Be at your peak with Chiropractic Care

THE SPINE CENTER OF WILLIAMSBURG
(757) 259-1122

SPINAL CARE CLASS
PURPOSE AND GOALS

- ACCELERATED PAIN RELIEF FOR NEW PATIENTS
- SELF-CARE REVIEW FOR EXISTING PATIENTS
- REDUCED PAIN RECURRENCE AND DEGENERATIVE CHANGE FOR EVERYONE
1. ACUTE CARE

- HEAT/COLD (WHICH ONE?)
- TOPICALS (HEAT/COLD OR BOTH?)
- OTC MEDS
- ALTERNATIVES TO OTC MEDS
OTC MEDS--NEGATIVES

ACETAMINOPHEN (TYLENOL)
- 2X INCREASED RISK OF END STAGE KIDNEY DISEASE WITH >1,000 LIFETIME TABLETS
- #1 CAUSE OF LIVER FAILURE IN U.S. “DOSE DEPENDENT LIVER POISON”
- 2-4X INCREASED RISK OF HIGH BLOOD PRESSURE
- SUPPRESSES BRAIN ACTIVITY (PAIN AND EMOTIONS…BOTH POSITIVE AND NEGATIVE)

NSAIDS (ASPIRIN, ADVIL, ALEVE AND OTHERS)
- 20,000 DEATHS PER YEAR IN U.S. (MOSTLY INTERNAL BLEEDING)
- 2-3X INCREASED RISK OF FATAL HEART ATTACK AFTER 6 MONTHS OF CONTINUOUS USE
- INHIBIT HEALING (REDUCTION OF MACROPHAGE PRODUCTION)
ALTERNATIVES TO OTC MEDS

FISH OIL
- 1-2 grams/day EPA and DHA

NORDIC NATURALS BRAND
NATURE’S ANSWER BRAND
LIQUID OMEGA 3

OTHER SUPPLEMENTS
- TURMERIC
- GINGER
- GREEN TEA
- BROMELAIN

NOW FOODS BRAND  D-FLAME
ACUTE CARE—SAFE DECOMPRESSION POSITION
ACUTE CARE—SAFE DECOMPRESSION POSITION
ACUTE CARE—SAFE DECOMPRESSION POSITION
DAILY LIVING INJURY AVOIDANCE—SAFE DRESSING

Fig. 10A.52. Safe back options for putting on pants, socks, etc.
ACUTE CARE—SAFE DECOMPRESSION POSITION
ACUTE CARE—SAFE AND UNSAFE POSITIONS
ACUTE CARE—SAFE DECOMPRESSION POSITION
ACUTE CARE—SAFE DECOMPRESSION POSITION
ACUTE CARE—THE CAT-CAMEL MANEUVER
ACUTE CARE—VAGUS NERVE ACTIVATION

- Relaxation
- Reduced inflammation
- Healing
VAGUS NERVE ACTIVATION |—AB BREATHING

- Abdomen expands on inhalation
- Inhale through nose, exhale through pursed lips
- “7-11” Breathing: Inhale to count of 7, exhale to count of 11
- “4-7-8” Breathing: Inhale to count of 4, hold for count of 7, exhale for count of 8.
- Place ice pack on face from scalp to lips for 30 sec to 1 min
- Hold a sip on water in mouth
- Ab Breathe using 7-11 or 4-7-8 patterns

Expect 30 to 90 minutes of reduced anxiety, tension and mood elevation. Repeat as necessary while in decompression positions
2. THE CORE
CORE ACTIVATION

1. While Ab breathing (diaphragm)…

2. Tighten Kegel muscle (pelvic floor) AND

3. Pull belly button in (deep abdominal and spinal muscles)

Kegel and Belly Button tension limited to 10% of total power.
CORE ACTIVATION -- NECK

THE CHIN TUCK
3. INJURY AVOIDANCE—ACTIVITIES OF DAILY LIVING
“NORMAL” SPINE—1911 VS 1990
THE BEGINNING OF THE SLOUCH
3. DAILY LIVING INJURY AVOIDANCE—SAFE STANDING
DAILY LIVING INJURY AVOIDANCE—SAFE (AND UNSAFE) STANDING
DAILY LIVING INJURY AVOIDANCE—SAFE STANDING
DAILY LIVING INJURY AVOIDANCE—UNSAFE SITTING
DAILY LIVING INJURY AVOIDANCE--SITTING

SAFE

UNSAFE
DAILY LIVING INJURY AVOIDANCE—SAFE AND UNSAFE SITTING
DAILY LIVING INJURY AVOIDANCE—SAFE SITTING

UNSAFE

SAFE
Most people round their backs as they bend, compressing the front (anterior) part of certain discs and squeezing the contents to the back (posterior) part.
DAILY LIVING INJURY AVOIDANCE—UNSAFE AND SAFE BENDING
DAILY LIVING INJURY AVOIDANCE—SAFE BENDING

WITH KNEES SAFELY BENT

WITH KNEES STRAIGHT
DAILY LIVING INJURY AVOIDANCE—(UN)SAFE BENDING
REPETITIVE MICROTEAR INJURY CAUSES...

1. MOVEMENT IMPAIRMENT (SUBLUXATIONS)... IF NOT CORRECTED...
2. RECURRING OR CHRONIC PAIN
3. DEGENERATIVE CHANGE
THE SPINE CENTER OF WILLIAMSBURG

219 McLaws Circle
Williamsburg, VA 23185
(757) 259-1122

Dr. Dan Carlson