

July 2008

Body Business

Nelson Chiropractic and Rehabilitation Clinic

Volume 1, Issue 1

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Active Release Technique—ART—works for many conditions

Many of you may not be aware that each day, **nearly 40%** of our patients are being treated for conditions other than neck and back pain. Active Release Technique (ART) is extremely effective at treating soft tissue conditions such as carpal tunnel syndrome, tennis elbow, plantar fasciitis, and shoulder impingement syndromes among others.

90% of chronic pain in this country is due to soft tissue injury. We work on site at Willmar Poultry two days each week treating these conditions before they become severe enough to require care in office. OSHA,

which governs work related injuries, has listed ART as a Best Practice in the work place. ART works on site at large corporations nationwide such as Halliburton, Chrysler Daimler, US Postal Service and 100s more. ART is, of course, equally effective in the treatment of neck and back pain.

The next time you have a condition that is not neck or back related, remember that NCRC and ART very effectively treat extremity conditions !



www.activerelease.com

“For nearly 15 years, I suffered from the pain of carpal tunnel. Even though I wore wrist splints to bed every night, often I woke during the night in agony. My sister, who lives in Canada, said Active Release Technique had cured her carpal tunnel, so I called NCRC for an appointment. After ART treatments, I have put my wrist splints away and now sleep through the night without pain.”

-Judy

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Notes...

- ART is effective for all types of soft tissue injuries—feet, legs, torso, back, neck, arms, elbows, jaw. Soft tissue is soft tissue!
- Be mindful of the ‘window’ of optimal treatment time when dealing with auto injuries.
- Thank you for trusting us with your health!

Manipulation

Of course, we can’t talk of care at NCRC without talking manipulation. Chiropractic manipulation has been heavily studied and it is now considered by researchers to be a front line treatment for acute or chronic neck and

back pain. It also is one of the safest health care treatments you will ever have. We have several validation studies done by independent researchers for those of you who are interested.



MedX—the Gold Standard for neck and back strengthening

MedX is a highly sophisticated group of machines that strengthen your low back, neck and torso like no other machines in the world. Designed twenty years ago by Arthur Jones, the inventor of Nautilus, it revolutionized the treatment of chronic neck and back pain. People with chronic neck and back pain have developed weak muscles, and these need to be strengthened to increase quality of life and decrease pain. MedX has been tested and peer-

reviewed by well respected researchers over 40 times in the best peer-reviewed journals in the world. Nothing else is able to give this type of meaningful, localized strengthening like MedX. Specialists refer patients to our office with hopes of eliminating the need for surgery or strengthening the neck and back after surgery.

If you suffer from chronic neck and back pain, consider NCRC for all of

our unique interventions— including **MedX**.

www.medxonline.com



BioFlex—Low Light Laser Therapy

Laser (low intensity light therapy) is quickly becoming popular in the US. It has been used successfully in Europe and Canada for decades. It works by causing tissue to heal itself. We utilize the Cadillac of laser machines, the BioFlex Laser. We have found that in combination with ART and our other interventions such as axial decompression and manipulation, BioFlex helps give superior results. We have seen excellent outcomes that are reproducible on many conditions including :

- **carpal tunnel syndrome**
- **tennis elbow**
- **plantar fasciitis**
- **herniated discs**
- **arthritic joints such as knees, hips, ankles, shoulders, fingers and toes**
- **spinal stenosis**

WHAT DO THE EXPERTS SAY?

"What can you do if you've tried every conceivable way to relieve pain? You've been treated by anti-inflammatory drugs, cortisone, painkillers, physiotherapy, massage and finally, surgery. Yet the pain continues unabated. A technique, known as Low Intensity Laser Therapy (LILT) could be the answer. "

Dr. Gifford Jones MD, Syndicated Medical Journalist

Light Therapy "represents a quantum leap in Medicine. It's a change from the standard medical models of drugs and surgery where you are basically either poisoning or cutting the patient."

Harry T Whelan, MD Professor of Neurology at the University of Wisconsin Medical School and a leading researcher in the field

www.meditech-bioflex.com

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Dr. Harry T Whelan, MD



Had a fender-bender or auto crash?

At NCRC , we have years of experience in the treatment of whiplash related injuries and have been tested and certified through the Spine Research Institute of San Diego for the treatment of whiplash. This Institute is the only place in the country that has ongoing research using crash studies to help us better understand this difficult phenomenon. Each year there are 3-5 million whiplash injuries of which 2 million become chronic . Of these chronic injuries, 10 percent become disabling. We know that at any given time roughly 20% of our US population has chronic neck pain —about 70 million people. Studies have shown that nearly 45 % of patients, when questioned as to the cause of their chronic neck pain, relate it back to a past auto accident. Thus, doing the math, we find that at any one time 45% of 70 million chronic neck pain patients, or 32 million people, relate their pain to a past car accident.

Adding to this epidemic is the fact that we have more cars driving on the same number of miles of road each year. We are adding nearly 2 million to the roles on a yearly basis. **Whiplash is real!**

So...what can I do?

The best opportunity to return to a pre-injury status after a car crash is to begin proper care early on. Studies show that if you are still symptomatic at 4-6 months, you are very likely (87%) to continue to have pain at two years, leaving you with a permanent condition. **DON'T MISS THE WINDOW.**

At NCRC, we can help!

www.srisd.com

www.injuryresources.com

First of all, we have referral privileges to Rice Hospital if you need x-rays, an MRI, CT scan or blood work. We also utilize many on-site diagnostic tools to objectively document your injuries at NCRC. In addition, we have many interventions under one roof at NCRC. Once you improve through passive care, we begin with active care including MedX and other interventions in our fully equipped PERFORM Fitness Center.



Don't miss the window...

Often times an injured patient is told that, “This will heal since it is just a soft tissue injury.” 90% of all chronic pain in this country is due to soft tissue injury. A heart attack involves soft tissue as does MS. Broken bones heal with more bone, making the bone as strong as before the fracture. Soft tissue heals with scar tissue instead of the original tissue, leaving you with chronic weak and spastic muscles.

DO NOT wait for several weeks to determine if you can get better on your own. Research tells us that the window of time to heal properly is short lived.

If you are involved in a car accident, remember NCRC for your health care needs from the acute phase forward to rehabilitation. We have an array of complete evidence-based interventions to meet your needs.



NCRC

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Axial Decompression

Axial decompression, or traction, has been an excellent addition to our repertoire of interventions. We find it effective enough that we have three tables in use throughout the day. Research clearly indicates the benefits of traction in strengthening the scar tissue which is replacing injured tissues after a car accident or other injury.

We have also had excellent results using decompression for the treatment of **herniated discs** and **spinal stenosis**, a degenerative joint disease of the neck and low back.

We have found that decompression in combination with our other interventions, such as laser, is more successful than as a stand alone treatment.



Reach for Health!