



# Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 [www.drkarin4spine.com](http://www.drkarin4spine.com)

*Dr. Karin advises...*

## Continued body maintenance-- you owe it to your health!

Why do you brush your teeth? Why do you take your blood pressure medication? Why do you follow a diet for Type 2 diabetes?...*Brushing prevents cavities. Medication controls blood pressure. Diet controls your blood sugar.*

Now that I have your attention...why should you have regular chiropractic care, especially once your problem has been "fixed"?

The latest scientific research has confirmed that *patients receiving chiropractic maintenance care during a 9 month follow-up period after intensive care maintained that improvement.* Patients **not** receiving chiropractic maintenance care reverted to pre-treatment disability levels over the follow-up period.

In another study, participants receiving spinal manipulation (SM) followed by SM maintenance care showed improvement in pain and disability scores at the 10 month evaluation. By contrast, pain and disability scores were at pre-treatment levels for study participants in the **SM without maintenance** care at 10 months. These investigators concluded that SM was effective as a treatment for chronic nonspecific low back pain, but to obtain long-term benefits a course of SM maintenance care may be required.

Take home message: it's important to complete your chiropractic care. It's important to continue on a regimen of maintenance care in order to maintain (control) the mobility you have acquired and prevent recurrences of your back pain as much as possible. You owe it to your health!

*Reference: The basis for spinal manipulation: Chiropractic perspective of indications and theory. Charles N.R. Henderson. Journal of Electromyography and Kinesiology. 2012.*

**WE GOT YOUR BACK!**

**CHI  
RO  
PRAC  
TIC**



Know someone who would benefit from chiropractic care?

Have them call us at  
**416-769-8072**

### RMT CORNER

*Kathy Madden, RMT, has expanded her repertoire of services for you:*

**Hot Stone Massage** – is a luxurious experience targeting a deep relaxing of muscle tension. Basalt stones are warmed and utilised with Swedish massage techniques to help relieve arthritic pain, improve circulation, aiding in diminishing anxiety, depression & insomnia.

**Reiki** – A non-invasive holistic healing approach utilizing Universal Energy that originated in Japan. It is a relaxing experience that eases pain and stress, balancing the Chakras of the body. The word Reiki means universal life force energy. You remain fully clothed while the practitioner channels energy with a gentle touch through a series of hand positions on or above the body. Most people feel relaxed and less tense at the end of a treatment.

*Call the clinic for an appointment: 416-769-8072*

**Get into training mode for:**

## Backs in Motion 10km Run & 5km Run/Walk

CMCC's 33rd annual *Backs in Motion 10 km Run and 5 km Run/Walk* will take place on **Sunday, May 1, 2016**. Join us and the local community for a fundraiser event in support of chiropractic education, research and patient care. Not a runner? We welcome strollers and dogs (release waiver required) for the 5 km walk!

As always, you can register at the clinic or online at:

[www.cmcc.ca/backsinmotion](http://www.cmcc.ca/backsinmotion)



**Un petit rappel:**

**Dr. Karin est heureuse de vous accueillir en français.**





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*Dr. Tara Hosie, our new chiropractic associate, specializing in acupuncture writes:*

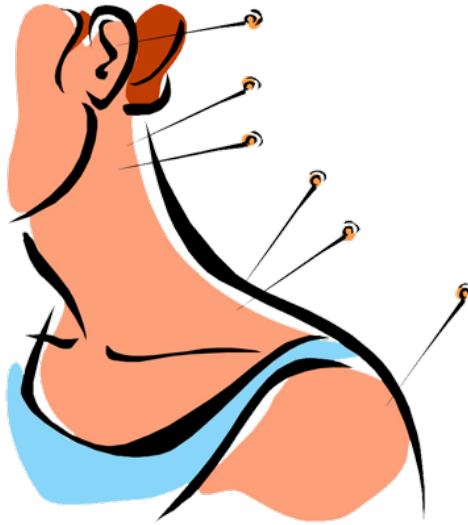
## ANNOUNCEMENT

### What is Contemporary Medical Acupuncture?

Contemporary medical acupuncture is a peripheral nerve stimulation technique in which acupuncture needles are inserted into specific sites on the body and then stimulated either manually or with the use of electricity in order to modulate abnormal activity of the nervous system.

It is also often referred to as neuro-functional acupuncture since its basis is derived from current concepts of neurophysiology, neuroanatomy and pathophysiology. It functions primarily to restore nervous system function either by up-regulation or down-regulation of cellular function. Hyperactivity of the nervous system is commonly present with stress and chronic pain and hypoactivity is commonly seen in cases of muscle weakness or inhibition. Acupuncture helps to normalize this activity by turning it up or down.

Completion of the *McMaster University Contemporary Medical Acupuncture course* is required to become a contemporary medical acupuncture practitioner. Graduates of this program rely on a thorough history and physical exam in order to make a diagnosis and develop a treatment plan. Selection of acupuncture points is based on the practitioner's extensive understanding of neuromuscular anatomy. Acupuncture can be used as a treatment on its own or in conjunction with chiropractic care.



*Conditions commonly managed with acupuncture include:*

- Headaches
- Neck Pain
- Chronic Pain
- Disc Herniations
- Shoulder Injuries
- Ankle Sprains
- Sports Injuries
- Stress/Anxiety
- Digestive Issues
- Inflammation
- Tennis /Golfer's elbow
- TMJ Disorders
- Carpal Tunnel Syndrome
- Knee Pain
- Shin Splints

*Dr. Tara can be reached at the clinic at 416-769-8072*

### Registered Psychotherapist



**Robert MacLennan, MA, RP**

Member of the College of Registered Psychotherapists of Ontario

In January 2016, Robert MacLennan, MA, RP, became a full clinical member of the *College of Registered Psychotherapists of Ontario*. This is a regulatory body of the Ontario Government, recently formed to ensure consistent high standards of practice among members of the psychotherapy profession.

In a professional relationship that is also collaborative and confidential, psychotherapy works to privilege your personal knowledge and experience, your hopes and values, and explore avenues for change. It opens the way for relief from patterns that no longer serve you; discovery of your inner strengths and wisdom; growth in your confidence to face challenges; and freedom to manifest the person you want to be.

*To contact Robert, call the clinic at 416-769-8072.*

**Dr. Heather Lawrence, our associate chiropractor who is also completing acupuncture certification, has expanded our clinic hours. She is available from 9am-1pm on Tuesdays and Thursdays.**

**Dr. Heather and Dr. Tara work alternate Saturdays from 10am-1pm.**

Visit the clinic to put some **SPRING** into your step... with custom made orthotics.

**DID YOU KNOW...?**

60-70% of an adult's body is made up of water.

30% of your bone mass is made of water.

1-2% of your body water has been lost by the time you feel thirsty.

*Plan ahead!....drink often!*

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