

Langford Chiropractic Clinic

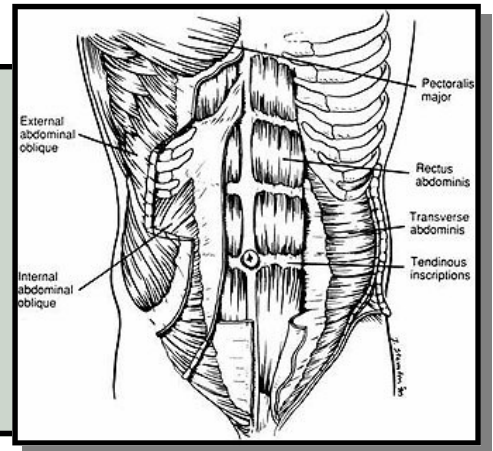
Fall 2006 Newsletter

Practical Advice for Core Strengthening & Stabilization

By: Dr. Heather Karls & Dr. Tamara Sukup

The core of the body is the low back and abdomen. Strengthening requires that you first have stability in the complex interactions between the skeletal, neural, ligamentous and muscular associations. These issues of core stability are well addressed through the chiropractic adjustment. That is how we can help you. What we would like to focus on is how you can help you.

Muscles play the primary role in dynamic stability. As you are aware, muscles do not strengthen themselves. You need to commit to training them. If you do not do anything else, at least target the core body muscles of your stomach and low back. Here are our suggestions.



Be body aware, when standing, sitting or lying down watch where your shoulders are, your head position, if you are slumped forward or crossing your legs.

Plank



- Lie face down on a mat resting on your forearms, palms flat on the floor.
- Push off the floor, raising up onto toes and resting on the elbows.
- Keep your back flat, in a straight line from head to heels.
- Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air.
- Hold for 20 to 60 seconds, lower and repeat for 3-5 reps.

Bridge



- Lie on your back with your knees bent.
- Contract your transversus abdominis. (These are the muscle that contract when you cough)
- Holding the contraction in your abdominal muscles, raise your hips off the floor .
- Align your hips with your knees and shoulders.
- Hold this position, take three deep breaths — or for about five to eight seconds.
- Slowly return to the start position, while maintaining contraction of your abdominal muscles.
- Relax and Repeat 5-10 times
- For a challenge, try alternately extending one knee while maintaining the bridge position.

Abdominal crunch

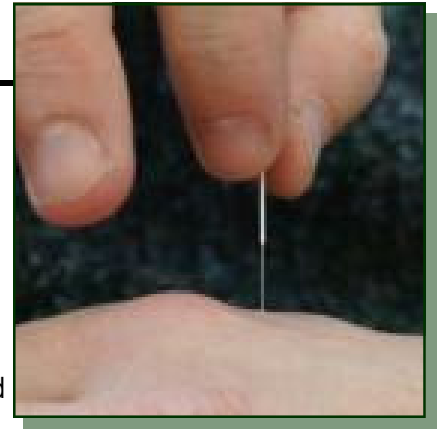


- Lie down on the floor on your back and bend your knees
- Place your hands behind your head or across your chest.
- Pull your belly button towards your spine, and flatten your lower back against the floor.
- Slowly contract your abdominals, bringing your shoulder blades about one or two inches off the floor.
- Exhale as you come up and keep your neck straight and chin tucked.
- Hold at the top of the movement for a few seconds, breathing continuously.
- Slowly lower back down, but don't relax all the way.
- Repeat for 15 to 20 repetitions with perfect form for each rep.

How many should I do? Quality of movement, not quantity is important. When setting up your core strengthening, do the most you can do with perfect form. Good form is working the muscles equally and focusing on the muscle contraction of the area you are strengthening.

Acupuncture Q & A

By: Dr. Tamara Sukup



Q: What is the origin of acupuncture and Traditional Chinese Medicine?

