

Spring
2006



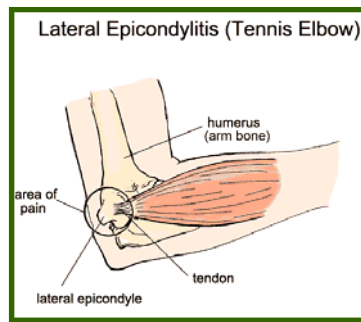
Langford Chiropractic

Sports Chiropractic

By Dr. Heather Karls

Spring is around the corner and the warm weather draws us out of the indoors and into sports. There are many conditions with famous names, Tennis Elbow, Little Leaguer's Shoulder, and Golfer's Elbow among many, all draw their names from the sports associated with them. Each of these conditions is associated with inflammation, muscle instability, and decreased joint mechanics.

"Tennis Elbow" or lateral epicondylitis is defined as a lesion affecting the origin of the tendons of the wrist extensors. Pain is located around the lateral aspect, or outside of the elbow, occasionally causing radiating pain along the 6th cervical nerve root (along the thumb and outside of the arm).



It is called tennis elbow because of the association between tennis playing frequency and the percent of people reporting elbow pain; however, tennis is not a prerequisite for the condition. Any excess strain placed on the elbow while in external rotation or on the wrist in extension could cause the muscles to spasm, the joint to become dysfunctional, and the elbow to

become inflamed and painful. Similarly, Golfer's Elbow is associated with pain along the inside of the joint associated with stress in internal rotation of the elbow and flexion of the wrist.

"Little Leaguer's Shoulder" is the common term for an injury sustained to the shoulder during repetitive throwing. This injury, as the name implies, is most common in young baseball or softball players whose shoulders have not fully matured. Excessive force placed on the shoulder during the throwing motion can cause a separation of the growth plate of the humeral head, the "ball," of the "ball and socket" of the shoulder.

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Kid's Need Chiropractic Too! Scoliosis & the Child's Spine.

By Dr. Anne Langford

Scoliosis is defined as an abnormal curvature of the spine greater than 10 degrees in the sideways or coronal plane.

Scoliosis Screening

Scoliosis can be readily detected during a thorough physical examination or during routine spinal screenings. Scoliosis screening is such an effective process that screenings are becoming a common occurrence in schools. Many school screenings are now carried out by local chiropractors or the school nurse.

Examination of a patient for scoliosis requires careful examination of the entire spine. A scoliosis which is evident with the patient in the standing position, but which disappears when the patient sits, is

most commonly classified as a **functional scoliosis**. A scoliosis which is evident in the standing position and which persists with the patient in the forward bending position is most likely a **structural scoliosis**. The forward bending test is performed by having the patient flex forward at the waist to 90 degrees with the hands clasped together in front. With the patient in this forward bent position, alignment of the ribs and spinal column should be evaluated. If a distortion is detected, such as a rib that is higher on one side, or obvious deviation of the spine to one side, then x-ray films should be obtained.

X-ray Evaluation

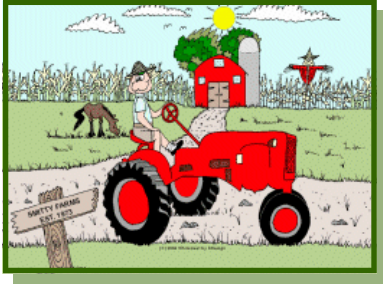
Any patient who has the signs of apparent scoliosis should have their spine x-rayed. Scoliosis is characterized by a number of factors, including the angle of the curvature which can be determined only by X-ray evaluation.



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Organic vs. Conventionally Grown Food

By Dr. Tamara Sukup



What is Organic Food?

Many of us had never heard of organic food, let alone the benefits of it, until recently. However, this topic has become quite heated in the past decade. Organic food is produced without using most of the conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation. The meat, poultry, eggs & dairy products come from animals that are given no growth hormone or antibiotics. The farms and companies that handle and process organic food are held to strict standards and must be government certified. The farmers producing organic food emphasize the use of renewable resources and conservation of soil and water to enhance environmental quality for future generations.

How can I tell if food is organically or conventionally grown or produced?

Look at package labels and watch for signage in your local grocery store or farmers market. There are strict labeling laws put forth by the USDA to inform consumers of the exact organic content. There is a voluntary USDA organic seal which notifies the consumer that a product is at least 95% organic. Be an informed buyer as labels can be tricky!



Voluntary USDA Organic Seal, notifying the consumer that the product is at least 95% organic.

