

# WORDS OF WELLNESS

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*Sign the youngest members of your family up for our Scoliosis clinic on Saturday, April 28th. Call and reserve your spot early.*

## FOOT PAIN

The foot consists of approximately 21 bones depending on how many sesamoid bones you have. It is designed to distribute the forces of weight-bearing throughout the foot into the legs and into the body. Improper foot mechanics can lead to foot, knee, hip and low back pain. Common types of foot pain include Plantar Fasciitis, Metatarsalgia, Morton's Neuroma and Achilles Tendonitis.

The Plantar Fascia is a band of tissue that attaches to the heel and goes to the toes. It is responsible for maintaining the arch of the foot. There are a number of reasons why the Plantar Fascia becomes torn or inflamed. The primary reason is walking in bare feet or in poorly supported shoes and a flat foot. This condition is known for sharp pain in the heel or arch in the morning, making the first few steps a nightmare. X-rays may reveal a small heel spur on the heel bone, the spur is painless, and it is the traction on the fascia that causes the pain. Cortisone has been used to treat this condition, although,

it is very painful to receive and usually provides only temporary relief. Home treatment consists of ice, stretching the arch and the calf, changing footwear and possibly a night splint. Other forms of treatment include ultrasound, laser, massage, active release therapy and custom orthotics.

Metatarsalgia is a condition that causes pain under the base of the toes. The metatarsals are the long bones that start the toes. It may feel like you have something in your shoe or that you are walking with a pebble in your shoe. This condition comes from wearing old or the wrong size of shoes. The bone may drop causing it to become inflamed. Treatment consists of ice, manipulation and mobilization of the joint and using proper footwear. Other treatments include ultrasound, laser, the use of metatarsal pads and possibly orthotics.

Morton's Neuroma is a thickening of the soft tissue, usually between the 3rd and 4th toes. This thickening may entrap the nerve causing pain, tingling and numbness in the forefoot and toes. Some people state that it feels like an electrical shock in their foot. This condition can be created by an untreated metatarsalgia, the use of improper footwear and walking in bare feet. Treatment consists of ice and mobilization and manipulation of the joints. If this does not work then the use of ultrasound, laser and a metatarsal pad may help.

Achilles Tendonitis is very common among 30-50 year olds. The Achilles

tendon is the extension of the calf muscles. It attaches by a broad band to the back of the heel bone. Examination must rule out any type of tear. This condition can be caused by hill running or long distance running in improper footwear and weak or tight calf muscles. If the condition is serious it may require a splint and/or crutches. Treatment includes stretching and massaging the calf, ice, rest, the use of proper footwear and temporary use of a heel lift. Other forms of treatment include muscle stimulation, ultrasound, laser, active release therapy and orthotics.

Most common foot problems are caused by the use of improper footwear such as old shoes, slippers and sandals and walking in bare feet. Untreated, these conditions can become chronic and difficult to repair. Foot conditions can also be responsible for causing knee, hip and low back pain. If you suffer from foot, knee, hip or low back pain or have any questions about your foot talk to Dr. Jeff or Dr. Chris.

### Your Kind Words Mean A Lot

Refer a friend, family member or co-worker for Chiropractic or Custom Orthotics and receive a thank you gift certificate.

**Offer Open to Dr. Chris' & Dr. Jeff's Patients**

**TELL OTHERS  
ABOUT US**

### Public Speaking Presentations

If you would like any of our practitioners to give a presentation at your workplace, school or group, please contact them through our front office at:

**519-886-4814**

## WELLNESS CENTRE NEWS

Our office continues to be very busy and appointments are very much in demand for all our practitioners. Please remember it is important that if you cannot make your scheduled appointment, you give our office 24 hours notice so we may fill your spot with someone on our waiting list. Also, if you have trouble remembering your reserved time, please let our front desk know and we will provide you with a **courtesy** reminder call the day before. Missed appointments are subject to a missed visit fee.

Effective immediately Dr. Robin Walsh will be implementing the follow fees into her practice:

Letter from the Doctor – \$15.00 each

Email from the Doctor – \$10.00 each

Phone Consultation – \$2.50 per minute

All billings will be done on a monthly bases and cannot be included under a Naturopathic Follow-up visit fee.

Starting Monday, February 19th, Christa Hanes will be joining our clinic practicing the Ion Cleanse. This procedure is designed and developed to restore the body's energy and balance while facilitating the body's natural detoxification process. It uses state of the art research to provide a form of energy that the body can readily use, "Bioenergetics/Life Energy".

Individuals can expect to feel lighter, more energetic and experience a greater feeling of well-being. Some of the health issues that the Ion Cleanse has assisted in providing relief of are edema, pain, headaches, gout, swollen joints, arthritis, allergies, neuralgia and lymphedema. Each treatment will cost \$35.00 and you can book your appointment through the front desk.

Dr. Jeff and the ladies attended Parker Chiropractic Seminars in Las Vegas February 7th to 9th. Speak to them about all the interesting things they learned and ask to try the warm Glide Point Ball on your sore and tight muscles.