A: Acupuncture and Traditional Chinese Medicine (TCM) are rooted heavily in Eastern philosophy. The earliest documented Chinese philosophy relating to TCM dates back to the Shang Dynasty in the time period of 1766-1122 B.C. However, the current theory of how acupuncture points were discovered can be traced back to the Stone Age. It is thought that stone knives and sharp tools were used to relieve pain and disease. Often these were used just for lancing boils and primitive surgery; however, it is thought that patients may have noted sensations or changes of other parts of the body subsequent to treatment with these “needles”. Later these “needles” were replaced by bone or bamboo and then eventually metal. Whatever the origin, acupuncture is not exclusive to China. However, only in the East was it so highly developed. This occurred because of observation by ancient Chinese over hundreds and even thousands of years. It was noted that an individual point could affect many different symptoms. Symptoms could be treated that were near to and/or distal from the actual point itself, including internal organ pathology. This is based on the theory that acupuncture meridians, or channels, which extend from one region of the body to another allow for the flow of Qi (pronounced CHEE) along them.

Q: How does acupuncture work?

A: Acupuncture has been proven effective for a wide variety of disorders. Some claim the acupuncture effect can be explained by nerve stimulation, endorphin and enkephalin stimulation (the body’s natural pain killers) and increased circulation. However, none of these explanations offer the complete answer. As yet, no one has fully explained the effect of acupuncture in terms of Western medicine. The original explanation is immersed in the idea of energy, or Qi, which nourishes the body’s internal organs, muscles, tendons, bones, vasculature, nerves and connective tissues. Qi flows throughout the body in meridians which lead from the internal organs to the body’s surface. There are very specific acupuncture points along these meridians, these points are where Qi (energy) collects and can then be manipulated. There are 360 points on the meridians/channels, plus hundreds of extra points. There are also points known as Ah Shi points, or tender points, which are usually needed in pain conditions.

Q: Will my care be similar to that given by a Traditional Chinese Medicine practitioner?

A: Acupuncture utilized by Chiropractors is often a scaled down version of that used by Traditional Chinese Medicine practitioners. Chiropractors, most commonly, use acupuncture needling as an adjunct to spinal and extremity adjusting for musculoskeletal complaints, although, other conditions may be addressed simultaneously. A Traditional Chinese Medicine practitioner will likely take a more systemic outlook on treatment, making use of herbs, traditional needling, moxibustion, cupping, tongue and pulse diagnosis, etc.

Q: What should I expect on my first acupuncture visit?

A: A complete history of your complaint will be taken. Any questions or concerns you have will be addressed. Please be sure to inform the practitioner if you are pregnant, attempting to become pregnant, if you have any clotting disorders, are currently taking blood thinners or if you have a known blood borne pathogen. You will be expected to change into a gown before any needling can be performed. Acupuncture needles will be inserted per your complaint, at which time it is important for you to remain still, as large movements can be uncomfortable while the needles are in place and this will help in reducing the risk of needle breakage. Needles are commonly left in for approximately 20 minutes, at which time they are removed and disposed of. Insertion is often times painless, however, it is likely that some points will be tender; this is normal and often indicates that this point necessitates needling. Acupuncture may cause mild bleeding and or bruising. 6-12 treatments are often prescribed depending upon the overall health of the patient, patient response to treatment, duration and severity of the complaint.

Please call or stop by with any further questions, we would be happy to answer them!

Chiropractic & Pregnancy: Greater Comfort & Safer Births

Presented by: Dr. Anne Langford, Written by: Dr. Jeanne Ohm

How can chiropractic add comfort?

Chiropractic care in pregnancy is an essential ingredient to your pre-natal care choices. A large percentage of pregnant women experience back discomfort/pain during pregnancy. This is due to the rapid growth of the baby and an interference to your body's normal structural adaptations to that growth. Pre-existing unnoticed imbalances in your spine and pelvis become overtaxed during these times. The added stresses lead to discomfort and difficulty while performing routine, daily activities. Chiropractic care can relieve and even prevent the common discomforts experienced in pregnancy. Specific adjustments eliminate these stresses in your spine, restore balance to your pelvis and result in greater comfort and lifestyle improvements.

