exercise will all help. And Chiropractic care can often be a great stress reducer and a time to just relax and get away from it all. The bottom line is: There may be nothing YOU can personally do to change our economy, so it makes no sense to constantly stress over it and get sick. But seeking the help of a chiropractor

who understands the entire picture could be most helpful.

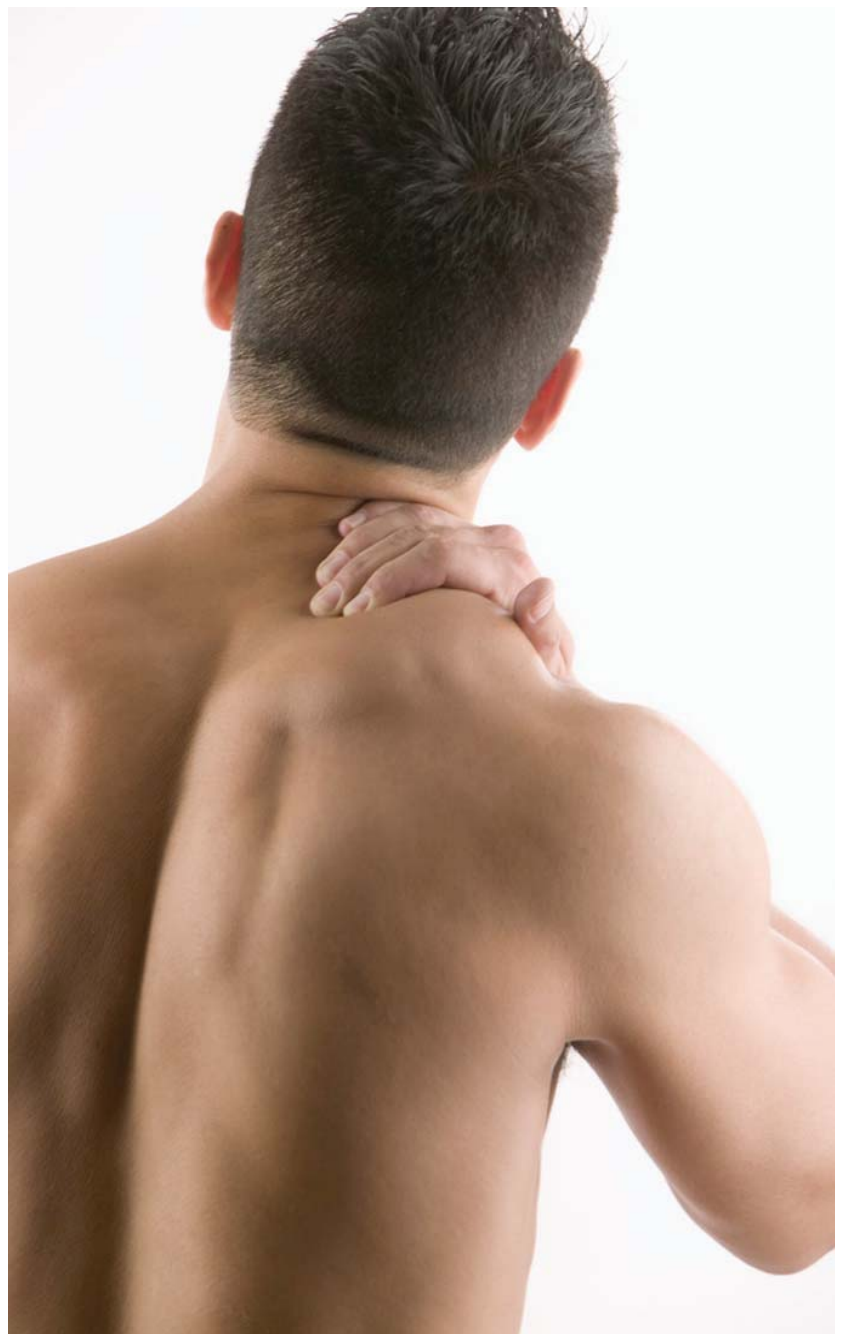
Like all doctors' offices, care may vary from office to office. You might find a short term, affordable back pain treatment make all the difference in how you feel. Where promising you a "killing- in- the- soon- to- be- bull- market" may be an overstatement, promising you some fast relief from a health care specialist is not.

This doctor's advice would be to pick one where you can be seen immediately with no obligation for extensive treatments or contracts.

And do try to avoid the news for a week or two.

Reference

http://www.johnshopkinshealthalerts.com/reports/back_pain_osteoporosis/878-1.html



HELLO...ARE YOU LISTENING?

Wonder if you are being heard.....



Special thanks to
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103
Eau Claire, WI
715-834-6333

These days, Healthcare reform is a very hot topic. In fact, it is one of the Obama administration's highest priorities, both to control costs and to address the growing dissatisfaction with doctors, treatments and the overall patient experience.

If you've ever waited an hour or two (or three) to see a doctor who only spends two minutes with you, then you've felt that frustration. So, here's a question: When is the last time you went to a doctor and thought to yourself, **"Wow, that was GREAT! I'm really happy with this doctor and how I was treated!"**

It's probably been a long time. Here's some good news...

