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Pinnacle Physical Medicine & Rehab
8106 Standifer Gap Rd, Ste B
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Shoulder and Arm Pain

What causes shoulder and arm pain? The cause of many instances of shoulder or arm pain is obvious. You do something to injure the arm or shoulder and immediately feel the pain. Or you begin feeling the pain a day or so later. You may have broken a bone or dislocated your shoulder. Perhaps you strained tendons or ligaments by carrying too much weight for too long, by lifting something that was too heavy, overreaching or overexerting your arm—as when playing sports when you're out of shape—or by keeping your arm in an awkward position, or even by sleeping on the shoulder. The resulting pain may range from an annoying ache to acute pain that makes it hard for you to use the injured arm. Fortunately, the majority of such injuries are seldom critical.

But there are other, less obvious causes of shoulder or arm pain. Each is distinguished by where it is felt, whether it comes on suddenly or over time, when it is at its worst, if the pain extends to other joints in your body, and if other symptoms—such as swelling, numbness,

tingling, fever, fatigue, and insomnia—accompany the pain. The causes of shoulder and arm pain include tendonitis, bursitis, arthritis, and gout. Such pain may also result from a reaction to medications such as penicillin, anti-anxiety drugs, and oral contraceptives. Whiplash injuries, common in auto accidents, can also cause shoulder and arm pain.

Shoulder and arm pain may be referred from some other region of the body, as when someone suffering a heart attack feels pain in the left shoulder and down the left arm. The pain may also be referred from nerves associated with the joints in the upper spine, or “trigger points” in the back, which are particularly responsive to chiropractic spinal adjustments, medical care and physical therapy designed to treat such problems.

What can chiropractic do? Dr. Showalter will examine you and conduct diagnostic tests to determine exactly what is causing your shoulder or arm pain. Because the causes and the seriousness of different conditions are so varied, it is important to pinpoint the cause and begin the most

appropriate treatment. He will discover if your problem is mild and transitory or serious and likely to trouble you for a long time. A broken bone cannot be treated in the same manner as bursitis or tendonitis. Arthritis and gout call for different care than pain originating in nerves supplying the shoulder and arm. Chiropractic can also be successfully employed to deal with so-called frozen shoulder, a severe inflammation technically known as adhesive capsulitis. Dr. Showalter is accustomed to relieving painful trigger points between the spine and shoulder. He will determine which treatment is best for you and employ Dr. Barton, our medical doctor, in a multi-specialty approach. Dr. Barton can perform two different diagnostic tests called EMG (electromyogram) and NCV (nerve conduction velocity). NCV and EMG are important diagnostic tools that help determine the cause of muscle weakness, spasms, paralysis, or pain in the arms, hands, legs, or face. They also help determine if the disease involves the spinal cord,

nerves, muscles, or nerve muscle junctions.

We can also incorporate physical therapy into your treatment regimen to get you feeling better quicker.

David Self is our licensed physical therapist. David graduated with a Masters in Physical Therapy from Loma Linda University in 1997. He comes to us in his eighth year of work experience. Marilyn Owens, our licensed physical therapy assistant and licensed massage therapist, graduated from the Chattanooga State Technical Community College's PTA program and from The Natural Touch Institute for massage therapy. She comes to us with twenty years of work experience. She specializes in deep tissue, relaxation, myofascial release and Swedish massage.

Dr. Showalter offers complimentary consultations to new patients and all of our health care providers accept most insurance plans. If you or someone you know is experiencing shoulder and/or arm pain, don't continue to suffer! Give our office a call today to see how we can help. *Source: www.mercola.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!

Mike Dill (referred by David Henderson—thanks!)

Congratulations to Jane Phillips and Jeff Abbott who were married on September 3rd, 2005. We wish you both all the best in your new life together!

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.

Wilma Byrd

Amy Phillips (referred by Jane Phillips—thanks!)

Patricia Williams (referred by Jean Saunders— thanks!)

Donna Gattis (referred by Jim Mercer James Gattis—thanks!)

Rubye Nabors (referred by Paula Graham—thanks!)

Curtis Russell



All-Star Foods That Fight for Health

It's no secret that an apple a day—along with other fruits, vegetables, and nuts—will help keep the doctor away. These foods are loaded with antioxidants, substances that fight free radicals, disease-causing compounds that have been linked to heart disease, cancer, and Alzheimer's. But just how many antioxidants these foods contain has been a mystery—until now. The U.S. Department of Agriculture (USDA) recently analyzed the antioxidant content of more than 100 foods, including fruits, vegetables, nuts, dried fruits, spices, and cereals.

The big surprise: Even though they're consumed in small amounts, herbs and spices, such as oregano, cinnamon, and cloves, showed higher amounts of antioxidants than researchers had previously thought.

A high antioxidant level doesn't equate to a superfood, however. “There's still a lot we don't understand about how the body uses antioxidants,” says Ronald L. Prior, Ph.D., nutritionist and research chemist with the USDA. The body absorbs some antioxidants better than others, he notes, and cooking may also alter the content. But most antioxidant-rich foods also have other benefits, such as low fat and calorie levels, and helpful vitamins and minerals. For optimal health, aim for at least five to nine serving of fruits and vegetables a day.

