

WORDS OF WELLNESS

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If you visit our office during the month of December, please bring in with you a contribution for our Hat and Mitt (socks and scarves) Tree. All donations will be given to a local charity for people in need of warm winter clothing.

YOUR ROTATOR CUFF...WHAT YOU NEED TO KNOW

Anatomy and function of the rotator cuff

The rotator cuff is an anatomical term given to the group of muscles and their tendons that act to stabilize the shoulder joint. The shoulder connects the upper arm to the upper part of the body. It consists of 3 bones: the collarbone, the shoulder blade, and the humerus. The major stabilizing factors of the joint are the four muscles of the rotator cuff that include the supraspinatus, infraspinatus, teres minor, and subscapularis. They are important because they hold the head of the humerus in the small and shallow fossa of the shoulder blade. This joint is often likened to a golf ball sitting on a tee.

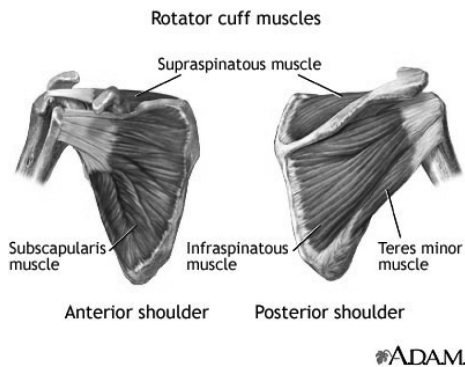
Injury

A rotator cuff injury is an injury to one or more of the four muscles in the shoulder, most often the supraspinatus.

Rotator cuff tear: One or more of the muscles becomes torn. A torn rotator cuff can occur following a trauma to the shoulder or it can occur through "wear and tear" of the tendons under bone. It is an injury frequently sustained by athletes whose duties involve making repetitive throws, such as baseball pitchers, football quarterbacks, or swimmers. It is also commonly associated with repetitive overhead or forceful pulling motions.

Signs and Symptoms

- Pain in the shoulder that is usually worse at night and interferes with sleep.
- Deep ache in the shoulder that is also felt on the outside of the upper arm.
- Worsening pain followed by gradual weakness.
- Decreased mobility or inability to move the arm out to the side without help.
- Point tenderness over muscles.



Conservative treatment

Initially you want to reduce pain and swelling using the P.R.I.C.E. principle.

Protection means safeguard the injured area from further aggravation.

Rest means stop doing any exercise or movement that causes pain. Pain is an indication the muscle tears are not healed and the tears are increasing.

Icing numbs the area to decrease pain and also constricts the blood vessels to minimize swelling and bruising. At home apply ice at least 3 times a day for the first 3-5 days after the injury. A helpful hint for applying ice to the shoulder would be to use a large bandage to wrap over the top of the ice on the shoulder. The wrap can be taken around the injured arm and across the body. Never ice for more than 15-20 minutes at a time as over icing will freeze the soft tissues.

Compression also limits the swelling.

Elevation doesn't really apply to the shoulder except when bending over or lying down. When the torn muscles are below the heart, more blood and serum can accumulate, increasing swelling and throbbing.

Taking ibuprofen can help decrease the pain and swelling. Do not take this if you have an allergy to it or other medical concerns, such as stomach or kidney problems.

Perform passive range-of-motion exercises with your chiropractor or physical therapist.



- **Codman exercises.** These exercises are done to slowly increase the amount of motion at the shoulder while putting a low amount of stress on the rotator cuff itself. The exercises are performed as the person leans toward the injured side with the arm hanging freely and slowly moving the arm in a circle or figure eight. Initially, the circles are small. With improvement and decrease in pain, the circles enlarge.
- Later, active motion may be achieved by walking your fingers up a wall with the affected arm.

Conservative treatment is reported to have a success rate up to 90%, depending on the age of the person and the extent of the injury.

Medical Treatment

Occasionally, injections of steroids into the shoulder joint are helpful. People with continued pain may require follow-up with an orthopedic surgeon. Imaging may be required to determine the degree and involvement of muscle tear. This is often done via magnetic resonance imaging. Several indications for surgical treatment include complete tears, life demands, and failure to improve after 2-3 months of conservative therapy.

Prevention

The rotator cuff can be strengthened to rehabilitate shoulder injuries, and prevent future ones. There are different exercises to target the individual rotator cuff muscles. Avoiding a direct landing on the shoulder in sports or falls is the surest prevention but may be easier said than done. Seek early attention from Dr. Ryan or Dr. Jeff if shoulder pain develops because of overuse.

WELLNESS CENTRE NEWS

The clinic would like to welcome Dr. Ryan Larson to our staff. He graduated from the Canadian Memorial Chiropractic College this year. He focuses on muscle release therapy, stretching and exercise and nutrition in combination with adjustments as his approach to patient care.

We would like to thank all those who participated in our Kids Clinic on October 22nd. Everyone was very generous with their donations for the food bank.

We are very happy to be able to introduce **Facial Acupuncture** in our clinic. Our Acupuncturist, Tara Blain, is now accepting patients for this scalpel-free face lift. Be one of the first in the region to try this procedure. Contact the front desk to book your appointment.

