



Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 www.drkarin4spine.com

Tendons and Injuries

Is it really an “-itis” ...or ???...

When we think of tendinitis we think of pain, burning and inflammation in the area of a tendon (the part that connects muscle to bone) after a sudden injury.

BUT.....

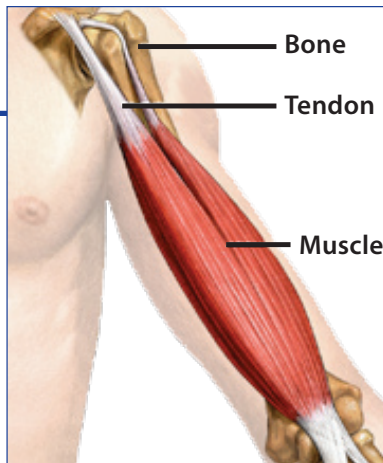
New research is showing that in fact the diagnosis of tendinitis is over used and that rarely are inflammatory markers found in the cells of the injured sites; this has prompted the need for a **new** classification of injury.

Tendinosis

Is a **degeneration** of the tendon's collagen (the main structural protein of the body's connective tissues) in response to **chronic** overuse. When overuse is continued without giving the tendon time to heal and rest, such as with repetitive strain injury, tendinosis results. Even tiny movements, such as clicking a mouse, can cause tendinosis, when done repeatedly. This chronic and degenerative condition takes much longer to heal (3-6 months) and requires more aggressive rehab to regenerate and strengthen the tendon's collagen.

Treatment guidelines for tendinosis include:

- **REST**—from repetitive work tasks: take a break for one minute every 15 minutes and a five-minute break every 20–30 minutes.
- **Ergonomic adjustments**—small changes make a big difference. Become aware of the repetitive tasks causing your tendinosis and reduce or eliminate these damaging motions.
- **Stretch and keep moving**—lightly stretching and moving the affected area through its natural range of motion will preserve active range of motion and flexibility.
- **Eccentric strengthening**—is lengthening a muscle while it is loaded and contracting. This type of exercise works to remodel, regenerate and strengthen the tendon's collagen.
- **Massage therapy**—helps to stimulate new collagen production, increase blood flow and removes tension on the tendon.



If you are suffering from tendon problems, Drs. Erin & Karin can help you to recovery.

It's nice enough to walk outside... finally!

Lovely spring weather is finally here and after a snowy, icy winter it's nice to walk outside. If you're getting out of winter boots and back into shoes, a detailed examination of your feet and your gait will reveal if orthotics will help. Visit the clinic for more details...we'll help put a “spring” in your step!

Post-mastectomy massage therapy

We all know that breast cancer is the most common cancer among Canadian women. Massage therapy and scar tissue work has many benefits for the post mastectomy patient, both on a physical and an emotional level.

Massage can relieve post-operative pain and edema. By increasing circulation, massage can promote the removal of toxins as it assists in the flow of lymph, blood and oxygen. Over time clients will experience increased range of motion and an improved quality of scar tissue. As pain and associated symptoms are relieved, there is less need for medications. Each treatment promotes relaxation, thus decreasing levels of stress and anxiety.

The following techniques are key in post-op treatment as they soften the scar tissue and loosen the collagen fibres within the scar.

- Hydrotherapy, namely castor oil, paraffin wax and the application of heat are excellent in helping with the pliability and flexibility of the scar tissue.
- Manual lymph drainage optimizes lymphatic circulation and drainage around the injured area.
- Myofascial release helps to ease and release constriction of the affected tissue.
- Massage helps to release the natural pulling of the surrounding fascia into the scar area.

Although massage may trigger emotions, healing evolves through a woman's improved awareness, improved body image, and a reconnecting to herself and coming to acceptance.

Michelle, Maria and Kathy are here for your journey...416-769-8072.





Counselling



Robert MacLennan, MA,
Therapeutic Counselling

Depression Weighs Me Down

Depression is insidious. It can feel like a heavy weight, a thick fog, a great weariness. It can feel pointless, hopeless, endless. Why has depression come? Strangely, it can be protecting us from feeling other stronger, clearer feelings that might be even harder for us to bear.

For example, maybe there are too many things weighing on us, too many worries, too many fears. Or maybe there's one huge worry eating away at us, one huge thing that would be awful to consider. The depression is nature's way of protecting us from having to face these things. This is where therapeutic counselling can help. By very carefully, but very purposefully, looking at the depression from all angles, gradually discovering its tactics and strategies, we begin to take it apart, bit by bit, and let it go. Then we can be free to address what's underneath, and that in itself can be a rewarding adventure.

More on therapy approaches at www.drkarin4spine.com

Women's health and Chiropractic



More and more often we are seeing moms come into the clinic ready to "take care of themselves again"! Women between the ages of 24-40 are busy climbing the career ladder at work, caring for their young children at home and balancing their family finances. As pressures mount, the busy lifestyle leads to unhealthy lifestyle habits such as loss of sleep, indulgence in comfort foods and spending long days [and nights!] in front of the computer.

The result is an increased likelihood of illness - migraines, irritable bowel syndrome, depression, high blood pressure or cholesterol and obesity are becoming an epidemic in this population.

So how does chiropractic help?

This constant influx of chronic stress can present itself as spinal distortions in the body. The cause of spinal distortion can be broken down into 3 categories:

1. Physical Stress (poor posture, history of trauma, poor ergonomics)
2. Chemical Stress (smoking, indulgence in comfort food, medication use)
3. Emotional Stress (marital disharmony, financial, children's success)

Spinal distortions cause nerve imbalance leading to decreased blood flow, increased tissue breakdown and eventual irritation of delicate muscular and nervous system tissue. The nervous system is the master system of the body; it is responsible for controlling and regulating all bodily functions. These include - circulation, hormone production (serotonin, adrenaline, endorphins), muscular contraction/relaxation and most importantly adaptability to stress. When the body isn't able to function optimally it leaves one susceptible to many illnesses and disease.

A 2004 study* found that the function of the nervous system is improved when mechanical stress is relieved with the Chiropractic *adjustment*. This results in better communication between brain and body.

Life is busy... but you only live once. At Hammerich Chiropractic Clinic we have the resources and staff to assist you in becoming the best you can be so that you can address chronic stress. You owe it to yourself and your family!

*Colloca CJ, Keller TS and Gunzburg R. Biomechanical and neurophysiological responses to spinal manipulation in patients with lumbar radiculopathy. JMPT 2004; 27 (1) 1-15

WORTH WHILE WEB

LOW BACK PAIN AND CHIROPRACTIC:

<http://www.youtube.com/watch?v=NRFIJS7W-6I&feature=youtu.be>

GREAT NEWS AND BLOGS FROM THE CANADIAN CHIROPRACTIC ASSOCIATION:

<http://www.chiropractic.ca/>

CHIROPRACTIC SERVICES A PART OF THE PAN-AM MEDICAL TEAM:

<http://www.rccssc.ca/index.php/2015-pan-am-medical-teams>

OUR RUN/WALK FOR CHIROPRACTIC RESEARCH AND EDUCATION:

Register online at: <https://www.cmcc.ca/sslpage.aspx?pid=939>
<http://www.mynextrace.com/events/cmcc-backs-in-motion/>



Dr. Karin will be walking and Dr. Erin will be running.
Come join us or pledge for us. Forms available at the clinic.

MOTHER'S DAY 
GIFT CERTIFICATES 
Say "I love you, Mom"
with the gift of good health
AVAILABLE NOW

Do you know someone who could benefit from chiropractic care? We appreciate your referrals.