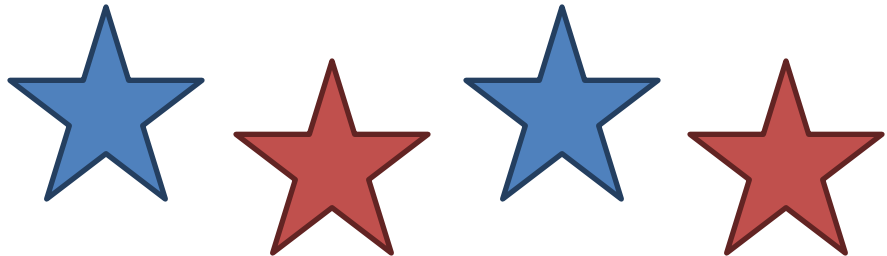


STAR SPANGLED BANNER
 we the people
AMERICA
 red white and blue
 independence
LIBERTY USA
 STARS AND STRIPES
 my country 'tis of thee
 in God we trust
 LAND OF THE FREE &
 HOME OF THE BRAVE
FREEDOM
 from sea to shining sea

July 2016

Smoky Valley Chiropractic Healthy Family Newsletter



School & Sports Physicals



It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps, and the fall season.

Dr. Loder offers same day appointments. All physicals are \$35 and must be paid in full at the time of your appointment. **A posture screen and scoliosis screening are included.** Dr. Loder would prefer to have a parent attend the appointment with their student. Call now to reserve your appointment time!

Go Vikings!

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"My wife made the appointment for me.
I'm here for an attitude adjustment."

Thanks to all who participated in the Midsummer's 5K Run and 2 mile walk this year. We enjoy sponsoring this event! ☺



Chiropractic Adjustments Better Than Self-Manipulation Research Study

A common question from patients in a chiropractic office is, "Can I adjust myself?" A study published on April 22, 2015, in the Annals of Vertebral Subluxation Research demonstrates that self-manipulation of the spine is not as effective as a specifically given chiropractic adjustment.

The study begins by pointing out that forms of spinal manipulation have been used in the treatment of lower back pain by many different types of practitioners. The study authors stated the purpose of the study by saying, "It is hypothesized that self-manipulation of the lumbar spine, without the utilization of an experienced practitioner, can result in therapeutic benefits but can also cause instability and chronic low back pain."

In the specific case documented for this study, a 17-year-old boy came to the chiropractor suffering from chronic lower back pain that he had been experiencing for over a year. The boy was very active in sports and his problem may have coincided with a weightlifting injury he sustained near the time his problems started to appear.

The boy was treated with pain medications and injections, but these provided little help. As a result, he resorted to self-manipulation of his lumbar spine. **Multiple times per day, the boy would twist his body to create tension in his lumbar spine resulting in a popping sound in his lower back. This procedure seemed to create some relief and an increased range of motion. He would perform this self-manipulation as frequently as every 20-30 minutes every day in order to get relief.**

Upon going to the chiropractor, the boy was instructed to **discontinue the self-manipulation. A chiropractic examination with x-rays was performed to evaluate the boy's condition. The examination did show that several segments of the boy's lower spine were less movable than normal, while the entire area of the spine was more movable than normal. This was probably the result of the self-manipulation.**

Chiropractic care was begun at the rate of 3 visits per week for 3 months. Adjustments were given to the areas of the boy's spine that were less movable. The results reported in the study showed that the boy improved significantly from the chiropractic care with a reduction in his back pain. Additionally, there was an increased stability of his spine due to the chiropractic care without the self-manipulation.

In their conclusion the authors wrote that specific chiropractic adjustments are different from self-manipulation in several ways including safety, specificity, and effectiveness. They note that while self-manipulation can produce similar popping sounds in the spine, the effects of a specific, "...chiropractic adjustment cannot be reproduced without the expertise of a skilled practitioner."



**We are celebrating
Independence Day by
saluting our veterans. Help us
show respect and gratitude
for the freedoms we enjoy
every day in this country.
Help us celebrate with some
“Armed Forces Specials”
Complimentary adjustments
and new patient services for
all veterans and active duty
service men and women
July 1st, 5th and 6th.
Show your gratitude and
help us
spread the word!**



"Once You Go..."



One of the most misunderstood beliefs about chiropractic is that once you start, you have to go forever. It's true, many Chiropractic clients choose to continue care on a regular wellness basis after experiencing great results, but they do so simply because it makes sense - the body functions better without nerve interference.

Here are some other things that you don't have to do for the rest of your Life, but also make good sense... brushing your teeth, going to the gym, taking your vitamins, eating your veggies, changing the oil in your car or saving for retirement. Somewhere along the road, you discovered on your own accord that these activities ADD to your Life as opposed to subtract from it, and it's the same for clients who choose to get adjusted for maintenance.

No one can make you do something you don't want to. Just like regular car tune ups or staying physically fit, the choice to keep your spine and nerve system free from damaging stress for the rest of your Life is totally yours... as are the benefits if you do and the consequences if you don't.

Weekend Warrior – It may be summer, but Dr. Loder is still helping coach rugby. If he's not fishing on his time off, he's coaching the boys.



Dr. Loder will be out of the office August 1st through 5th for family vacation before the kids head back to college. ☺



"Tom, this is Kate from the office. Boy, you're a hard person to reach when you're on vacation!"

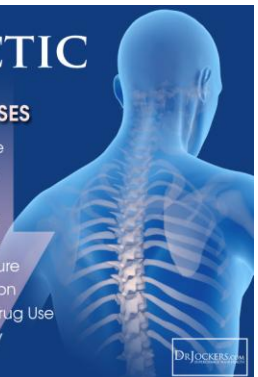
CHIROPRACTIC

IMPROVES

Health
Sleep
Stress
Happiness
Well-Being
Immune System
Strength
Life
Mobility

DECREASES

Disease
Illness
Pain
Aches
Injuries
Bad Posture
Depression
Prescription Drug Use
Anxiety



Dr. J. JACKSON



We will be closed on Monday, July 4th for Independence Day.