



CHIROPRACTIC - specifically Gonstead

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Clinic Hours

Waukesha Clinic

Monday: 8:00 AM - 5:00 PM

Thursday: 10:30 AM - 6:00 PM

Mukwonago Clinic

Tuesday: 11:00 AM - 6:00 PM

Wednesday: 6:30 AM - 5:00 PM

Friday: 7:00 AM - 11:00 AM

Chiropractic care has become the most popularly used form of alternative health care today.

Over the past 100 years many different chiropractic adjusting techniques have been developed.

When receiving chiropractic adjustments you are keeping your spine aligned, which allows the communication between the brain and the body to flow freely and uninterrupted. This founding premise simply means the body can function properly if the brain accurately interprets signals from the body and the environment, enabling it to correct physiological changes and thereby maintain homeostasis. Once this connection is made, health will logically follow.

The body's innate or natural tendency is to strive toward health.

The joints of the spine allow us to be mobile and those same bones serve as a protective case for the central nervous system. Since the central nervous system controls the function of everything in the body, the integrity of the joints in the spine becomes very important. Many of us, at one time or another, have sprained an ankle. When this happened, the joint swelled and didn't move well. When the joints in the spine become misaligned, they also

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tranquility

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Continued

swell and stop moving properly; however, they have a nerve passing right next to them connecting the brain and body. When a spinal joint swells, the nerve may become pinched due to the pressure placed on it, rendering it unable to transmit appropriate messages. The irritated nerve sends garbled messages to and from the brain. The resultant aberrant impulses can cause organ dysfunction, pain and illness.

There are many different styles of chiropractic adjustments, but I believe in the Gonstead Chiropractic style. The Gonstead Chiropractor, very objectively and analytically, uses five steps to find the swollen joints causing nervous system interference. Visual inspection, instrumentation, motion and static palpation, and x-ray are used at each visit for evaluation of a patient's spine.

This allows the Gonstead doctor to specifically locate and adjust only the misaligned vertebra causing nerve pressure. Specific chiropractic adjustments have a profound effect on body function, feeling of well-being, and overall nervous system balance. This balance, great for eliminating back or neck pain, more importantly helps improve overall, health, the innate desire of your body. Adjustments are essential for everyone from infants to seniors.

Dr. Grant Spencer is a Gonstead Chiropractor and is committed to helping others heal themselves through specific adjusting. Call Dr. Grant today and find out how Gonstead Chiropractic can help you and your family. He can be contacted by calling 262-363-9552. His office is located in Mukwonago, WI.

Recipe Corner

Ginger-Roasted Green Beans

1 lb fresh green beans
2 Tbsp olive oil
4 large garlic cloves
1 Tbsp fresh ginger, grated
½ jalapeno, seeded/minced
1 Tbsp water
1 Tbsp soy sauce
1 tsp sugar

1. Preheat oven to 425°
2. Trim beans, break into shorter lengths. Spread into a wide, shallow baking pan
3. Drizzle with oil, toss to coat
4. Peel garlic and toss with beans
5. Bake for 20 minutes, stir twice. Cook until beans are tender
6. Meanwhile, combine rest of ingredients. Stir to blend.
7. Remove beans from oven and toss with soy sauce mixture. Serve hot, warm, or cold on plates.

NOTE: if garlic starts to turn dark brown during cooking remove them.

Renew yourself for a day...

Exercise Corner



Reach over head to other side with right arm by gently elongating the arm until stretch is felt. Hold for 20-30 seconds. Relax. Repeat 2 times, 2-3x/day. No pain should be felt while performing stretch.



Fitness Scoop

Exercise and Arthritis

It has been thought for many years that if you have arthritis that you should not exercise because it will damage your joints. However, research has shown that exercise is essential when managing your arthritis.

Regular, moderate exercise offers many benefits if you have arthritis.

Mainly, exercise reduces joint pain and stiffness, builds strong muscle around the joints, and increases flexibility and endurance. But it also helps promote overall health and fitness by giving you more energy, helping you sleep better, controlling your weight, decreasing depression, and giving you more self-esteem. Furthermore, exercise helps decrease your risk of other health problems such as osteoporosis and heart disease.

Starting an exercise program can be very intimidating. The important thing to remember is to start slow and make it fun. Starting with flexibility exercises, which are basically stretching exercises help to improve your range of motion, as well as performance of daily activities. Once you feel comfortable you can move on to weight training and endurance exercises such as bicycling. You may be concerned about exercising because of the amount of pain that you are in. If this is the case you may want to start with a water exercise program. In the water your body's

buoyancy reduces stress on your hips, knees, and spine.

Exercise programs can include anything from walking around the block, taking a yoga class, or biking along your favorite trail.

Whatever exercise program you decide on you should always consult with your doctor before starting out and to follow-up as needed. It is also essential to listen to your body while you are exercising. If your body is producing pain during the activity try modifying the activity to eliminate the pain.

If you have any questions on exercises that may be appropriate for you give me a call (262-893-3246) so we can discuss your exercise plan.

www.arthritis.org

Know that you will always be growing. Be gentle with yourself in your process and celebrate your successes!

Cathy Covell, PT
Paoli, PA office

relaxation

rejuvenate

mind, body & soul

Comfort at Your Computer - Zone 3 (Legs/Feet)

This will be the third part in a series of five discussing proper workstation set-up. This information can be used at your home or office workstations. Zone 3 will discuss the legs and feet.

What to look for...

Is your thigh-to-torso at 90° or slightly greater angle (knees below the hips)? Also, your chair should not press into the back of your knees.

Correction...

You can adjust the angle/depth of chair seat and/or backrest. An added back cushion will push a shorter person forward so seat does not press into knees.

What to look for...

Are your lower legs-to-thighs at 90° or a slightly greater angle? Feet should rest flat on a supporting surface.

Correction...

Utilize an elevated foot rest to achieve the appropriate height.

What to look for...

Do you have ample leg space? Your thighs, lower legs, and feet should not press against objects or work surfaces.

Correction...

Remove all obstacles from work area. Adjust all workstation components.

If you have any questions please call at 262-893-3246. In the next newsletter watch for information on protecting your eyes while working at your workstation.

Office Stretch



Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, lean into wall until stretch is felt. Hold for 20-30 seconds.

Relax. Repeat 2 times, 2-3x/day.

No pain should be felt while performing stretch.

Session Pointers

Optimize the healing potential within you by following these pointers during your sessions.

Fascial Voice:

Scan your body before, during, and after treatment feeling for areas of heat, tingling, or tightness. Look for reddened areas. Report any findings to your therapist at the next treatment session. This provides important information on areas that need treatment.

Breathwork:

Breathe into your area of pain or the area being treated. Visualize a tube going right to that area and breathe through the tube into the pain or into the part of your body being stretched.

Look for more pointers in upcoming newsletters.