

Chiropractic Report



- 7 ways to avoid back pain
- Is your headache really a pain in the neck?
- Wellness secrets of chiropractors
- Test your knowledge of anatomy
- Is your child being harmed by a backpack?
- How your back works and why it hurts

Chiropractic ~ Rehabilitation ~ Massage Therapy
10301 Democracy Lane
Suite 110
Fairfax, VA 22030
703-293-2939
www.fairfaxchiropractor.com

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Taschler Spine & Rehab Dr. Jennifer Lee Taschler

Dr. Jennifer Lee Taschler is a Clifton, VA native. After being in a life threatening auto accident she suffered from debilitating migraine headaches for years. Her neurologist referred her to a Chiropractor and as a result she found amazing relief. Dr. Taschler decided to make a career out of changing others' lives the way her chiropractor had changed hers.



Dr. Taschler has been in practice for over 22 years. Dr. Jennifer Lee Taschler, Chiropractic Physician, opened an Integrative Wellness Center in Fairfax City, VA. She is licensed by the Board of Medicine of the Commonwealth of Virginia. Taschler Spine & Rehab is proud to offer Chiropractic, Rehabilitation, Spinal Decompression, and Massage Therapy. Taschler Spine & Rehab is a state-of-the-art facility that is one of a kind in the Northern Virginia area. Taschler Spine & Rehab prides itself on being a team of healthcare professionals working together for your health. After receiving her Bachelors of Science degree with honors, Dr. Taschler graduated from the prestigious Life University in Marietta, Georgia. Upon graduating from Chiropractic University and receiving her Doctor of Chiropractic degree, Dr. Taschler did her internship at Ormond Medical Center in Ormond Beach, Florida. She continues to pursue the latest and most advanced techniques in the Chiropractic and rehabilitation fields.

Chiropractic is a gentle, natural and effective way to address the cause of common types of pain without the use of drugs or surgery. Whether you are an athlete with an injury, a person who has been in an automobile accident, or you are just tired of not feeling well, Dr. Taschler can help you! A combination of chiropractic adjustments to the spine and/or extremities, therapies, exercise, and nutrition will be carefully selected for you. The team at Taschler Spine & Rehab will work together to develop the best treatment and care plan for you.

Dr. Taschler is available for community activities. For several years she has volunteered for the Marine Corp Marathon in Crystal City and will do so again this year. Dr. Taschler has also been involved in the September 11th New York City relief efforts. She provided Chiropractic Care at Ground Zero for the firemen, police officers, and volunteers. For additional information about Chiropractic or any of the integrative therapies Taschler Spine & Rehab has to offer please do not hesitate to contact us. What are you waiting for? Call 703-293-2939 now to make an appointment. You may also visit www.taschlerspineandrehab.com.

“What does a chiropractor do?”

Q: I don’t know much about chiropractors. What do they do?

A: Doctors of Chiropractic are health care professionals who specialize in musculoskeletal and nervous system conditions and the impact they have on a person’s overall health. Emphasis is placed on alleviating pain in the back, neck, joints and alleviating headaches—and correcting conditions that cause this pain.

Chiropractors also help with TMJ dysfunction, Carpal Tunnel Syndrome, Achilles Tendonitis, Plantar Fasciitis and many other health care concerns.

Q: What type of training do chiropractors have?

A: Chiropractors have rigorous educational requirements similar to your family doctor’s requirements.

	Doctor of Chiropractic (DC)	Medical Doctor (MD)
<i>Average Chiropractic or Medical Program Length</i>	4 years	4 years
<i>Average Classroom and Clinical Study Hours</i>	4,820	4,670
<i>Typical Program Content</i>	Years 1 and 2 are very similar to MD. Years 3 and 4, greater emphasis is placed on biomechanics, radiology, adjustments and natural medicine.	Years 1 and 2 are very similar to DC. Years 3 and 4, greater emphasis is placed on immunology, pharmacology and surgery.

Q: How are chiropractors licensed?

A: Like most other health care practitioners, chiropractors are licensed at the state level, by a state board of chiropractic examiners. Doctors of Chiropractic (DC’s) are required to complete a number of hours of continuing education each year to maintain their licenses.

Q: What are the advantages of chiropractic?

A: Chiropractic is non-invasive, unlike procedures such as surgery. Drugs, particularly addictive painkillers, aren’t part of the practice. Normally, the cost of treatment is far lower. People who have run out of other medical options often find chiropractic provides relief. Chiropractic is an excellent way to help with pain and create better health.

