

The Alliance Update

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Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Cervical/Thoracic Spine Manipulation/Mobilization for Shoulder Conditions

Sources: McClatchie L et al., Manual Therapy, 2009; 14: 369-374. Boyles RE et al., Manual Therapy, 2009; 14: 375-380.



One of the most common physical complaints is shoulder pain. Shoulder impingement syndrome (SIS) is a generic term for a common ailment involving painful pinching of the rotator cuff tendons during shoulder elevation. This condition is responsible for a large percentage of shoulder complaints.

A relationship between cervical (neck) and thoracic (upper back) spinal joint dysfunction and shoulder pain has long been suggested, and makes sense based on the nerve supply of

shoulder structures as well as functional anatomy of the region. Anecdotally, manual therapists have reported reduction of shoulder symptoms after treatment aimed at the cervical and/or thoracic spine regions, despite a lack of published literature to support this approach. Two recent studies provide support for manipulation/mobilization of the neck and upper back for treatment of shoulder impingement.

The first study assessed mobilization of the lower neck area (C5-7) for subjects with shoulder pain (average age ~49) who were asymptomatic in the cervical spine. Both male and female subjects were included who had shoulder pain (with a painful abduction arc) of at least six weeks duration that was unresponsive to standard physiotherapy including “traditional” movement, strengthening, and/or electrotherapeutic modalities. Excluded were those with neurological deficits, neck pain in the previous year, or a history of injection therapy or shoulder surgery. All patients attended two study sessions (one mobilization and one placebo, four days apart).

Results: Following the mobilization, the level of pain and shoulder range of movement improved significantly when compared with the placebo treatment.

The second study group (average age 32), was exploratory, investigating the short term effects of thoracic thrust manipulation on shoulder impingement subjects. All participants underwent a standard physical examination followed by one treatment session involving thrust manipulation directed at the thoracic spine. Before and 48 hours post-treatment, subjects completed two questionnaires rating pain and overall shoulder function, as well as underwent pre and post manipulation orthopedic testing.

Results: There was a significant difference in 48 hour post treatment pain improvement and shoulder function following upper thoracic spine manipulation.

These two studies summarized above paint a promising picture of the role of manipulation/mobilization in the management of shoulder conditions. Improvements were noted in pain levels, range of motion, and orthopedic test pain levels.

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How Much is Too Much Sugar?

Source: Nutrition Action, Bonnie Liebman • July 31, 2015



Soft drinks, sports drinks, fruit drinks, energy drinks, coffee drinks, cupcakes, cookies, muffins, donuts, granola bars, chocolate, ice cream, sweetened yogurt, cereal, and candy. The list of sweet temptations is endless.

The average American now consumes 22 to 28 teaspoons of added sugars daily—mostly high-fructose corn syrup and ordinary table sugar (sucrose). That's 350 to 440 empty calories that few of us can afford.

In 2009, the *American Heart Association* suggested a limit of added sugars: no more than 100 calories a day for women and no more than 150 calories a day for men. The heart association wasn't just concerned about "the worldwide pandemic of obesity and cardiovascular disease," but also about the healthy foods that added sugar replaces. "To follow recommendations to lower the risk of heart disease, diabetes, osteoporosis, hypertension, you name it, you have to use most of your calories for fruits, vegetables, grains, milk, meat, fish, poultry, and oils," explains Susan Krebs-Smith of the *National Cancer Institute*. "Very few calories are left over for empty calories."

In her analysis of a nationally representative survey of more than 16,000 people, roughly 78 percent of women and 67 percent of men ate too much added sugar. "For example, for someone who eats 2,000 calories a day, 'too much' was more than 130 calories' worth of added sugar," she says. Not surprisingly, more than 90 percent of the people also came up short on green and orange vegetables, beans, dairy, and whole grains. "Most calories need to count for something nutritionally" adds Krebs-Smith.

Growing evidence suggests that added sugars aren't just empty calories—they are harmful calories.

"We saw huge metabolic differences between people who consumed fructose instead of glucose, despite the same weight gain," says Stanhope. "Many people believe that excess calories are the problem, and it doesn't matter where they come from. But now we know that that's not true."

