



Hammerich CHIROPRACTIC Clinic

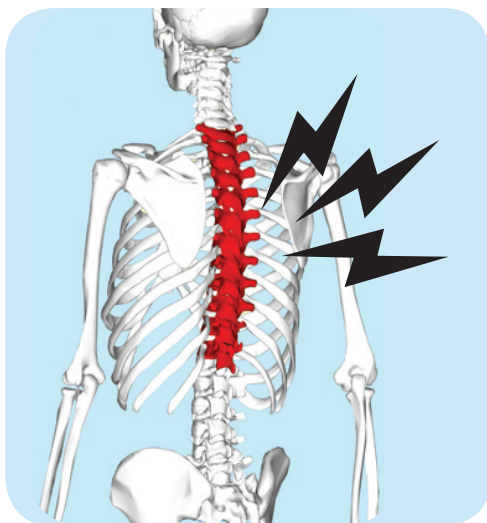
363 Jane St. 416-769-8072 www.drkarin4spine.com

Dr. Karin explains...

Dorsalgia—it's that pain in your mid-back

You all know that chiropractic care can help low back pain, neck pain, headaches etc. But who thinks of that area of your mid-back known as the thoracic [dorsal] spine?

A 2005 Job Analysis of Chiropractic [NBCE] found that 11.5% of patients consult with pain in this area. Prolonged sitting at computers, at school desks; long lasting coughs; leaning over a washing machine to get laundry at the bottom of the tub; wiping out the back of the oven, can all predispose to pain or neuralgias in this area. Pregnancy and nursing also put a tremendous amount of strain on the thoracic spine. Things become more complex and painful when pressure is exerted on the rib cage. This can cause local pain in the area of the affected rib or refer pain around the rib cage.



Good nerve function in this area is very important as the nerves to major organs emanate from the thoracic spine. Chiropractors are best at diagnosing the causes and treating the problems.

Pediatric chiropractic—why we ask?

Q What was your baby's position in the uterus?

A ...because abnormal positions can predispose to complications in the neck and thoracic area affecting nursing and digestion.

Q What was the birth process like?

A ...trauma with forceful traction to the neck or invasive techniques should be documented as neonatal trauma as these can lead to mechanical and/or nerve problems later.

Q How do you lift baby from the crib or car seat?

A ...improperly done, these can place strain on undeveloped supporting muscles.

— Did you know that...? —

- Baby walkers and jumpers place undue stress to the lower limbs and lumbopelvic region.
- Not supporting the neck and upper thoracic spine while carrying a newborn causes repeated microflexion and extension spinal trauma.
- 47.5% of infants have fallen from a high place in their first year of life
- Learning to walk creates repetitive compression forces on the buttocks.
- Falling while toddling can result in trauma to the occiput, neck and upper thoracic regions.

RMT CORNER

Thrillin' or chillin' this summer?

Massage good for both

With the warm weather finally here, our runners, golfers, cyclists and tennis players are out everywhere. These activities can herald the return of old injuries or new aches and pains from the changes in our biomechanics. Part of our training as massage therapists is learning how to incorporate therapeutic exercise into your massage therapy treatments in order to extend and maximize their benefits. Depending on your health history, we are able to provide you with activity specific exercises that are safe and easily incorporated into your daily routine.

A new study by researchers at the *University of Illinois* at Chicago has shown that massage therapy improves general blood flow and alleviates muscle soreness after exercise. It also showed that massage improved vascular function in people who had **not** exercised, suggesting that massage has benefits for people regardless of their level of physical activity.

"Our study validates the value of massage in exercise and injury, which has been previously recognized but based on minimal data," said Nina Cherie Franklin, UIC postdoctoral fellow in physical therapy. "It also suggests the value of massage outside of the context of exercise."

So whether it's tennis elbow, golfer's elbow, jogger's knee, Achilles tendonitis, "gardening neck" (*I made that one up!*) or just those sore muscles from opening up the cottage last weekend, we have many ways in which we can help.

Please don't hesitate to ask Michelle, Maria, or Kathy if you have any questions about activity specific exercises and treatments. We are here to help you keep active and enjoy the summer!