Why is eating organic important?

A great majority of Americans are deficient in organic minerals because inorganic chemicals, pesticides, and herbicides have destroyed nearly all of the critical organic complexes, elements and minerals in our soil. Therefore, leaving our food and bodies depleted. Organic practices, as noted previously, emphasize the conservation of soil and its essential components. The food simply has more nutrients when grown organically, nutrients essential to our bodies. We need these nutrients in abundance to sustain life, enhance growth and development and accentuate the healing process.

Humans can reduce their exposure to pesticides and other toxic chemicals by eating organic foods. In a 2003 study, the CDC looked for 116 synthetic pesticides in the urine and blood of 9,282 people.

They found that toxic pesticides, often used in conventional practices, exceeded the permitted thresholds set by government health and environmental agencies. The CDC also found that the pesticides are twice as likely to be harmful to children. Many of these chemicals have been found to enhance the incidence of cancer, weaken our immunity, disrupt our endocrine system, decrease fertility and cause birth defects.

Eating conventionally grown food is not our only source of pesticide exposure, but it is one source over which we have some control. Avoiding the use of toxic pesticides and cleaners in our homes and yards is another way to reduce our body burden of toxic residues.

To find out what pesticide residues are found on the USDA's sampling of conventionally grown fruits and vegetables, check the website, <http://www.foodnews.org>, and look at the specific vegetable or fruit of interest.

Not only will our body's thank us for eating organic but so will mother nature and the environment. Organic farming allows for cleaner air, cleaner water, better soil and decreased fuel consumption.

Local retailers carrying organic foods and products

- Mississippi Market Co-op (St. Paul)
- Whole Foods (St. Paul, Minneapolis)
- The Wedge Co-op (Minneapolis)
- North Country Cooperative Grocery (Minneapolis)

"Organic food is produced without using most of the conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation."

- Linden Hills Food Co-op (Minneapolis)
- Valley Natural Foods Cooperative (Burnsville)
- Lakewinds Co-op (Minnetonka)
- Just Food Co-op (Northfield)
- Peace Coffee (Minneapolis company selling shade grown, organic, 100% Fairtrade coffee)

More information on this topic is available from the following websites:

- www.OrganicConsumers.org
- www.newfarm.org
- www.panna.org
- www.ifoam.org (International Federation of Organic Agriculture Movement)

There are also resources available for those of you who like to have food delivered to your home, if you are interested please inquire at Langford Chiropractic.

Happy eating, your body and mother nature will thank you!

Cont'd "Kids need Chiropractic Too"

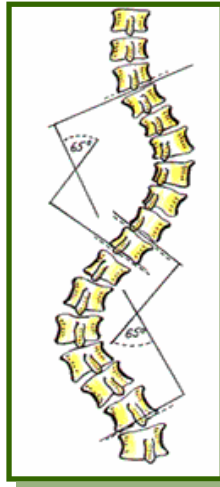
In addition to determining the angle of scoliosis, X-ray will reveal the apex vertebra, or the bone in the curve deviating furthest from normal position.

Functional Scoliosis

Patients with suspected functional scolioses should be evaluated for leg-length inequality or pelvic distortion. A scoliosis which disappears when the patient bends forward at the waist is classified as a *functional scoliosis*. Frequently, these scolioses can be corrected by spinal and pelvic adjusting.

Congenital Scoliosis

Congenital scoliosis is associated with failure of appropriate formation of the spine in utero. It may be due to specific vertebral abnormalities. The goal of any management program is to prevent the progression of the scoliosis. Classically, bracing has been the method of choice to prevent further progression of the curve. Initially, watching and evaluating the curve, especially small ones, may be appropriate. Also, curves may be nonprogressive, but this can only be determined by evaluation over a period of 6-12 months.



Idiopathic Scoliosis

The most common form of scoliosis is *idiopathic scoliosis*, which means scoliosis of unknown origin. Idiopathic scoliosis has no associated back pain, therefore, any young patient who presents with scoliosis, accompanied by associated back pain, should be evaluated carefully for an alternative cause for their complaint.

Idiopathic scoliosis is more common in females and tends to progress more rapidly during an adolescent growth spurt.

Scoliotic curvatures which are less than 25 degrees can be safely treated in the chiropractor's office, without referral for orthopedic opinion. Once the curvature reaches or exceeds 25 degrees, the patient should be referred for possible bracing. Some scolioses have tendency to progress more than others. Such scolioses are

seen in females who have not reached skeletal maturity, whose condition developed before the onset of menses, and whose curvature measures 20 degrees or greater.