What to do:

Women should aim for 100 calories (six and a half teaspoons) a day of added sugars, while men should shoot for 150 calories (nine and a half teaspoons) a day. Even less may be better for your heart. The *World Health Organization* recommends aiming for less than six teaspoons per day for additional health benefits.

Suggestions to reduce sugar intake include: not drinking sugar-sweetened beverages; limiting fruit juices to no more than one cup a day; and limiting all added sugars, including high-fructose corn syrup, cane or beet sugar, evaporated cane juice, brown rice syrup, agave syrup, and honey. Don't worry about the naturally occurring sugar in fruit, milk, and plain yogurt.

Sunlight for Your Health

Source: <http://articles.mercola.com/sites/articles/archive/2015/12/27/vitamin-d-sunlight.aspx>



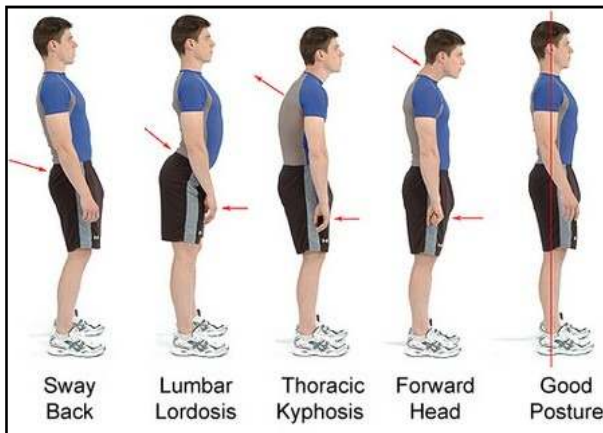
When you're exposed to sunlight, all of the sun's energy is hitting your skin. Over the past 40 years, dermatologists have promoted the idea that you should never be exposed to direct sunlight because it will damage your skin and cause skin cancer. What they fail to appreciate is that when you're exposed to sunlight, many important biological processes occur in your skin. This is distinct from swallowing oral vitamin D. While taking an oral vitamin D supplement will improve your vitamin D status, you forgo the benefits sunlight offers beyond vitamin D production.

Unfortunately, the vast majority of people have no alternative in the winter months. But in spring, summer, and fall, it is wise to take advantage of sensible sun exposure. Sunlight provides plenty of benefit such as:

- Produces vitamin D which influences bone, muscle, and immune system health and function
- Produces beta-endorphins, making you feel better
- Produces nitric oxide, which can help lower your blood pressure
- Influences a whole host of other positive chemical reactions that are absent when simply taking a vitamin D supplement.

Good Posture

Source: <http://www.chiropractic.ca/straighten-up-canada/>



Good posture not only makes you look better, it also delivers increased energy, better breathing, improved circulation, and less wear-and-tear on your joints. Posture is an investment in both your appearance and your health.

The secret to good posture is maintaining the spine's natural curves. If your spine is not properly aligned, your muscles and ligaments have to work harder to keep you upright and this can result in strain and pain. When you slouch, you also put pressure on your lungs and stomach. This can affect breathing and digestion, as well as blood flow.

Does your Posture Pass the Test?

Use a three-way mirror or have a friend help you check out these markers:

- When standing, your head, shoulders, hips and ankles should line up, one comfortably above the other. Your knees should be slightly bent and your feet should be shoulder-width apart or more.

- When looking at your back, are your shoulders and hips level or is one side higher than the other? Does your head tilt to one side or the other? Does one shoulder blade seem to be more prominent than the other? Do the muscles of the back seem more developed on one side, compared to the other? A healthy back should be symmetrical.
- When looking from the side, your neck and low back should curve to the front of your body, and your mid-back and pelvis should curve to the back. Postural distortions in the curves of your spine mean stress and strain on your back.

