

Langford Chiropractic Clinic Newsletter



February 2005

New Laser Therapy at Langford Chiropractic Clinic

Some of you may have heard us talking around the clinic about our newest therapy called “low level laser therapy” or “phototherapy”. This is a noninvasive modality that is rapidly gaining popularity in modern biology and medicine.

The origin of phototherapy stems from natural light—used in healing for many centuries—starting with the ancient Greeks and Romans who recognized the benefits of sunlight. Europeans introduced laser therapy more than 30 years ago, and researchers in other countries such as Australia used laser therapy to accelerate wound healing. During the past decade the clinical application of laser therapy has gained widespread acceptance in Canada, Australia, and several European and Asian countries. It is now gaining acceptance throughout the United States and has been approved by the FDA for the treatment of various musculoskeletal conditions such as, carpal tunnel syndrome, temporomandibular joint disorder (TMJ), sprains and strains, tendonitis, back pain, headaches, neck pain, plantar fasciitis and many others.

Research has shown the ability of low level laser therapy to accelerate tissue repair and reduce pain, as well as stimulate the functioning of the immune, lymphatic and vascular systems, but how exactly does it do this?

During laser application, light photons are absorbed by light sensitive receptors within the cell membranes known as chromophores. These receptors initiate a series of important photochemical changes such as production of nitric oxide and increased Krebs’ cycle output, as well as changes in cell membrane permeability. This is important because the mitochondria and Krebs’ Cycle are the “power house” of the cell and produce all of the cellular energy called ATP. By increasing the production of ATP, the cell has more energy needed to accelerate the healing process. The following cellular activities occur:

- Increased cell metabolism
- Increased collagen synthesis
- New capillary formation
- Increased action potential of nerves
- Increased circulation
- Increased immune response (T-cells)
- Endorphin & serotonin production
- Decreased C-fiber activity (pain)

The previous cellular activities can lead to favorable patient outcomes: accelerated healing process, reduced pain, greater tensile strength in tissue repair, decreased edema and inflamma-

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Laser Therapy can:

- Accelerate the healing process
- Reduce pain
- Improve tensile strength in tissue repair
- Decrease edema (swelling) and inflammation

Back Surgery Can Be Worse Than No Surgery at All

by Dr. Heather Karls

A recent study of 18,000 patients with back pain by the National Spine Network database looked at the effects of previous low back surgery. The health status of patients presenting with current back pain was compared between patients who had prior back surgery and those who had no history of surgery.

The results of the study showed that patients with a history of lumbar spine surgery reported faring significantly worse when questioned about physical functioning, general health, and mental health

compared with patients with no history of surgery. These results also accounted for other confounding variables such as age, race, education, ethnicity, co-morbid conditions such as diabetes or obesity, body mass index and marital status. Patients having fusion surgeries were found to be especially vulnerable to more pain and dysfunction.

The latest data shows that between 5 and 18% of patients who undergo

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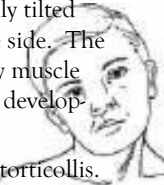
MRI of Low Back

Torticollis in Children by Dr. Anne Langford

Torticollis, sometimes called “fixed wry neck,” refers to a condition that is common in children and involves an abnormal position of the head and neck in which the head is laterally tilted with the chin rotated to the opposite side. The condition causes painful, involuntary muscle spasms; impedes normal growth and development, and disturbs vision.

There are several causes of torticollis. Some infants are born with torticollis, in which case it is called congenital torticollis. It is sometimes visualized at birth, but in many cases will not be evident until 2 to 4 weeks of age. This is likely caused by trauma to the muscles and nerves in the infant’s neck during delivery.

Most cases of torticollis in older children have sudden onset and may follow strenuous activity, mild trauma, or a sudden change in neck position. This is called acquired torticollis.



In both types of torticollis, it is very common to find misaligned vertebrae in the child’s neck.

The medical approach to this condition is often surgery on neck muscles, nerves and tendons and intensive physical therapy and drug therapy. If left untreated, some children will develop a deformity of the skull which will require wearing a helmet to correct. Unfortunately, these options carry a high risk for side effects and permanent consequences.

The good news is that chiropractors have been treating patients with torticollis for many years with considerable success, and recent publications in the field of pediatric medicine are finally giving credit to misalignments in the upper neck as a cause of acquired torticollis.



New Laser Therapy at Langford Chiropractic Clinic

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tion, and formation of new blood and lymphatic vessels through angiogenesis.

Laser therapy is performed at your regularly scheduled appointment time, usually just prior to or after your chiropractic adjustment. It typically takes 2-5 minutes for treatment with laser.

It is estimated that patients will experience maximal therapeutic benefit within 6-15

treatments; however, a course of treatment with laser therapy is variable depending on a number of factors such as, underlying pathology (acute or chronic condition), body mass, skin pigmentation, specific goals of treatment, severity of condition, etc.