Q: Is chiropractic safe?

A: No form of medical treatment is totally without risk. Chiropractic is drug-free and noninvasive. Chiropractic has an exceptional safety record. In fact, compared to Medical Doctors, the cost of Chiropractic liability insurance is very low. Decreased cost means decreased risk. You can discuss with your chiropractor any potential risks associated with chiropractic treatment.

The therapeutic discipline
Chiropractors practice is called
Chiropractic.



Ten signs that you should see your chiropractor

1. Chronic pain in your joints, muscles, hands, feet or head that has not improved with traditional medical treatments.
2. Your job requires you to sit for long periods of time or to perform repetitive physical tasks.
3. An injury to a muscle, joint or spine that has not healed with initial medical treatment, medications or physical therapy. Chiropractors are specially trained to help you with injuries sustained from an auto accident.
4. Sharp pain shooting from your hip down your leg.
5. Pain, achiness, a burning sensation or stiffness that comes and goes in parts of your body with no explainable cause.
6. You want to address joint or muscle pain or headaches without drugs or surgery.
7. The soles of your shoes consistently wear differently. For instance, the left outer heel of shoes for your left foot wears down more quickly.
8. The hems of your skirts or pants hang unevenly.
9. Your head is positioned forward rather than directly over your shoulders.
10. One of your shoulders is lower than the other.

How to choose a chiropractor

When selecting a chiropractor, take time to find a DC who:

- Is recommended by your physician, other health care professionals or friends
 - Is licensed to practice chiropractic.
 - Has experience treating your specific condition or symptoms.
- Has completed studies and testing beyond those required to be a Doctor of Chiropractic.
 - Is willing to work with your other physicians as part of your medical team.
 - Uses diagnostic tools such as x-rays, MRIs, and ultrasound.
 - Offers holistic preventive care and nutritional counseling.
 - Will provide an initial consultation free-of-charge.
 - Does not claim that chiropractic treatment can cure every medical condition.

Answering your questions about chiropractic adjustment

Q: What is a chiropractic adjustment?

A: A Chiropractic adjustment, also called spinal manipulation, is a procedure used by DCs to correct misalignments of the vertebrae of your spine. Untreated, these misalignments can interfere with neurological communication between your brain, tissues and organs.

Q: What happens when you have a chiropractic adjustment?

A: After identifying your condition via examination and testing, and determining that spinal adjustment is the best treatment for you, your DC will position your body so that only the affected area is isolated. Next, your DC will manipulate the joint, freeing it from its “stuck” position. In restoring the joint’s natural movement, inflammation and pain are reduced and your tissues will begin to heal. This will help prevent future degeneration of the spine.

Q: Is it true that there’s a popping sound during an adjustment?

A: Yes, this harmless popping sound occurs when gas bubbles in the fluid surrounding the joint are released during the procedure. Have you ever cracked your knuckles? It’s the same thing.

Q: Does this procedure hurt?

A: Some people are squeamish about spinal manipulation if they aren’t familiar with the procedure. When conducted by a licensed Doctor of Chiropractic, however, spinal manipulation is effective in reducing muscle and joint pain. Only rarely does chiropractic adjustment cause mild discomfort that typically goes away in a day or two. Most patients enjoy getting adjusted.

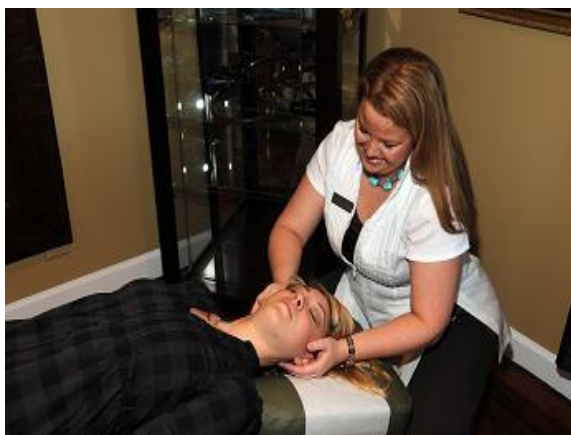
You should not have a chiropractic adjustment if you have:

- a fracture
- cancer of the bone or bone marrow
- severe spinal osteoporosis
- tuberculosis of the spine
- disease of the spinal cord
- severe arthritis
- infection in your bone or joint
- acute gout
- compression of your spinal cord or cauda equina (nerve roots at the end of your spine)
- uncontrolled diabetic neuropathy
- a bleeding disorder
- pain down your leg or arm with increased weakness, difficulty walking and/or bowel or bladder control problems

Prior to treatment, your DC will take a detailed medical history and perform an examination. It's important to give thorough answers even if you're not sure if a health condition has any bearing on your chiropractic therapy. This will enable your DC to rule out treatments that aren't appropriate for you.

