



Back Column

Pinnacle Physical Medicine & Rehab
8106 Standifer Gap Rd. Ste. B
Chattanooga, TN 37421

February 2006

The Best of Both Worlds: How Chiropractic and Physical Therapy Work for You

According to the American Academy of Orthopedic Surgeons in Rosemont, Illinois, 80 percent of Americans will experience back pain at some point in their lives. With the exception of pain that is accompanied by high fever, chills or nausea, or loss of bladder control, most back pain can be treated by routine chiropractic and physical therapy care such as that offered at our office. Multi-disciplinary practices such as ours that offer a chiropractor, physiatrist, physical therapist and massage therapist are your best bet when dealing with back pain. Chiropractors do more than just spinal manipulation, as reported recently in *Annals of Internal Medicine*. Dr. Showalter will check for a more severe muscle injury (such as strain from overexertion), as well as check for problems with a disk, the spongy water-filled shock absorber between each vertebra.

One of the biggest culprits for back pain is improper approach to exercise. Over time, repeated muscle and ligament problems combined with the stress of activity can begin to damage these natural shock absorbers. Other “back busters” include poor posture, wearing high heels, weight gain, pregnancy, even chronic stress. Another big factor is weak core muscles, which

can't properly support the spine to maintain good posture. When a disk is overstressed, it may gradually bulge from between the vertebrae or it may rupture; both can put pressure on a nerve exiting the spine, which can result in leg and back pain.

In Elena Rover's case, sometimes neglecting to go to the chiropractor can lead to much worse pain in the long run. Elena had her first episode of sciatica while training with a crew team. Her general practitioner prescribed anti-inflammatory meds but, in Elena's words, “he never explained what could be *causing* the pain, so when aches flared again, I popped more ibuprofen and pushed on through. Had I known my problem had a name and that chiropractic and physical therapy could help it, I probably could have prevented the injury that struck before my wedding—and the surgery I eventually had to have.”

Many times back pain can be helped by seeing a physiatrist, an M.D. expert in non-surgical treatment of musculoskeletal problems. Our physiatrist, Dr. Deborah Barton, helps people regain function (rehabilitate) and also works with people with issues such as pain control or regaining strength. If

your pain can be helped by physical therapy, Dr. Barton can prescribe a course of treatment specially tailored to your needs to get you feeling better and back in shape. Specific exercises may be all you need to ease your back pain—even if something like a gym workout or sports injury is what caused your problem in the first place. Our physical therapist can help you with a therapy and exercise regimen again that is specifically tailored to meet your needs.

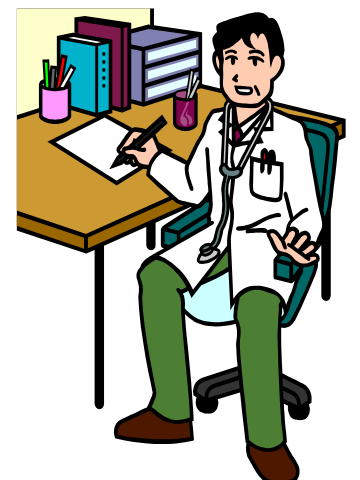
Sometimes, though, major pain and stiffness can make exercise nearly impossible. In that case, the physical therapist will recommend incorporating massage therapy into your treatment plan. Our massage therapist can vary her techniques according to the nature of your pain to help you better recover and enable you to begin the strengthening exercises prescribed by the physical therapist.

Throughout your entire course of care, Dr. Showalter, Dr. Barton, and the physical and massage therapists will monitor your progress and will assist you both in managing and eventually overcoming your pain, and will educate you on how to prevent future back injuries as well. A

study in the journal *Medical Clinics of North America* recently revealed that more

than 800,000 Americans have back operations every year, but surgery may be necessary in less than 1 percent of back-pain cases. That means that less than 8,000 people actually need back surgery each year...the rest could be helped by using our spinal decompression table for neck and low back disk herniations and receiving physical therapy. When you or a loved one is suffering from back pain, it simply makes sense to take advantage of the services offered here at Pinnacle Physical Medicine and Rehab and avoid costly and often unnecessary back surgery. If you or someone you know is suffering with back pain, call to make an appointment with our friendly team of doctors and professionals today!

Source: *Self* magazine, June 2004





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!

Josh Arnold (referred by **Jerry Arnold**-thanks!)

Brian Miller

Kathy Russell (referred by **Curtis Russell**-thanks!)

Robert Miller

Gloria Barr

Bobby Long

Bob Pruitt

Melissa Shaw (referred by **Bridgett Queen**-thanks!)

Gene Collins (referred by **Henry Showalter**-thanks!)

Neville Forsythe

Windy Gholston

Larry Schmitt (referred by **Jeanne Schmitt**-

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.

Support a Healthy Heart This February!