There have been no reported negative side effects of laser therapy for the thirty years it has been in use, which makes it a terrific and safe alternative to medications in order to treat

“Between 5 and 18 percent of patients who undergo lumbar spine surgery require a reoperation”

Back Surgery Can Be Worse Than No Surgery at All

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lumbar spine surgery require a reoperation, contributing largely to significant patient pain and disability.

The good news? It is generally recognized in the health care field that for most back problems, exercise and conservative therapies, such as chiropractic care and massage therapy are the best and safest ways to stimulate the healing process.

A 1997 study published in the medical journal *Spine* found that spinal

manipulation - the treatment most frequently performed by doctors of chiropractic - is more effective than typical care from the general practitioner of physical therapy and medication at treating long-term chronic back pain. Further, a 1995 British Medical Journal study found that, after a three-year period, patients with back pain who were treated by chiropractors enjoyed 29% more improvement compared with those that were treated in traditional hospitals. The study also indicated that the beneficial effect of chiropractic on pain was

The Supplement You Should Take Everyday

by Dr. Kate Hansen

There are many reasons that a multivitamin/mineral supplement should be a part of your daily routine.

First of all, it is a well researched fact that free radicals accelerate the aging process and contribute to the development of many degenerative diseases. These free radicals are generated from the metabolism of oxygen within our cells, cigarette smoking, second hand smoke, exposure to ultraviolet light (natural sunlight or artificial tanning beds), exposure to radiation, alcohol, nitrosamines and other environmental toxins.

Studies show that individuals with superior antioxidant status have a reduced risk of cancer, cardiovascular disease, Alzheimer's disease, cataracts, macular degeneration and other degenerative diseases.

Similar results have been shown in studies involving B vitamins. For example, research has found that individuals who routinely ingest supplements containing B vitamins have a

lower risk of heart disease, certain cancers and age-related cognitive decline. Folic acid and vitamin B12 are also required for normal DNA synthesis and are therefore important in all people and especially for women who are pregnant or planning a pregnancy.

Other research has shown that most North American men and women do not consume the amount of calcium required to optimize and maintain a healthy bone mineral density. Insufficient calcium intake over a lifetime is a major contributing factor for osteoporosis, which currently affects one in four women and one in eight men by age 50.

Thus, a quality multivitamin/mineral supplement provides a good balance of antioxidants: vitamins A, C, E, and selenium, as well as crucial B vitamins and calcium. It is a simple way to get the added nutrients that your body needs to function optimally.

Clinic News

We would like to welcome Dr. Kate Hansen to Langford Chiropractic Clinic. She has worked at the clinic since last summer and was officially hired as our newest doctor on January 1st. She and her husband, Matt, recently purchased their first home near Lake Como in St. Paul.

We would also like to welcome Charlene Dixon to the clinic. You will see her smiling face behind the front desk. Charlene has been at our clinic since November 15th.

Intern News

Welcome to our new interns! We are thrilled to announce the arrival of our three newest interns. They are all T8 students at Northwestern Health Sciences University and will graduate in November 2005. They are very excited to meet you and be a part of your health-care.

Erika Hamel is originally from Madrid, IA. She spent five years at the University of Kansas, earning degrees in Psychology and Communication Studies. She also competed in track and field while at KU and maintains an avid interest in athletics and in treating sports related injuries.

We are sorry to announce that Dr. Laura Dronen is no longer working at our clinic. As you may have heard, Dr. Dronen is fulfilling a lifetime goal and will begin practicing with her husband. We will really miss her!

Congratulations to Katie (Schlozen) Swanson and her new husband Josh on their January 29th wedding.

Missy Matejicka is originally from Staples, MN. She spent two years at Central Lakes College receiving credits to attend Northwestern Health Sciences University. She is completing her bachelors degree in Science/Biology at NWHSU. She enjoys children and nannies for 3 families in the Metro area.

Linnea Soular is originally from Osceola, WI. She earned a bachelors degree in Exercise Sport Science and Management from Hamline University. She brings previous experience working with people as a personal trainer and gymnastics coach. Linnea was recently married in August 2004.



A 2001 Sleep in America poll showed a majority of American adults (63%) do not get the recommended eight hours of sleep needed for good health, safety, and optimum performance. In fact, nearly one-third (31%) report sleeping less than seven hours each week night. Sleep is an important part of good health.

Sleep Tips

Want a better night's sleep? Try the following:

- Consume less or no caffeine and avoid alcohol.
- Drink less fluids before going to sleep.
- Avoid heavy meals close to bedtime.
- Avoid nicotine.
- Exercise regularly, but do so in the daytime, preferably after noon.

Try a relaxing routine, like soaking in hot water (a hot tub or

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