Neuromuscular Scoliosis

Scoliosis associated with neuromuscular disorders, e.g. cerebral palsy, tend to be progressive and usually require bracing to minimize deterioration. These scolioses, especially if the patient is wheelchair bound will require surgery to prevent the curve from progressing.

Treatment

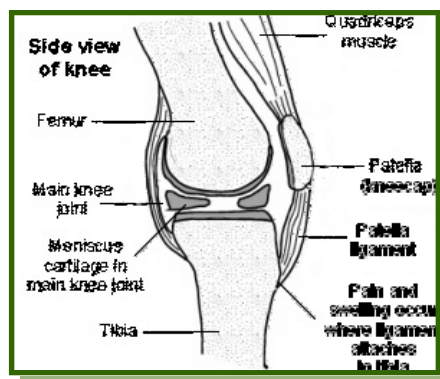
Most scolioses respond well to chiropractic care because as the spine is growing and developing, correcting the alignment can help to decrease the degree of curvature. Spinal stabilization exercises are also important to keep the supporting muscles of the spine strong. This, in turn, helps to prevent the curve from progressing. Swimming is also an excellent form of exercise for patients with scoliosis.

Sometimes scoliosis can progress to a such a degree that bracing and/or surgery are necessary; however, these extreme circumstances are rare.

Cont'd: Sports Chiropractic

Other injuries to the shoulder include the SLAP lesion (Superior Labrum Anterior to Posterior) which is caused from abnormal movement of the humeral head, often caused by joint instability or muscle imbalance. This abnormal movement puts excess stress on the labrum, the cartilaginous cup the shoulder sits in, and causes the labrum to tear away from the bone. Adjusting the shoulder to restore proper joint movement and muscular balance can help to avoid injury.

"Adjusting the shoulder to restore proper joint movement and muscular balance can help to avoid injury."



Osgood Schlatter's disease is a common injury to the knee and is most often seen in young children with year round sports schedules. Osgood Schlatter's disease is when the tendon from the patella, or kneecap, tears from the tibia, or shin bone. Symptoms most commonly include knee

pain and shin pain. Certain sports such as soccer, gymnastics, basketball, and distance running are considered to be risk factors. Helping to maintain proper joint mechanics and tissue elasticity is thought to help regain function, prevent weakness, and avoid re-injury.

Whether due to sports or not, many aches and pains in the shoulders, elbows, wrists, hips, knees and ankles can be evaluated and effectively treated by a chiropractor. I am often asked how long an injury will take to heal and it is a very individual process. Some people can be pain free and heal the tendons and ligaments very quickly, others due to age, nutritional factors, and life demands, heal slower. It is a process and Chiropractic care can help not just for today, but to maintain that joint integrity for tomorrow.

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New Faces!

Bari Fenster is a native New Yorker, currently in her 9th of 10 trimesters at Northwestern Health Sciences University in Bloomington, MN. In addition to the courses required for graduation, she is pursuing a Diplomate in Pediatrics through the International Chiropractic Pediatrics Association. This certification will enable her to better serve the littlest of patients! When she has a free moment, she enjoys supporting the local music/theater scene, watching independent films, and traveling to visit family and friends. Bari loves interacting with people, is committed to the wellness of each patient that she treats, and looks forward to meeting you soon!

Hello Friends of Langford Chiropractic Clinic!

As most of you know, Dr. Kate Hansen has moved to Sioux Falls, SD. I have stepped into her position, spending the past couple of months easing my way into the clinic and getting to know some of you.

I grew up in Ankeny, Iowa, which is about 10 miles north of the capitol, Des Moines. I did my undergraduate work at Colorado State University in Fort Collins and finished up at the University of Iowa in Iowa City. I moved to the Twin Cities five years ago to begin my journey in Chiropractic school at Northwestern Health Sciences University in Bloomington. I currently live in Northfield with my fiancé, Matt. When Dr. Hansen found out she was moving she contacted me with the opportunity to join Langford. So...here I am!! I'm thrilled to be back in the city, working with a wonderful group of people and doing what I love, Chiropractic. I have continuing education in nutrition, acupuncture, craniosacral therapy and applied kinesiology. I also teach anatomy and physiology at the Minneapolis School of Massage and Bodywork. If I have free time you will likely find me on my bike, curled up with a novel, spending time with my friends and family or around town flashing my camera.

Thanks for the opportunity to introduce myself. I look forward to our time together and I appreciate the warm welcome.

Cheers!

Dr. Tammy Sukup