Comfort for your baby, too!

As your baby develops, your uterus enlarges to accommodate the rapid growth. So long as the pelvis is in a balanced state, the ligaments connected to the uterus maintain an equalized, supportive suspension for the uterus. If your pelvis is out of balance in any way, these ligaments become torqued and twisted, causing a condition known as constraint to your uterus. This constraint limits the space of the developing baby. Any compromised position for the baby throughout pregnancy will affect his or her optimal development. Conditions such as torticollis occur because a baby's space was cramped in utero. If a woman's uterus is constrained as birth approaches, the baby is prevented from getting into the best possible position for birth. Even if the baby is in the desirable head down position, often times constraint to the uterus affects the baby's head from moving into the ideal presentation for delivery. The head may be slightly tilted off to one side or even more traumatically, present in the posterior position. Any baby position even slightly off during birth will slow down labor, and add pain to both the mother and baby. Many women have been told that their babies were too big, or labor "just slowed down" when it was really the baby's presentation interfering with the normal process and progression. Avoidable interventions are implemented during a natural process into an operative one. Doctors of chiropractic work specifically with your pelvis throughout pregnancy restoring a state of balance and creating an environment for an easier, safer delivery.

"Chiropractic care can relieve and even prevent the common discomforts experienced in pregnancy."

Preparing for a Safer Birth

Dystocia, defined as a difficult labor, is something every woman wants to avoid. In addition to the pain and exhaustion caused by long, difficult labors, dystocia leads to multiple, medical interventions which may be physically and emotionally traumatic to both you and your baby.

Some of these interventions are the administering of pitocin, the use of epidurals, painful episiotomies, forceful pulling on the baby's fragile spine, vacuum extraction, forceps and perhaps even c-sections. Each of these procedures carry a high risk of injury to you, your baby or both! However, all of these procedures used to hasten the delivery process can be avoided if delivery goes more smoothly to begin with. When reviewing the obstetric texts, the reported reasons for dystocia are caused by pelvic imbalance and its resulting effects on your uterus and your baby's position. Chiropractic care throughout pregnancy restores balance to your pelvic muscles and ligaments and therefore leads to safer and easier deliveries for you and your baby. Additionally, the chiropractic adjustment removes interference to the nervous system, allowing your uterus to function at its maximum potential. Published studies have indicated that chiropractic care does in fact reduce labor time.

This pregnancy, include Chiropractic care and enjoy the many benefits it offers!

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We're on the web!
Langfordchiropractic.com

Welcome our New Faces at Langford Chiropractic Clinic

Hi, I'm Kate, one of the two Kates that will be greeting you at the front desk from now on. I've been here for about three months now, so, many of you already know me. I'm from the Highland Village area, and also work at the Bread Smith Bakery on Grand Avenue. So, if you see me in the neighborhood, be sure to stop and say hi! I'm looking forward to working with you all.
Here's to your health,

Kate

As the newest member of Langford Chiropractic Clinic I am enjoying my time away from school. I am a junior at the College of Saint Catherine and am hoping to graduate with a major in Fashion Merchandising and a minor in business in May of 2008. I moved to the area in September, due to my transfer from The University of Minnesota, Duluth. I am loving it so far!

Kate Ringdahl

Hi, my name is Virginia Kampmeier and I am in my 9th of 10 trimesters of Chiropractic School at Northwestern Health Sciences University in Bloomington. I will be graduating in April of 2007. I started interning at Langford Chiropractic Clinic at the beginning of September. I am originally from Graceville, Minnesota, but moved to St. Paul in 1995 to attend The College of St. Catherine where I graduated with a B.A. in biology. I look forward to meeting and working with you!

Virginia