The wait is over! Goldsworthy Wellness Centre has brought on board Pamela Gingrich, our new female Massage Therapist. She is starting on March 5th and will be in our office Wednesdays, Thursdays and Fridays. Call the front desk soon to make an appointment. Her schedule will be filling up fast!

## MONTHLY FEATURES

Have your Easter adjustment with Dr. Jeff the week of **April 2nd to 5th**, and you can pick a coloured egg to receive a discount off your treatment.

On **Saturday, April 28th**, from 9-12, the clinic will be hosting a Scoliosis Clinic for kids. Sign your child/children up for this free check with Dr. Jeff or Chris. If you know anyone whose children could benefit from this free clinic, please have them contact the front desk at 519- 886-4814 to reserve an appointment time. Please bring a non-perishable food item to be donated to the Food Bank for each child that attends.

All Mothers who visit our office for their appointments from **May 1st-11th** can put their names into our Mother's Day Draw to win a gift basket filled with products from The Muskoka Soap Company.

## THANKS FOR THE REFERRALS!

Tom Turner  
Andrea Kenny  
G A Masonry  
Dr. David Reinhardt  
Jessica Pearce  
Carolyn Clemens  
Karen Bennett  
Derryl Morrison  
Sandy Ziegler  
Jim Orsan  
University of Waterloo  
Miriam Moreau  
Judy Nielsen  
Afsar Shah  
Pat Allen

Scott Maxwell  
Drew Schmidt  
Dana O'Grada-Bratu  
Earl Reitzel  
Donna Thompson  
Keegan Scarrow  
David Meijer  
Rick Morrison  
Stephan Barker  
Dr. Steven Taylor  
Peter Speek  
Dr. Ken Smith  
Jen Niesen  
Liz Wyatt

## Congratulations to:

Congratulations to Charlene Neuman and Kim Hetherington on both winning a handmade wall quilt in our Christmas draw. The quilts were created and generously donated by Sheila Goldsworthy.

Also, congratulations to Frances Campbell and Joy Wright on each winning a dozen roses in our Valentines Day draw

## The Stork Has Landed!

Congratulations to Nicole, Dave and big brother Josh Cornfield on the arrival of Ryan James on December 11th, weighing 8lbs. 9ozs.

## ASK A PRACTITIONER

Q: "I've been getting cramps in my legs when I run. There doesn't seem to be a difference between treadmill and any other surface I run on. Why does this happen and what can I do to prevent it?"

A: Although the exact cause of muscle cramps is unknown, there are several factors believed to contribute to cramping:

- Some research shows inadequate stretching is a factor. Regular stretching lengthens muscle fibers so they can contract during exercise with a decreased likelihood of injury.
- Exercise or working in intense heat or cold, dehydration and depletion of salt and electrolytes. Electrolyte balance and hydration help regulate muscle contraction and extremes in these may contribute to cramping.

In order to prevent cramps try to:

- incorporate stretching into your exercise routine
- be sure your exercise is appropriate for your fitness level and to progress gradually so as to avoid overexertion and prevent fatigue
- make appropriate accommodations for the environment you are exercising in (bundle up in the cold and drink lots of H2O in the heat).

## WELLNESS NOTES

My patient presented to the clinic on March 6, 2006 with a strong desire to optimize her health and nutrition. Her chief complaints were fatigue, especially after exercise, and muscle cramping and strain during her workouts. Her initial weight was 175lbs, with 28% body fat. Over the next 8 months we worked on her overall nutrition and her pre and post exercise nutrition. We enhanced her nutrition with vitamins and minerals, re-nourished her adrenal (stress glands), and detoxified her system. By changing her nutrition and ensuring proper electrolyte balance during exercise, her muscle cramping, fatigue and strain disappeared and her overall energy increased. As of November 30, 2006 she weighed 154lbs with 22.6% body fat. This is better than optimal for her age. I recently saw her in January, and she has maintained her weight while enjoying and thriving in her new, healthy lifestyle. Congratulations on all of your hard work and efforts to achieve optimal health and wellness!

*"At the start of my weight loss goal, I found the motivation to exercise, but I needed guidance on proper nutrition. I had a very demanding sweet tooth that I thought was incurable and I often felt ill after eating because the snack was high in sugar or I overindulged. Now, I rarely ever crave chocolate or sweets and I can balance each meal properly by following Robin's advice."*

*The advice from Robin is so simple and natural. The food changes are quite easy to maintain and I have never felt this good in my life. I have energy throughout the day and most importantly I now feel that I'm in control of my life."*

### CENTRE PRACTITIONERS

#### Chiropractors

Dr. Jeff Goldsworthy, HBSc. D.C.

Dr. Chris Reinhardt, D.C.

#### Massage Therapists

Kyle Devitt, R.M.T.

Pamela Gingrich, R.M.T.

#### Shiatsu and Acupuncture Therapist

Tara Blain, CST, Ac.

#### Naturopathic Doctor

Robin Walsh, BAsc. (Nutrition) N.D.

#### Kinesiologist

Betty Ann Schnurr, C.K., RRP

#### Ion Cleanse

Christa Hanes