



Hammerich CHIROPRACTIC Clinic

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

- DR. KARIN EXPLORES & SHARES - CLINICAL READINGS

GASTROESOPHAGEAL REFLUX DISORDER (GERD) IN AN INFANT WITH VERTEBRAL SUBLUXATION

The mother of a 10-month-old boy presented her son for chiropractic care with a medical diagnosis of gastroesophageal reflux disease (GERD).

The baby's complaints included interrupted sleep, difficulty feeding, poor appetite, repeated bouts of diarrhea, stomach distension, excessive intestinal gas, and poor weight gain. Previous, unsuccessful care involved medical treatment consisting of an over the counter antacid, followed by *Nexium*, and finally *Zantac*.

The child had *Vertebral Subluxation*; the spine may not function well from birth on (bad position in the uterus, difficult birth, C-section) and nerves may be compressed.

A course of conservative management was carried out, consisting of 13 chiropractic visits over a seven-week

...continued on back

It's a New Year; why not change gear?!

Now that the holidays are behind us, it is the perfect time to think about making healthy lifestyle changes that can have a significant impact over your lifetime.

Consider these two simple changes:

1. Consider the liquids you consume every day. The beverage industry goes to great lengths to sneak in sugar (usually high fructose corn syrup – HFCS) and fat into so called healthy beverages: energy drinks, vitamin water, specialty coffees, smoothies, etc. The average North American now consumes double the number of calories in the form of beverages compared to 1980. All your body really needs is good old H₂O.
2. Consider adding exercise, in the form of walking, for 30 min every day. Winter can be challenging due to the cold, wind, snow/ice and early darkness. One solution may be to create your own walking circuit in your building, at work or at home.

<http://www.cbc.ca/radio/whitecoat/blog/make-exercise-a-vital-sign-1.2890102>

Benefits of Massage Therapy for Seniors

Research suggests that the aches and pains associated with aging can be reduced with regular massage therapy. As the senior population continues to grow, so does the number of articles on the benefits of massage therapy for this special population.

Whether a senior patient has diabetes, osteoporosis, fibromyalgia, high blood pressure or is experiencing muscle pain from regular exercise or injury, techniques are modified in order to best achieve the patient's goals.

Some of the benefits of regular massage therapy for seniors include:

- Relief from osteoarthritis
- Improved recovery and healing from surgeries/injuries, post-surgical rehabilitation
- Relief of chronic pain
- Restored range of motion and flexibility

RMT CORNER



- Improved blood and lymph circulation, decreased blood pressure
- Increased immune system function
- Reduced anxiety, depression, tension and stress
- Improved sleep patterns

So seniors book an appointment for improved health with Michelle, Kathy or Maria by calling 416-769-8072.

**Valentine's Day
is just around
the corner**

**Give the gift
of a massage treatment
to an important senior
in your life.**

As a special Valentine's Day offer, our 30 minute massage therapy gift certificates will be available at a reduced fee of 50\$ (regular fee 60\$).

This offer runs from
February 1st to February 14th.



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Dr. Erin explains how to...

Stay flexible this winter!!

Skiing, snowboarding and hockey are high-speed sports that require strength, endurance, balance, skill, and co-ordination. The muscles involved are the quadriceps, hamstrings, glutes, abdominals and those of the lower back and arms.

Stretching is super important to help improve athletic performance and in the prevention and rehabilitation of sports injuries. Below are **3 great stretches** for snow sports.

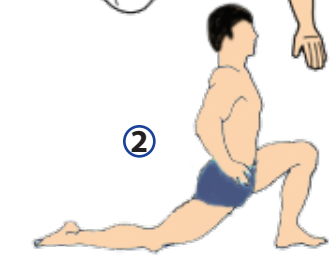
Lying Knee Roll-over Stretch (1):

While lying on your back, bend your knees and let them fall to one side. Keep your arms out to the side and let your back and hips rotate with your knees.



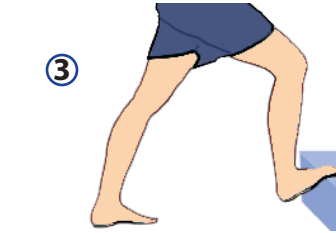
Kneeling Quad Stretch (2):

Kneel on one foot and the other knee. If needed, hold on to something to keep your balance and then push your hips forward.



Standing Toe-up Achilles Stretch (3):

Stand upright and place the ball of your foot onto a step or raised object. Bend your knee and lean forward.



These stretches are a great starting point, but you can benefit even more by adding a regular stretching routine to your activities!

For any questions or fitness advice contact Dr. Erin Madonia at 416-769-8072

...continued from front

CLINICAL READINGS

period, utilizing the diversified full spine protocol adapted for pediatric treatment. Notable improvements were attained throughout care, with complete resolution of GERD and return to normal weight.

Source: J. Pediatric Maternal & Family Health

OCCUPATIONAL LOW BACK PAIN (LBP) IN PRIMARY AND HIGH SCHOOL TEACHERS

The prevalence of LBP in teachers appears to be high. High school teachers were more likely to experience LBP than primary school teachers. Factors such as age, body mass index, length of employment, job satisfaction, and work-related activities were significant factors associated with LBP in this teacher population.

EFFECT OF CERVICAL SPINE MANIPULATIVE THERAPY ON JUDO ATHLETES' GRIP STRENGTH

A present study suggests that the grip strength of national level judo athletes receiving chiropractic adjustments improved compared to those receiving sham/placebo treatments (ie, ostensibly indistinguishable by the patient from the true technique).

Source: Journal of Manipulative & Physiological Therapeutics

Back Hot Spots

Want to know more about your back? Click on the link and then hit the Hot Spots!:

www.chiropractic.ca/resources/know-your-back/

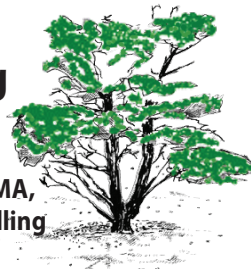
Getting It Together

We often feel **scattered, pulled apart, or fragmented** by the myriad pressures of life. Too many people making too many demands causing too many problems. If this goes on too long, we can become seriously confused, anxious, or depressed. We need to find some way of regaining control, reclaiming our sanity, and "getting it together." This phrase is really apt. If we take time to collect our thoughts and feelings about what is pulling us apart, then we can begin to **put ourselves back together**. Therapeutic counselling specializes in helping people sort out stressful situations and relationships, and set up inner strengths and resources, to deal with the myriad pressures of life.

More on therapy approaches at www.drkarin4spine.com

Counselling

Robert MacLennan, MA,
Therapeutic Counselling



AFRAID OF FALLING?

So strengthen your legs!

Leg extensions: This exercise can be done while watching TV or sitting at the kitchen table.

While seated, straighten out one leg and gently lift it off the ground to a height that's comfortable for you. Hold for 10 seconds if you can. Put that leg down. Extend and lift the other leg.

As your strength grows, add ankle weights to give your legs even more of a workout.

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