



Back Column

Pinnacle Physical Medicine & Rehab
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Watch Those Computer Workstations During Spinal Health Month

Back pain is pervasive among Americans. This October during Spinal Health Month, sponsored by the American Chiropractic Association (ACA), doctors of chiropractic across the country are urging people to take steps to help stop this trend.

The increase in back pain among Americans isn't surprising when you consider the long hours they spend tapping away at computer keyboards. This activity can negatively impact the body, resulting in harmful physical effects that can last a lifetime.

What Can You Do?

- If you share a computer workstation, make certain that the workstation can be modified for each person's use.
- Position the computer monitor so the top of the screen is at or below eye level. This can be accomplished by taking the computer off its base or stand, or you can sit on firm pillows or phone books to reach the desired height.
- Make sure the chair at the workstation fits you correctly. An ergonomic back cushion, pillow or a rolled-up towel can be placed in the small of your back for added

back support.

There should be two inches between the front edge of the seat and the back of the knees. The chair should have arm supports so that elbows are resting within a 70- to 135-degree angle to the computer keyboard.

- Wrists should be held in a neutral position while typing – not angled up or down. The mouse pad should be close to the keyboard so you don't have to reach or hold the arm away from the body.
- Your knees should be positioned at an approximate 90- to 120-degree angle. To accomplish this

angle, feet can be placed on a foot rest, box, stool or similar object.

- Limit your time at the computer and make sure you take periodic stretch breaks during computing time.

If you continue to have pain and strain from sitting at a computer, see Dr. Showalter. He can help alleviate your pain and help prevent further injury.

Source: www.acatoday.com





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!

Jan I.- referred by Ken C.- thanks!

Kathleen R.

Darlene A.

Rhonda A.-referred by Doni H.-thanks!

Doug P.-referred by Elaine P. -thanks!

Marie N.

Lori Beth W.

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.

Help for the Flu From a Natural Source

U.S. Flu Vaccine Sliced in Half

The above headline that appeared in the USA TODAY paper on October 6, 2004 need not be of any concern to people using Lauricidin®. Testimonials from numerous Lauricidin® users attest to the good health of themselves and their family during a flu season.

"My daughter and I start taking the Lauricidin® when we feel like we are getting a cold or a sinus infection. I am proud to say that I suffered with the sinus problem quite frequently until I started taking the Lauricidin®. I did not have one in the entire year of 2002 and 2003. We were out of Lauricidin® just recently and my daughter got a full-blown sinus infection. It really works for us." **Beavercreek, OH**

"Zero flu in this house and not one cold lasting beyond two days. Five months ago we started my 7 year old son on Lauricidin® (two scoops daily). Colin still remains without diarrhea and he is sleeping through the night, both gains he got from the very start of using Lauricidin." **Redford, MI**

"I have ordered and am currently using Lauricidin®, as is my wife and 4 year old child. We have been enjoying a flu and cold free winter so far for the most part. My four-year-old was starting to take Lauricidin® 8 to 10 pellets once or twice a day for only 2 or 3 days. When he got a slight cold that lasted for only 2 days instead of the normal 2 to 3 weeks. He is extremely asthmatic when he gets colds and usually ends up on inhaled steroids and inhaled albuterol for almost a month when he gets any respiratory condition." **Weatogue, CT**

Lauricidin® is available for purchase here at our office! Call our office to discuss or ask questions regarding the benefits of Lauricidin® for you and your family.

The FDA has not evaluated any structure-function statements concerning Lauricidin®. This product is not intended to diagnose, treat, cure, or prevent any disease.



Decompression Helps Patients Avoid Back Surgery

PINNACLE PHYSICAL MEDICINE & REHAB

Selected to Relieve Low Back Pain

With Revolutionary DRS System – Model ABS

Chattanooga, TN – North American Medical Corporation has announced the selection of Pinnacle Physical Medicine & Rehab to an elite group of worldwide specialists for the relief of chronic low back pain with NO surgery. Under the care and direction of Dr. Ted Showalter, the clinic will now be able to help patients suffering from herniated discs, degenerative disc disease, facet syndrome, sciatica, spinal stenosis and other lower back conditions by treating them with the revolutionary, noninvasive DRS System – Model ABS.

The DRS System – Model ABS is a revolutionary, non-invasive, non-surgical procedure. Developed after many years of research and clinical tests, the ABS System has treated over 5,000 patients and has produced an incredible 85% success rate for patients with disc problems and truly remarkable results for other lower back conditions.

Eight out of ten Americans suffer from chronic back pain, accounting for 40% of all lost workdays and representing the largest component of Workers' Compensation. Patients seeking relief spend \$25 Billion Annually. A significant portion of those dollars is spent on medications that only provide temporary relief and do not cure anything. In fact, medications known as NSAIDS (e.g., Celebrex, Tylenol Arthritis) sometimes do more harm than good, often causing liver and kidney damage.

The DRS System – Model ABS is a quantum leap forward in biotechnology that relieves low back conditions without surgery – specifically, herniated (“Slipped”) discs, degenerative disc disease, posterior facet syndrome, spinal stenosis and sciatica – in the vast majority of cases. Hundreds of doctors can attest to the benefits thousands of patients have received as a result of the revolutionary DRS System – Model ABS process.

When the System is turned on, the patient will experience a firm, but steady pulling from the lower extremities, which separates the vertebrae of the spine ever so slightly. This creates a vacuum that simultaneously draws in the surrounding fluid and re-hydrates discs. Decompression is achieved over a period of 25 minutes by a hydraulic weight pulling system in gradual, 60 and 30 – second alternate pull and release motions.

It's jokingly been said, “Man made his greatest mistake when he assumed an upright position.” But as you well know, back pain is no laughing matter. It is a very serious business that requires the expert care only a well trained staff of medical professionals, using state-of-the-art equipment and facilities, can deliver. “We're very proud of our facility and the unique opportunity to relieve low back pain the DRS System – Model ABS provides our patients,” said Dr. Showalter. “Patients who thought they would never be pain free are now living healthy, active lives. This decompression treat is truly a wonder.” Appointments are filling up so please call today 855-5053. No prescription or referral from your medical provider is necessary although it is appreciated.

Patient of the Month

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



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.

October is Spinal Health Month...

Yes, it's time for your chiropractor.

Feeling like good posture is just beyond your reach? Your doctor of chiropractic can help. Years of specialized training mean that your chiropractor will take a natural hands-on approach to bringing your spine-and your whole body-back into balance. All without drugs or surgery. So the next time your activities have you feeling the effects, remember: Yes, it's time for your chiropractor.

We are offering free computerized posture analysis with report through the month of October. Make an appointment for a friend or family member. We can also come to you if you belong to a church, school or organization who would like to receive this benefit, please call our office today! 855-5053 or e-mail:

chirodcs@yahoo.com