



Back Column

Pinnacle Physical Medicine & Rehab
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September 2006

What You Should Know About Auto Accidents

Did you know one of the most stressful aspects of living in modern life is dealing with the problems that arise after an auto accident? Were you also aware that some auto accident injuries are hidden and seldom detected for months or even years? As a result, a lot of accident victims settle their case with the insurance companies before getting evaluated from Doctors trained in soft tissue injuries. **This Could Be A Big Mistake.**

Why? Because once you settle your case you lose the right for care if you need it. A good rule of thumb is to get educated in your rights, then make a decision, there is no reason to rush; it can only hurt you. It is our position that if you were indeed injured, you should get the care you need to get you back to the way you felt and functioned just before the accident. Now, it is not the responsibility of the insurance company to pay for anything more than that. They are not responsible for pre-existing injuries; only the injuries sustained from the accident.

Even if you are just sore, you should get checked out immediately. Because you may experience pain, headaches, muscle stiffness, fatigue, and other problems including arthritis many months down the road. Remember, nothing is more important than your health until you start to lose it.

Not only are auto accidents an inconvenience and a hassle, a common general complaint of auto accident victims is that they don't feel their normal self. You may also be experiencing obvious pains and symptoms like muscle stiffness or spasm, neck pain, headaches, numbness and tingling, back pain, difficulty sleeping, irritability, memory loss, fatigue, difficulty concentrating and many other difficulties or worse than that, you may be injured and feel nothing at all. Either way, did you know that auto accidents can cause post traumatic osteoarthritis? Osteoarthritis can ruin your posture (giving you a slumped or humpback appearance). Osteo-

arthritis can cause the discs in your spine to degenerate and create scar tissue formation leading to chronic stiffness and the inability to move properly. When this happens, simple tasks like turning your neck become painful and almost impossible.

If you have been in an auto accident, you need a clinic that has trained staff in the biomechanics of the human body; that treats injuries every day. That means that he or she can perform orthopedic and neurological tests as well as other functional tests that can assess soft tissue damage, muscle strength, range of motion, and joint and nerve function. In addition, x-rays can be taken to find out if there has been any structural damage.

Pinnacle Physical Medicine & Rehab is one of the only multi-specialty offices in Chattanooga which has a Medical Doctor, Chiropractor and Physical therapist all under one roof. Our office has been treating Auto Accident patients for over 7 years now.

We evaluate auto

accident victims, and our staff makes any appropriate referrals to other health care providers if needed; including orthopedic doctors, neurologists, neurosurgeons, and MRI centers. We have treated literally hundreds and hundreds of auto accident victims just like you.

We are staffed with the friendliest people you could ever meet who are all trained in handling the sometimes confusing paperwork that needs to be filled out to make sure that your rights are protected and your injuries are properly documented.

If you or someone you know has been in an auto accident recently, there are some important decisions you have to make and if I were you, I'd make these decisions very carefully.

If you have any other questions regarding an auto accident you or someone you know has been involved in, please contact Dr. Showalter at 855-5053 immediately to get the prompt care and attention you deserve.



Welcome New Patients!



Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Pamela H.-referred by Joannah B.-thanks!

Elizabeth L.-referred by Connie E.-thanks!

Scotty A.- referred by Jeff A.- thanks!

Happy W.

James H.

Sandra O.

Larry O.

Ken C.-referred by Carlotta C.-thanks!

Denise S.-referred by Bonnie S.-thanks!

Norma U.-referred by Osvaldo U.-thanks!

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

New Technology at Pinnacle Physical Medicine & Rehab!

Back pain, especially in the lumbar spine, is experienced by millions of people in our society. Studies reveal that back pain is one of the top five reasons patients seek medical attention. With ABS, you can now address the problem directly.

Spine maladies have always been difficult to treat. Clinical studies conducted in the past six years have shown vertebral decompression to be an effective, non-invasive treatment for the treatment of disc herniation/ degeneration, facet syndrome, sciatica and spinal arthritis/stenosis. Decompression therapy is a non-surgical, non-invasive, effective treatment for chronic and acute low-back pain sufferers. Clinical studies support that up to 86% of low-back pain sufferers gained relief in as little as six to eight weeks. Pre- and post-treatment MRIs have shown a 50% reduction in the size and extent of herniations after four weeks of treatments.