Tips for Standing Tall

- If you use a bag or briefcase with a single shoulder strap, choose a strap that is long enough to place over your head and rest on the opposite side from the bag. This helps distribute the weight of the bag evenly and prevents distorting your posture.
- High heels throw your spine out of alignment, making good posture difficult and often leading to low back pain. A low-heeled, supportive shoe is best, but if you are devoted to your fashion footwear, try to restrict the height to no more than two inches.
- Try not to sit in any one position for a long period of time. Take a quick stretch break or change positions every 30-45 minutes. For a quick and easy spinal stretch, stand up and raise your arms above your head.
- Strengthening your core back and abdominal muscles will help promote good posture by keeping your spine well supported.

Canada's chiropractors are specialists in back health. If you are concerned about your posture, consider an evaluation.

Indoor Air Pollutants

Source: <http://articles.mercola.com/sites/articles/archive/2016/03/09/7-domestic-factors-chemical-exposure.aspx>

According to the *Environmental Protection Agency*, indoor air contains two to five times more contaminants than outdoor air, and on occasion, as much as 100 times more. Just about anything in your home can contribute to poor air quality, including chemicals in paints, flooring, furnishings, household cleaning products, and air fresheners.

As a general rule, if a product is scented, it carries a health risk (unless the scent comes from a pure essential oil). Airing out your home for at least a few minutes every day can go a long way toward improving air quality.

One caveat would be if you live in an area of high pollution, such as next to a main road. In those cases, you may need to consider using an air purifier inside your home. Houseplants are also beneficial. The spider plant, for example, has been shown to reduce levels of formaldehyde in the air.

NASA tests have shown that houseplants can remove up to 87 percent of air toxins in 24 hours. They recommend using 15 to 18 "good-sized" houseplants in six to eight inch diameter containers for an 1,800 square-foot house.

Sitting Time and Disability

Source: <http://www.cbc.ca/news/health/sitting-time-linked-to-disability-regardless-of-physical-activity-1.2543361>



Each hour spent sitting could raise the risk of having trouble with tasks like dressing and eating, regardless of physical activity levels, a study of people aged 60 and older suggests.

A recent study in the *Journal of Physical Activity & Health*, looked at 2,286 adults aged 60 and older from the U.S. It compared people in similar health with the same amount of moderate activity, such as a brisk walking pace.

When participants wore accelerometers over seven days, the average time spent being sedentary during waking hours was almost nine hours. About 3.6 per cent reported "disabilities in activities of daily living" — difficulty or inability to get in and out of bed, eat, dress, or walk - that threaten personal independence. Other surveys also looked at bathing or toileting.

Despite the benefits of physical activity to promote health, the older adults spent almost two-thirds of their waking time being sedentary.

"Sedentary behaviour, such as sitting, is problematic and costly," the study's authors concluded.

Clinically, a sedentary lifestyle contributes to markers of poor health, according to these researchers. These habits are so woven into our fabric of life with television, electronics, computers, and social media. People are inundated with opportunities to be sedentary.

Overall in the study, the odds of disability were 1.52 times greater for every one hour increase in sedentary time, independent of time spent in moderate-vigorous activity, the researchers found. While the data was only examined at one point in time, it does corroborate animal studies suggesting immobility is a separate risk factor for poor health.

Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy¹
7. Naturopathic Medicine
8. Acupuncture

Clinic Hours²

Please note:

1. Massage therapy is available outside core office hours.

Monday	8:00am— 12:00pm	3:30pm - 7:30pm
Tuesday	8:00am— 12:00pm	
Wednesday	8:00am— 12:00pm	3:30pm –7:30pm
Thursday		3:30pm –7:30pm
Friday	8:00am – 12:00pm	

2. Emergency care is available most weekends. Please call the office and listen to the welcome message to confirm.

Announcements

- Check out our WEBSITE at www.alliancechiroandwellness.com. You can find archived issues of our newsletter as well as other clinic information. Please note appointment requests should be made by calling the office at 905-648-0661. We do not accept appointment cancellations, bookings, or reschedules via our web site. These should be done by calling the office directly.
- Dr. Morphet will be away from the office June 9th, June 28th, and July 7th to 18th.
- Massage Therapy is available outside core hours and on Saturdays.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check out our clinic page at www.facebook.com/AllianceChiropracticandWellnessClinic

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