Conditions commonly treated by chiropractors

Condition	Common Symptoms
headaches	throbbing, dull or sharp pain, pain that persists, auras (sensations such as light or warmth that often precede migraines), restricted neck motion, light sensitivity
herniated disk	symptoms differ per the location of the affected disk but may include lower back pain, pain in one leg, numbness in the back, chest, arm or leg, or muscle spasms
joint pain	pain, stiffness, sensation of warmth, swelling, tenderness
pinched nerve	sharp pain, numbness, tingling sensation, muscle weakness
sciatica	sharp pain that travels from your buttocks to your leg
fibromyalgia	widespread pain lasting longer than three months, fatigue in muscles and tendons, a number of tender spots on the body, morning stiffness, short-term memory loss, headache, insomnia
scoliosis	spine curves to one side, difference in height of shoulders or hip, head not centered over torso, back pain
carpal tunnel syndrome	tingling, burning sensation, pain or numbness in fingers, palm of the hand, wrist or forearm, finger stiffness in the morning, weak grasp



Chiropractors can help you with the following:

- Neck and back pain
- TMJ dysfunction
- Shoulder, elbow, and wrist pain
- Sacroiliac (SI) joint, hip, knee, ankle, and foot pain
- Tendonitis and Plantar Fasciitis
- Headaches and migraines
- Pain from an auto accident

Techniques used by Doctors of Chiropractic

Doctors of Chiropractic use more than 55 different procedures and methods. Practices you may experience include:

Chiropractic adjustments restore motion to joints, reducing pain and enable the injured tissue to heal.

The Activator Technique involves the use of a small device to apply pressure or gentle force to misaligned vertebrae and restore joint motion.

Myofascial treatments uses massage to relieve muscle spasms or pressure to relieve pain from knotted muscle fibers or “trigger points.”

Flexion-Distract treatments use a motorized table to gently stretch and relieve pressure on your spine.

Applied Kinesiology helps balance tense or loose muscles that pull a bone out of alignment. A combination of massage and manipulation is typical of this technique.

Cox Flexion Distraction relieves lower back pain through stretching or traction of the spine.

Therapeutic exercises increase muscle and core strength.

Electrical Stim and Ultrasound decrease muscle spasms and aid in healing.

How your back works and why it hurts

Your back has an important job. It supports your head and torso, enables you to bend, twist and stretch and provides protection for your spinal cord. In order to perform all these tasks, your back is made of a complex maze of bones, muscles, ligaments and tendons, each of which is susceptible to pain and injury. When your vertebrae are out of alignment due to injury, muscle tension, muscle spasms or weak muscles, you experience pain.

Vertebrae

Your spine is comprised of 33 bones called vertebrae. Vertebrae contain canals for nerves and intricate joints and are attached to muscles and ligaments. Your vertebrae are not all the same and have different functions; they're defined in the following three segments:

Did you know...trigger points aren't always painful to the touch? Often, pressing them sends pain to another part of your body.

Seven Cervical vertebrae in your neck are smaller and more delicate, so you can move your head freely in a number of directions.

Twelve Thoracic vertebrae connect with your ribs and provide some flexibility.

Five Lumbar vertebrae are located where your lower back curves and do the heavy lifting. They provide support for the body and important mobility. These vertebrae are most prone to pain and injury because they carry the bulk of the weight and have a major role in bending at the waist.

The **sacrum** and **coccyx** are actually fused vertebrae. The sacrum is the larger, shield-shaped bone that supports the lumbar vertebrae and protects the pelvic area. And your coccyx, a reminder of our very early ancestors, is a tail.

Disks

It's likely you've heard the terms ruptured disc and herniated disk. Disks are fluid-filled sacs that fit between each of your vertebra, serving as shock absorbers holding your vertebrae together and making it easier to move. Sometimes disks "slip out of position" or rupture. This causes pain, particularly if it presses on a nerve.

Spinal Cord/Nerves

Made of nerve fibers, the spinal cord has the critical job of sending messages to and from the brain and the rest of your body. Sometimes these nerve fibers become irritated because of conditions such as a herniated disk, misaligned disk, injury or degeneration of the vertebrae. When this happens you may feel symptoms like pain, headache, tingling, numbness or weakness. Your chiropractor has a number of techniques for relieving these symptoms.

