

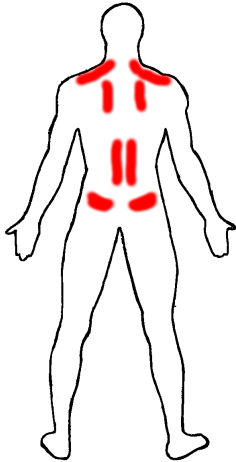


Alternatives in health care

Issue 3

Newsletter Date: May 2006

Trigger Point Therapy



REFERENCES:

1. FINANDO, STEVEN, PH.D, LAC AND FINANCO, DONNA, LAC, LMT; INFORMED TOUCH, PG. 19
2. FINANDO, STEVEN, PH.D, LAC AND FINANCO, DONNA, LAC, LMT; INFORMED TOUCH, PG. 6

It is estimated that 90% of all Americans will experience some type of myofascial pain due to dysfunction of the musculoskeletal system. This pain may be felt anywhere on the body—the back, shoulders, neck, arms, hips, etc.¹ Myofascial trigger points are those areas in the muscle or fascia that are the most tender to touch and provide the most resistance to palpation. These areas feel like hard 'knots' along a muscle fiber.

The most common areas of the anatomy that trigger points occur are the sternocleidomastoids,

upper trapezius, levator scapulae, infraspinatus, thoracolumbar paraspinals, and gluteus medius and minimus muscles.² In English, these areas are the front of the neck, the upper shoulder areas, near the shoulder blades, along the spine, and in the buttocks. These are the most common areas, however, trigger points can occur anywhere there is a lactic acid build-up and an increase in blood flow in one small area of a muscle.

Reducing these trigger points can provide one with a great amount of relief from pain, tension,

and fatigue. This is accomplished by compressing the trigger point for 15-20 seconds. It is important to stretch these areas after the reduction. If there is minimal inflammation, heat may be used for comfort and healing.

Many common pain syndromes can be caused by or aggravated by trigger points. It is important to discuss these issues with Dr. Howard so that she can get the "big picture" of your condition. Dr. Howard frequently works with trigger points to improve the quality of the adjustments that she performs.



Reiki

Reiki refers to the "life energy" that exists in each and every person. This life energy has been described as prana, chi, qi, aura, etc. by different cultures. Each name describes the same energy within our bodies that allows us to live our lives with strength, purpose and the ability to heal naturally.

Reiki can balance and heal physical, emotional, and

spiritual states to allow fulfillment of great potential and to support optimal development and health.

Reiki allows one's energy to flow freely and is powerful in facilitating healing abilities.

Many people do not feel anything during the treatment while others may feel various different sensations including

tingling, minor vibrations in the body, warmth, etc. After treatments, you may feel slightly fatigued to completely energized. Everyone's energy is different, and everybody reacts differently to energy healing.

Reiki is offered at LifeArts—Howard Chiropractic by J. Thomas Howard, Reiki Master. Sessions are by appointment only.

On the other side:

Acupuncture

Core Strengthening...

LifeArts - Howard Chiropractic

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LifeArts

Hours: Monday: 7:30-4:00
Tuesday & Wednesday: closed
Thursday: 8:00-6:00
Friday: 9:00-5:00
Closed from 11:00-12:00 for lunch

**Will be open Monday-Friday beginning
June 12, 2006.**

LifeArts—Howard Chiropractic provides traditional chiropractic care for the entire family. Dr. Howard feels that every person deserves to feel well and be healthy, therefore she stresses the importance of routine chiropractic care for the entire family.

Please feel free to copy, share, duplicate, etc. The more people you share this information with, the better. If you have questions or want to see a topic or concern addressed in future newsletters, please contact Dr. Howard and she will be happy to provide information for you. Most likely, if you have a question or concern, others do too.

This newsletter refers to just a few of the more "popular" alternative therapies that are available for health care. No one treatment can possibly be a "cure-all" for every person alive, but many people do find significant relief of symptoms and improved quality of life through a combination of therapies.

Acupuncture

Acupuncture is one of the oldest used medical procedures in the world. It originated in China over 2000 years ago and has been gaining popularity in the US in recent years. The 2002 National Health Interview Survey reported that an estimated 8.2 million American adults had used acupuncture with 2.1 million having used acupuncture in the previous year.

Acupuncture works to balance the energies in the body by stimulating distinct points along the meridians of the body. This balance promotes the body's ability to heal itself.

Acupuncture is used for many conditions and groups of disorders. Some body systems treated include :

- Gastrointestinal
- Genitourinary
- Gynecological
- Respiratory
- Circulatory
- Emotional / psychological
- Musculoskeletal
- Eyes, ears, nose & throat

Specific conditions that have been successfully treated with acupuncture include:

- Back pain
- Headaches
- Arthritis

- Fibromyalgia
- Ulcers
- Stress
- Incontinence
- PMS
- Allergies
- Asthma
- Infertility
- Sexual dysfunction
- And many, many others.

Dr. Howard is currently attending classes to become certified in acupuncture. She will obtain her certification in August of this year. Look for more information in the near future regarding acupuncture at LifeArts—Howard Chiropractic.

Core Strengthening / Yoga / Pilates

Many people think that yoga and pilates are forms of exercise done by those who want to increase flexibility and tone their bodies. While this is true, there are other benefits to these exercises that many people tend to overlook.

Our core muscles are those muscles that provide stability and

strength to our center. These are the tiny muscles around our spine and in our abdomen and pelvis. These muscles tend to be weak in much of our population. With weak core muscles, we are more prone to back pain and injury as well as other biomechanical injuries. Strengthening these muscles can provide significant benefits. Additionally, strengthening the core muscles helps with the chiropractic adjustment and can help the adjustment "hold" for longer periods of time.

One of the easiest methods of core strengthening is that of

dynamic ball therapy. These large balls can be used for many exercises and activities for fitness and toning, however, they also provide the benefit of core strengthening.

An easy "exercise" for those of us who don't have tons of time to go to the gym is the dynamic ball. Strengthening core muscles on the ball can be as simple as sitting on the ball (with correct posture, of course.)

Dr. Howard would be happy to discuss exercises, strengthening, and stretching programs to aid in your health care.