Antioxidant Breakdown

The USDA ranked the following foods among the highest in antioxidant content. The number after each food denotes its **total antioxidant capacity (TAC)**. Foods with TACs of 2,000 or higher, like these, are considered high in antioxidants.

Fruits (one cup serving)	Dried plums: 14,582	Blueberries: 9,019	Blackberries: 7,701
Vegetables (one c., cooked)	Artichoke hearts: 7,904	Red cabbage: 4,718	Russet potato: 4,649
Nuts (one ounce serving)	Pecans: 5,095	Walnuts: 3,846	Hazelnuts: 2,739



Diane's Recipe Corner

Tex-Mex Pinto Bean Spread

It's that time of year again...football games and tailgate parties abound! So mix up this spread and serve at your next party for a treat that will be enjoyed by all!

Ingredients: 1 15-ounce jar pinto beans, rinsed and drained
 2 Tbsp. chopped fresh cilantro 2 tsp. fresh lime juice
 1/2 jalapeno pepper 1/2 c. chopped tomato
 1/2 c. chopped onion 1/2 tsp. sea salt
 1 Tbsp. toasted pumpkinseeds

Directions:

1. Place first six ingredients in a food processor, and process until smooth.
2. Place bean mixture in a bowl. Stir in chopped tomato, and sprinkle with pumpkinseeds.
3. Serve with baked tortilla chips and enjoy!

Source: *Cooking Light, June 2005*

Question of the Month:

Frozen shoulder is technically known as:

- A. **Adhesive Capsulitis**
- B. **Tendonitis**
- C. **Carpal Tunnel**
- D. **Trigger point**

The first patient to call with the correct answer will win a FREE bottle of Bio-Freeze (once per patient, please). The answer to last month's question was: B. Injuries. **Dean Jones** answered the question right. Congratulations, Dean! Our **Patient of the Month** for September is **Elaine Peck**.

Congratulations! **Elaine** will receive a free half-hour massage.

A random number is picked each month so everyone has a chance to win!!



Exercise for the Brain

A study conducted at the Case Western Reserve Neurogeriatric Laboratory suggests that lifelong regular exercise may protect against Alzheimer's disease by enhancing the metabolic activity of nerve cells in certain regions of the brain. So get busy and start working out!

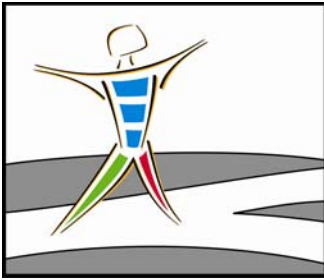


ATP Plus For Energy and Pain Relief

ATP Plus is a formula made up of malic acid and magnesium hydroxide which has shown the ability to increase energy and decrease muscle pain. Malic acid, a natural fruit acid, is present in all living cells and plays a key role in the energy-producing Krebs cycle. Magnesium is an essential mineral which plays a role in many of the reactions leading to energy production. The combination of malic acid and magnesium have shown to be beneficial in increasing exercise tolerance and endurance and reducing muscle pain.

For those who suffer from fibromyalgia, there is help. The combination of malic acid and magnesium has been shown to relieve the pain and tenderness associated with fibromyalgia as well as increase energy production. In studies, patients with fibromyalgia noticed a significant improvement in pain within only 48 hours of receiving the malic acid + magnesium supplements. More and more doctors are recommending these supplements for their fibromyalgia patients as they have proven to effectively and safely improve fibromyalgia symptoms. Jorge Flechas, M.D., M.P.H., a holistic practitioner in Hendersonville, N.C., has participated in two medical studies that have tested the combination of malic acid and magnesium for fibromyalgia patients. In these studies, patients reported a significant reduction in pain and tenderness within 48 hours and without any side effects. In his practice, Flechas has used these combination supplements for six years on about 500 fibromyalgia patients. "I have found the results are positive 90 percent of the time," he says. "The sooner malic acid and magnesium are started, the faster patients begin to return to their normal lifestyles." We carry ATP Plus through our Optimum Health Clinic. Ask Dr. Showalter today how ATP Plus can help you get on the right path to better health!

Source: www.jvm.com



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***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.**

Marilyn's Corner—Backyard Aromatherapy

It's autumn again...and whether you're a teacher, a student, or just someone enjoying the weather getting cooler, for many people autumn signals the beginning of a new year. We find ourselves energized and open to change. From an energetic perspective, the pure essential oils found in plants we've nurtured in our own back yard may be equal or superior to a store bought essential oil harvested and processed in a distant land. Many of our gardens contain herbs whose oils may be beneficial when used in their plant state. After a long day digging and weeding, an energizing bath with the fruits of your labor is a luxurious reward. Enjoy the following bath tea anytime your mind and body could use a pick-me-up. It's worth the effort and makes for much easier clean-up than tossing the herbs straight in.

Recipe: 1 cup total chopped lavender, rosemary, and/or mint (in any combination) and 1 cup water. Bring the water and herbs to a slow simmer and reduce the liquid to 1 cup. Strain the tea into a cup or jar and add the tea to your next bath. Experiment with whatever herbal plants your garden holds this season and discover your own preferences. Consult with a qualified aromatherapy practitioner or do your own research on other ways to use your herb garden as a therapeutic resource. Enjoy!

Marilyn