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 make the front desk aware and we will provide you with a courtesy reminder call the day before. **Missed appointments are subject to a missed visit fee.**

MONTHLY FEATURES

Come into the office for your scheduled **appointment with Dr. Jeff or Dr. Ryan on Tuesday, December 4th** and help us build our contribution to the Anonymous Santa toy drive. Any patient of the Doctors who brings in a **new unwrapped toy** on that day will receive \$10.00 off your visit.

January is Hot Tea Month at Goldsworthy Wellness. Come into our office during this month and enjoy a hot cup of tea or take a bag home to enjoy before bed.

Visit our office during the month of **January** and enter your name into our **draw for a new snow shovel.**

February is Heart and Stroke month! We are accepting donations during this month for the Foundation. We will also be performing complementary blood pressure checks on Thursday, February 14th.

THANKS FOR THE REFERRALS!

Pam McCulligh
Paul Stefanson
Charlene Neuman
Tim Voisin
Betty Ann Schnurr
Joanne Hergott
Maggie Birch
Margaret Mosburger
Terry Goldsworthy
Wendy Dejonge
Michelle Horea
Margaret Leith
Keri Gomes
Patty Fleming
Judy Jewett

Denise Guth
Ernie Perry
Geoff Smith
Dawn Baxter
Verita Dickinson
Barb Oberle
David Smith
Christine Gosse
LT Sharma
Amanda Cooper
Robert Howard
Alana Schott
Richard Willigar
Erin Robbins

Congratulations to:

Tammy Andrechek on winning our Thanksgiving turkey draw.

Mackenzie Cormier on being the person closest to guessing Jackie's daughter's weight, date of birth and time of day.

The Stork Has Landed!

Congratulations to Jackie, her husband Chad and their two boys on the long awaited arrival of their newest family member, Tianna Samantha Rose. She was born October 29th weighing 8lbs. 15ozs.

ASK A PRACTITIONER

Q: Should my daughter get the HPV Vaccination?

A: This question has been asked numerous times over the past couple of months. It is a hot topic. It is a personal decision. Here are some of the reported facts.

HPV is one virus that has been found to cause cervical cancer. Cervical cancer is the 5th most common cancer in women. The most common form of transmission is through sexual intercourse, although, non-sexually active kids have been found to have the HPV virus. The majority of adults screened for HPV were found to have been exposed to it, yet show no sign of it. The thought is that they had been infected and their body had fought it off. This vaccination claims to protect the person against only a couple of the 18 different strains of HPV. There are approximately 200 strains of viruses that have been found to lead to cervical cancer. The strains that the HPV vaccination protects you against are the slowest growing and can take up to 10 years to deviate enough to cause cancer. They are usually picked up in regular PAP screenings.

The Vaccination Adverse Reaction Reporting Centre has received more complaints about this vaccination than any other. In the 1st 6 months in the United States over 1200 reactions were reported, from fainting to partial paralysis. The company blames these reactions on a combination of menstrual cycle timing, flu shots and being ill at the time of the vaccination. Of the 1200 participants in the drug's testing group, only 120 were 13-14 years of age. How did they decide that it should be 13-14 year olds? Is it to protect them before they get sexually active?

There has been no study done on the actual number of shots they need, they know that 1 or 2 are not enough, so they think 3 is correct. There has not been any study done on the long-term benefits (does it really work?), or potential side effects. Do the girls need a booster in the future? No one knows.

Canada's leading epidymologists don't know why certain governments are pushing this vaccination when so many questions remain unanswered. Is it because the company that makes it knows that it needs to make money now. The industry is aware that in the next year or two another company is going to come out with a similar vaccine that protects against more strains, has fewer side effects and has been more extensively tested.

Vaccinations are a wonderful tool in the fight against certain diseases, but you need to research whether it is right for you. Once the drug is in your body it is tough to get it out.

WELLNESS NOTES

I came to the Goldsworthy Wellness Centre about 18 mos. ago with constant headaches that plagued me everyday. I started receiving treatment from Kyle on a bi-weekly basis. It took about 3 treatments for me to really notice any significant difference. At first I even felt worse and sore everywhere he had worked. We talked about this and he explained this was to be expected because he was trying to change the way my muscles and body worked daily and they were kicking up a fuss because they were used to being one way for so long. But unfortunately for me, that way was probably resulting in my daily headaches.

Anyway, over the next 6 months my headaches became almost non-existent and my treatments were gradually spaced further and further apart to about every 4-5 weeks. I was very pleased with this result! In the early part of this year Kyle and I had a scheduling conflict, he was taking a course on the only night I could come in due to child care issues.

Anyway, I figured since my headaches were so far and few between, I'd not fret too much. So, knowing about the scheduling problem with Kyle I figured I'd try someone else. What is the big deal right? Wrong. The therapist I went to was OK, but didn't know my muscles the way Kyle did. I decided to give it a couple tries but still no luck. I still felt worse.

Luckily by the end of all this Kyle's course was almost finished and I was finally able to get my appointment back. I've been headache free since. Thanks Kyle and you're not allowed to take anymore courses!

CENTRE PRACTITIONERS

Chiropractor

Dr. Jeff Goldsworthy, HBSc. D.C.
Dr. Ryan Larson, BSc. D.C.

Massage Therapy

Kyle Devitt, R.M.T.
Pam 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

Health Care Facilitator /Homeopathic Practitioner

Ashley Knight,
Hon. B.A.Sc. PHCP, MHM