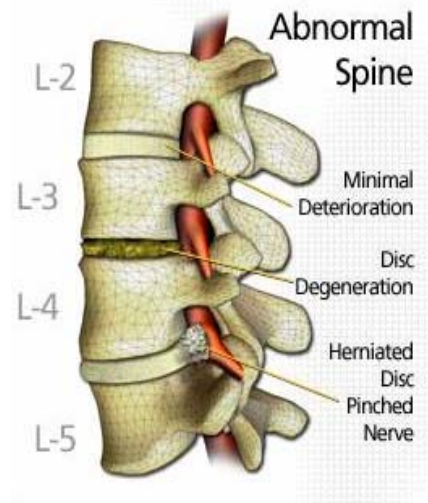
Genuine decompression therapy has relieved some common problems that are related to the vertebral disc including: sciatica, disc herniation and bulges, degenerative discs, failed low back surgery, posterior facet syndrome and spinal stenosis/arthritis.

Decompression therapy holds great potential in treating a large population of people who might not otherwise be able to regain health and the ability to enjoy pain-free living, without restrictions and risks associated with back surgery.

Why Decompression Works

Decompression relieves pressure that builds up on the discs and nerves. The task of relieving pain is a result of the application of negative pressure to reverse high intra-disc pressure. The pain is relieved by moving areas of herniated disc back into place by the creation of negative pressure to draw disc material back into the disc space and relieve pressure. Decompression allows for strengthening of the outer ligament bands that hold the disc material in place and which become weak and stretched during the bulging effect. If you or someone you know is suffering from low back pain, call Dr. Showalter today to discuss how Spinal Decompression therapy can help.

Source: www.americanbacksolutions.com





Stop Osteoporosis Now with Strontium

Strontium is a metallic element widely distributed but found in minute amounts in various compounds, seawater, marine plants, food, bones and teeth. First discovered in 1740 by a Scots-Irish chemist, Adair Crawford, Strontium was found to be a distinct mineral species in with barium crystals. Since then, the mineral has remained in relative obscurity, except for a few patent medicines that had nothing to do with bone health. However, Strontium has recently been re-discovered as being an essential substance helping to prevent osteoporosis and the only one that has the ability to *regenerate*, *preserve*, and even *restore* bone growth.

Bone is a living tissue, just like any other in the body. It grows and wears down; it is in a continual process of remodeling and renewal. Old bone is torn down by cells called *osteoclasts* and is reabsorbed by another class of bone cells called *osteoblasts*, which build up replacement tissue. Strontium causes baby osteoblasts to multiply more quickly, which in turn supports bone growth. A medical study performed in 1995 by McGill University's Dr. Stanley Skoryna forced the scientific community to really take notice of Strontium's effect on the skeletal system. Dr. Skoryna and his team found that daily doses of 600-700 mg of Strontium carbonate for six months increased the rate of bone formation in osteoporosis patients by an astounding 172.4%. Subsequent studies have confirmed these findings—**strontium supplements do increase bone mass, and the more that is taken, the greater the bone mass that is gained.** Ask Dr. Showalter today if Strontium is right for you!

Source: backtohealth.com

Patient of the Month

Our **Patient of the Month** for September is Happy W. Congratulations! Happy will receive a free adjustment. A random number is picked each month so everyone has a chance to win!!

Meet Your Personal Masseur!

Beneath its luxurious leather exterior are the “hands” of a trained massage professional – ready to provide you with a customized back, leg, and foot massage at the touch of a button. You have to feel it to believe it.

Our new Human Touch Technology® massage system so closely replicates the therapeutic techniques used by back and spinal care professionals that it is the preferred technology of the American College of Chiropractic Orthopedists. It is designed to follow the natural contour of your spine and move three-dimensionally in four different modes.

The Human Touch Robotic Massage Chair does what you tell it, from the ergonomic headrest to the rotating calf and foot massager. You customize each movement to your own preference. The remote controller gives you direct access to three individual pre-programmed massage sessions lasting 15 minutes each.

Human Touch Technology® starts with a patented mechanism that works like “wrists and arms”. Then “hands” were added—massage rollers that move three-dimensionally on a contour track. The result is a Robotic Massage® that feels remarkably human. Try it for yourself!



Source: interactivehealth.com



It is the mission of Pinnacle Physical Medicine & Rehab and Optimum Health Clinic to provide our patients with the most advanced, effective chiropractic, medical, physical therapy care and health advice possible. Our office and staff are totally committed to patient satisfaction.

We're on the web!

**www.mddcpt.com or e-mail us at
chirodcs@yahoo.com**

*The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.

“Coats for Community”

No, it's not winter yet, but the cold weather will be here before we know it! In order to help those in our community who need warm clothing for winter, we will be collecting “Coats for Community” throughout the month of September to be donated to the Samaritan Center.

For *current* patients— Bring in one or more coats to get a free adjustment in September (once per patient please). Each coat must be new or used and in good and clean condition.

For *new* patients bring in one or more coats and get a first visit for \$29* (includes consultation, exam and one set of x-rays, if needed).

***Workers compensation, personal injury cases, Medicare and federal programs excluded. New patients must be new to this office.**