Several studies have shown patients report higher satisfaction with Chiropractic care than care received from medical doctors.

But, that's not the most interesting part... Satisfaction was not only due to the relief of pain and or symptoms. In fact, one report showed only 57% of patient satisfaction could be explained by improvement of the patient's condition.

In other words, getting better is only part of the picture when it comes to a patient's overall satisfaction with their doctor. And, it makes sense – **do you want to go to a doctor who gets good results but doesn't listen to you or give you the attention you deserve? ...Or, would you rather go to a doctor who provides both good results AND good bedside manner?**

No matter how good a doctor is, it is important he or she treat patients as he or she would like to be treated when they go to the doctor. **That means looking you in the eyes and really listening when you tell them how you feel.**

Like all doctors' offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable back pain care, look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts.



This doctor's advice would be to pick a doctor that will take the time to talk to you, and then really listen to what you are saying,

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IS YOUR JOB A PAIN IN THE NECK? ...HAND, ARM OR SHOULDER?

How To Help Manage Your Carpal Tunnel Syndrome



Special thanks to
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103
Eau Claire, WI
715-834-6333

My “pain” starts around 3 am each night. Sometimes it lasts for a few minutes and I can shake it off. Other nights I am not so lucky and it lingers for hours like an unwelcome relative wanting to borrow money

It’s like a zillion ants have beneath my skin marching in formation up and down my hand and sometimes my arm. The minute I recognize that “tingling” sensation, I shake my hand in hopes it will go away and not steal any more of my precious sleep. Sometimes the tingling stops. Other times the limb just goes “dead.”

It is 5:30 on a Friday morning. I have 25 minutes to be up and at ‘em for a very long day at my computer. I do all the classified ads and obituaries for a newspaper. **The good news is “ I still have a job.” The bad news is “My job is affecting my health.”**

Computer usage for extended periods of time can cause all sorts of health problems. For example, increased use of computers can be responsible for hand, arm, shoulder, and neck symptoms in 24-44% of office workers, with the shoulder and neck symptoms exceeding hand and arm complaints.

One common cause: a poorly set up computer station (desk).

The proper posture for a worker at their computer is feet on the floor, hips and knees at 90 degrees, elbows are bent at 90 degrees or slightly greater, the back is erect, chin tucked, and computer screen is directly in front at a slight downward position to the head.

A headset is also important, if phone work is common. Using a rackball style mouse so only thumb motions are needed, rather than moving your entire arm can be of great benefit.

Chiropractors are trained in analyzing posture and ergonomics and take patient education seriously.

Like all doctors’ offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable carpal tunnel and wrist pain relief, look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts. This doctor’s advice would be to listen to what your body is telling you and get some relief.

References: Ijmker (typo?) S, Blatter BB, van der Beek AJ, et al. Prospective research on musculoskeletal disorders in office workers (PROMO): study protocol. BMC Musculoskeletal Disorders 2006;7:55



THE AMERICAN IDOL CONNECTION TO NECK PAIN RELIEF...



Special thanks
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103
Eau Claire, WI
715-834-6333

If you have neck pain, you know how debilitating it can be. It is almost impossible to find a position that doesn't hurt... and trying to sleep often becomes one big nightmare. And here is the American Idol – Neck Pain “link”: Not too long ago, someone said the sound heard when their neck is adjusted is like listening to the worst-of-the-worst auditions for American Idol. Kind of like “nails on a chalk board”!

But, receiving this treatment can actually relieve your neck pain.

So what is a Chiropractic treatment? There are many types but here are two of the most common: manipulation and mobilization.

Manipulation creates the noise you hear when gas is released as joints in the neck area are unlocked, reset, and/or realigned and their normal function is restored.

Mobilization does not involve the noise. Instead, the neck is moved gently in a side-to-side or figure eight motion in an attempt to restore proper function.

Which is better? Recent research has shown... “There is moderate-to-high quality evidence that immediate clinically important improvements are obtained from a single session of spinal manipulation. The evidence for mobilization is less substantial, with fewer studies reporting smaller immediate changes.”

Most likely, both treatments together are helpful.

Like all doctors' offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable pain relief, look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts. This doctor's advice would be to listen to what your body is telling you and get some relief.

Reference: Vernon H, Humphreys K. Chronic mechanical neck pain in adults treated by manual therapy: a systematic review of change scores in randomized controlled trials of a single session. *J Manipulative Physiol Ther.* 2007; 30(3):215-227.



BEING IN DEEP WATER MAY BE BAD FOR YOUR RETIREMENT BUT GREAT FOR YOUR FIBROMYALGIA!



Special thanks
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103
Eau Claire, WI
715-834-6333

No matter if you have money invested in real estate, stocks or bonds... your retirement is most likely in deep water.