To schedule an appointment for Massage Therapy, please call the clinic at 416-769-8072.



Counselling



Robert Maclennan, MA,
Psychotherapist

The "Same Old Thing"

Have you ever wondered why you keep getting stuck in the same kind of difficult situations over and over again? This could be an example of what Sigmund Freud called "repetition compulsion." He theorized that such repetitions come from our desire to replay past situations and make them work out more to our liking. So how can we address this problem?

When we reflect on what's really important to us—our deepest thoughts, feelings, sensations, and actions—new **understanding** can come. At least two important benefits can result: (1) **confidence**, through discovering that our responses made good sense in the original situation, even though they may not be helping us now; and (2) **opportunity**, through realizing what alternative responses might work in current situations, and how we might practice and implement these new responses.

Psychotherapists are trained in ways to help people reflect deeply on their lives and discover such renewed understanding, confidence, and opportunity.

More on therapy approaches at
<http://www.drkarin4spine.com>

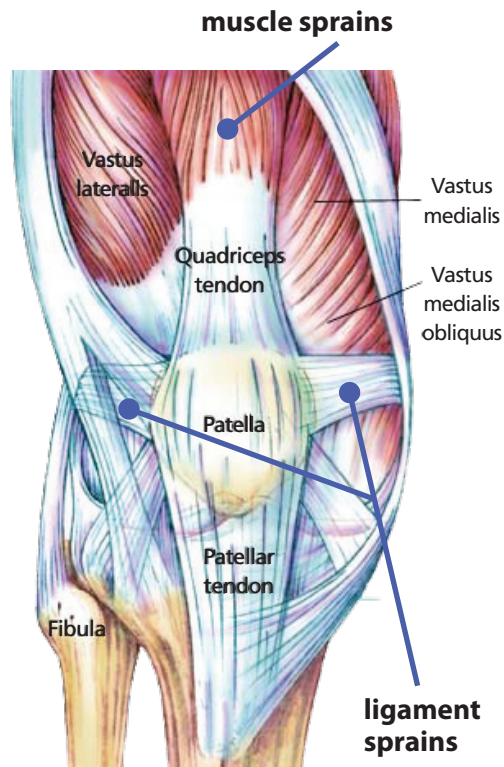
Dr. Erin helps with...

Knee sprains and strains

Ouch...

Summer is upon us! World Cup Spirit is in the air... and so are those common soccer injuries!

Knee pain can be caused by **ligament sprains** and **muscle strains**. These injuries are often a result of direct trauma (cleat to the knee), overuse (long weekend tournament) and muscular weakness and imbalance (lack of a proper training schedule). Well did you know that Chiropractors can treat knee pain!! **HOW?**



STAGE 1:

Decrease Inflammation and Pain... **HOW?**

- **Acupuncture...** increases blood flow - clearing out all of the **bad** inflammatory molecules in the area... releases endorphins - blocking your nerves from transmitting **pain** to your brain!!
- **Kinesiotape...** to help decrease swelling and to support the surrounding structures
- **Proper Icing Protocol...**

STAGE 2:

Normalize Joint Function ... **HOW?**

- **Chiropractic manipulation and mobilization techniques...** to the restricted areas of knee movement and to the joints of the spine which contain the nerves supplying the knee
- **Trigger-point therapy...** for the muscles surrounding the knee.

STAGE 3: Rehabilitation.... **HOW?**

- **Sport Specific injury prevention warm-up programs...** like FIFA 11+ for soccer!!
- Visit <http://f-marc.com/11plus/home/>; visit the office or contact **Dr. Erin Madonia** for more info about this program. **She can be reached at the clinic at 416-769-8072.**

Forearm stretch for tennis elbow

- Begin with your elbow straight and your palm facing the floor;
- With your other hand placed over the back of your hand, move your wrist slowly towards the floor until you feel a gentle stretch on your forearm muscles;
- Ensure that you stop if there is any pain, breath regularly & avoid "bouncing" the stretch;
- Hold the stretch for 30 seconds and repeat 3 times; this stretch can be repeated several times throughout the day and is also helpful for those of you who work at a computer



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