Co-Enzyme Q-10

Numerous studies have shown that maintaining sufficient levels of Coenzyme Q10 can positively support:

*Cardiovascular/circulatory health

*Heart health

*Energy production

*Antioxidant defense

*Those taking lipid lowering medications

Coenzyme Q10 (or ubiquinone) is an important rate-limiting nutrient that is a cofactor in the mitochondrial electron transport chain, the biochemical pathway in cellular respiration from which metabolic energy is derived. Since nearly all cellular activities are dependent upon energy, coenzyme Q10 is essential for the health of all human tissues and organs. Coenzyme Q10 is a naturally-occurring antioxidant nutrient which retards free radical formation in biological systems. Coenzyme Q10 resembles vitamin E and vitamin K in chemical structure. Biochemically, it functions much like vitamin E in that it participates in antioxidant and free radical reactions. Healthy humans who consume a well-balanced diet have the ability to synthesize coenzyme Q10 in sufficient quantity. It has been shown by the NHANES studies that many Americans do not have an adequate diet. Rather, their intake of most water soluble vitamins, vitamin A and some minerals and trace nutrients is insufficient. Many of these nutrients are essential for the biosynthesis of coenzyme Q10. Supplementation with coenzyme Q10 in patients has shown to be useful for the maintenance of healthy blood pressure, blood vessels and heart muscle function. Patients who take cholesterol-lowering medications block the body's natural production of Coenzyme Q-10 and can only obtain it through supplementation.

Nattosyn

Another supplement that is good for heart health is Nattosyn. Healthy circulation is an integral part in maintaining proper cardiovascular function. Nattosyn is a synergistic combination of three nutrients—nattokinase, hesperidin methylchalcone and pomegranate extract—designed to support the functioning of a healthy circulatory system, including health blood flow. Nattokinase is an enzyme produced during the fermentation process of natto (soy vegetable cheese). Studies indicate that nattokinase exhibits stronger fibrinolytic activity than other known enzymes and is a better choice than aspirin, due to no side effects. Proper regulation of fibrinolysis can help maintain healthy blood flow throughout the body. Hesperidin methylchalcone supports and protects the integrity of the vascular system with particular activity in the capillaries and veins. Recent human research on pomegranate juice consumption has confirmed benefits on parameters such as LDL oxidation, blood pressure, and blood vessel health. So be good to your heart this February! Ask Dr. Showalter if he thinks Coenzyme Q10 and/or Nattosyn would be good choices for you.



Announcement

A new year brings on many changes. Over the past year, we have expanded our facilities and added Medical and Physical Therapy services. We now also can perform Spinal Decompression, using our Cox Distraction table. Making these changes has required a considerable investment in facilities, equipment and people. Accordingly, we must periodically evaluate and adjust our fees.

Beginning January 1, 2006, our fees will increase. Please note that we haven't increased our fees in the last 2 years. The cash price for an adjustment will be \$40. Some other fees will increase as well. Please ask us if you have any questions.

One thing that will never change is our commitment to provide you with quality service.

Question of the Month:

What percentage of back pain cases are actually severe enough to require back surgery?

- A. 98%
- B. Less than 1%
- C. 43%
- D. 100%



The first patient to call with the correct answer will win a FREE T-shirt. (once per patient, please). The answer to last month's question was: C. Smoking. There was no right answer for the question.

Our **Patient of the Month**

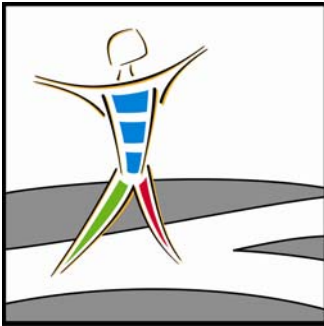
is **Cathy Shultz**. Congratulations! Cathy will receive a free 30 minute massage. A random number is picked each month so everyone has a chance to win!!

“It Only Happens Once a Year...”

No, not making your New Years resolutions, but meeting your yearly Insurance deductibles. A lot of patients put off their chiropractic treatment because they want to wait until they meet their deductible. The thing is, you'll have to meet it sometime this year, so why wait? Chiropractic treatments save you time and money in the long run.scc

Good chiropractic health is easy to maintain, but research shows it takes time to restore (which leads to spending more money!) once symptoms become evident. An ounce of prevention is truly worth a pound of cure.

When you come in for your next visit, let us know you'd like to take care of your deductible upfront and we can arrange to do it right then. We accept Visa, Mastercard, Discover, and American Express, as well as checkcards. Or ask about our post-dated check payment system! No more hassles or worries about how to take care of your deductible...once it's paid, you're all set for the rest of the year!



Pinnacle Physical Medicine & Rehab
8106 Standifer Gap Rd, Ste B
Chattanooga, TN 37421
Phone: 855-5053
Fax: 855-5856
www.mddcpt.com

We're on the web!

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

Contact us today to subscribe to our free monthly newsletter!

Be sure to tell your friends and family to watch Dr. Showalter talk about Spinal Decompression every Monday at 8:30pm on cable channel 46!

*** 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.**

February is sweetheart month—Share this with your loved ones
And your friends...or just treat Yourself to one of our new services

This coupon is good for one of the following services*:

- **Chiropractic care—One new patient consultation, exam and one set of x-rays (if needed) for only \$29—(a \$160 value)**
- **Auriculotherapy/Stop Smoking Consultation (a \$60 value)**

This coupon expires 2/28/2006

*Excludes PI or Worker's Comp