Sadly, many Americans have lost most, if not all, of their hard-earned savings. **And, if you have a serious medical condition like fibromyalgia (FM), money worries may be affecting you even more.**

But, being in deep water for retirement and FM are much different. And here is why... **It seems as through exercise helps many of the complaints associated with fibromyalgia.**

Symptoms such as pain, fatigue, non-restorative sleep, and mood all improve when fibromyalgia patients exercise on a regular basis.

A study divided 60 women into 2 groups: running on land vs. running in deep water. Scientists hoped to see what, if any, difference there was between these exercise options. As one might expect, in general, both groups improved significantly.

However, the deep water group improved greater in the emotional health category and obtained faster results with improved depression scores. Because running in water is less stressful on weight bearing joints like the knees and hips (due to the buoyancy factor), running in water may be favored in certain specific cases if the knees, hips or low back are problematic.

Each fibromyalgia patient has specific needs that should be evaluated by a doctor to determine what treatments can offer him or her the best results.

Like all doctors' offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable pain relief, look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts. **This doctor's advice would be to listen to what your body is telling you and get some relief.**



References: Jones KD, Adams D, Winters-Stone K, Burckhardt CS. A comprehensive review of 46 exercise treatment studies in fibromyalgia (1988-2005). *Health Qual Life Outcomes.* 2006;25:4-67.

Assis MR, Silva LE, Alves AMB, et al. A randomized controlled trial of deep water running: clinical effectiveness of aquatic exercise to treat fibromyalgia. *Arthritis & Rheumatism (Arthritis Care & Research)* 2006;55(1):57-65.

Neck Pain, Whiplash, and YOU!!!!



Special thanks
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103
Eau Claire, WI
715-834-6333

Going shopping should not be an extreme sport, but traveling the highways and byways of the Chipewewa Valley is sometimes just plain scary.

Finding the perfect sale can be daunting but nothing compared to navigating the roads and parking lots.

Have you ever hit the brakes to avoid smashing into the “1978 gas-gussling-boat” driven by a local crazy who thought stop signs were suggestions? You find yourself stopping so suddenly you are kissing your kneecaps while your neck goes into a serious “flip-flop?”...the flip flopping of your neck during whiplash?.

Most commonly, whiplash results from the quick, uncontrolled movement of your head and neck during a car accident. The speed at which the head is accelerated, compared to the rest of the body, results in a “crack the whip reaction,” which occurs before the muscles can tighten to slow down the motion.

This causes many types of pain – including headaches, neck, upper back, chest, arm, jaw, etc.

One can only imagine the pain suffered after a serious neck snapping. More importantly, one study found 58.8% of the 879 injured in car accidents were actually disabled after their accident.

Like all doctors’ offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable whiplash care, look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts. This doctor’s advice would be to listen to what your body is telling you and get some relief.

References: Work Disability After Whiplash: A Prospective Cohort Study Spine: 1 February 2009 - Volume 34 - Issue 3 - pp 262-267



OH, MY ACHING...LEG?



Special thanks
John & Judy Soborowicz DC CCN
3119 Golf Rd Ste103, Eau Claire, WI
715-834-6333

Yesterday, if you had asked my husband to describe his worst nightmare, it would have been any major holiday with relatives. My no-good-brother-in-law can ruin any gathering just by showing up.

Today, Artie would have been a “good time” compared to the trouble Brad was having with his back. Yesterday, he insisted on getting on the cottage roof to fix a few shingles. Though a kid at heart, he lived in the the body of a 62 year old grandpa with no more common sense than a gnat. Today, getting dressed was purely painful. Each movement brought a grunt and grimace followed by a groan. He was truly living “**his worst nightmare**” and it was **his poor aching back**.

Or maybe it was his leg? No wait....it was both.

Brad needed help and in a big way. He did get the answers and the help needed. We were both surprised at what we found out. Let me share.....

Certain low back conditions give rise to more than just low back pain. For example, leg pain can be more intense than low back pain, even though the cause of the leg pain is coming from the low back. When this happens, many patients complain that they have “sciatica,” which refers to radiating pain that starts in the low back and extends down into the leg. When the intensity of leg pain is worse than the low back, it can make patients wonder, “...**where is my problem really coming from?**”

When leg pain is present, it can be caused by either a pinched nerve, or, an inflamed facet joint.

When a nerve is pinched, the pain is quite specific, easy to describe and often extends below the knee to the ankle or foot. It can include muscle weakness, numbness in certain areas of the leg, and bending forward increases low back and leg pain while bending backwards reduces the leg pain (and sometimes the LBP).

When a facet joint capsule tears (technically, called a “sprain”), the pain is “referred” down the leg in a generalized, non-specific manner, usually described as a “deep ache,” often hard to describe and usually does not go below the level of the knee. Here, it feels better to bend forward and worse to bend backwards, of which neither movement changes or affects the leg in a specific way.

The good news is that both of these sources of low back and leg pain are very treatable with chiropractic care! The important point to remember is that obtaining prompt treatment, when symptoms first appear is best – as waiting and hoping it will subside on its own often results in a longer treatment course and is less satisfying for all concerned.

Care may vary from office to office, so if you are looking for a chiropractor who offers short term, affordable pain relief, look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts. Listen to your body and get some relief.