Nerve vs Muscle Pain

Nerve pain tends to be sharp or stabbing. Muscle pain is normally felt as tight and achy.

Seven ways to avoid back pain

1. Maintain good posture when sitting or standing. Use a back support in your chair.
2. Watch your weight; excess weight places additional strain on your back.
3. Warm up before doing physical work or exercise. Stretch after activity.
4. Stay active and follow a regular pattern of exercise to keep your muscles and joints flexible. Strengthen your core.
5. When lifting bend at your knees, hold the object close to your body directly in front of you and lift with your legs. Make sure not to twist when lifting objects.
6. Avoid sleeping on your stomach, this can strain your neck and back. Sleep with a pillow in between your knees while on your side and a pillow under your knees while sleeping on your back. Ask your Chiropractor about a cervical pillow that is perfect for you.
7. If you spend long periods of time in a chair at work, talk with your DC about the best ergonomic options. Try to get up for a few minutes every hour and move your body.

Headaches can be a pain in the neck

Very often the pain you feel as a headache is actually referred pain from your neck. Referred pain is pain that develops in one part of the body but is felt in another. A common example of referred pain is the arm pain many people feel before or during a heart attack. Pain that originates in your neck can have a number of causes.

Stress is a main culprit, causing muscles and ligaments in the neck to tighten. When this happens, your vertebrae can go out of alignment, and nerve fibers and blood vessels that are connected with those in your head may become inflamed. This can cause pain.

Poor posture is another cause of neck and head pain. Although your head and spine have a natural alignment that provides maximum support, many people have a tendency to lean forward, especially when looking at a computer or television screen, driving, or compensating from the weight of a backpack. When you lean forward, the weight of your head—somewhere between 12 and 15 pounds—strains muscles of the back of your neck and can pull your spine out of alignment.

Arthritis in your neck (the cervical section of your spine) causes headaches, neck and back pain. This is due to degeneration of the vertebrae, which is common with ageing.

Signs that your headache originates in your neck are:

- Headaches of varying length and degrees of pain, with no consistent cyclical pattern.
- Pain felt on one side of your head.
- Headaches preceded by pain in the neck or shoulders.
- History of neck injury, such as whiplash.

Test your knowledge of anatomy

1. **T or F** You have 206 bones in your body; ¼ of them are in your feet.
2. **T or F** A chiropractor specializes in conditions relating to nerve, muscle, and bone.
3. **T or F** Don't crack your knuckles! It will give you arthritis.
4. **T or F** The first cervical vertebra is called atlas, named for Atlas, of Greek mythology, who carried the world on his shoulders.
5. **T or F** Most humans have 7 cervical, 12 thoracic, and 5 lumbar vertebrae.

Don't Peek!

Answers to Quiz: Test your knowledge of anatomy

1. **True** In fact, half of your bones are in your hands and feet.
2. **True** Chiropractors are Neuromusculoskeletal specialists.
3. **False** That knuckle-popping sound is simply the release of gas bubbles.
4. **True** Zeus punished Atlas by making him carry the earth and skies on his shoulders.
5. **True** Most humans have 24 spinal vertebrae.

Support systems: mattresses, chairs, and more

It's all in the details. Pillows and shoes may not seem like a big deal—but they can make a major difference in the way your body feels and functions.

Mattress

If you're like most people, you spend about a third of the day sleeping. The quality of your mattress impacts the quality of your sleep and the health of your spine. Your mattress should be firm enough to provide adequate support, yet offer enough “give” to conform to your spine's natural curve. When sleeping on your side, the mattress should support your waist, but sink slightly where your shoulder and hips rest. Ask your chiropractor for the best mattress for your condition.

Pillow

The pillow you use should maintain the alignment of your spine. Avoid pillows that position your head and neck unnaturally—it should remain level with your spine. If you sleep on your side, it also can be beneficial to sleep with a pillow between your legs. Ask your chiropractor to fit you properly for a pillow.

Computer/desk chair

Do you spend more time sitting at your desk than in bed? If so, it's important for you to have a chair that provides proper support. Special ergonomic chairs are excellent, but can be costly. If you're selecting a regular desk chair, select one that allows you to adjust the height. You should be able to rest comfortably, with both feet flat on the floor and thighs parallel to the floor. Adjustable armrests should enable you to rest your arms without pushing your shoulders up. *Remember to stand up every hour or so to stretch your legs.*

Computer Screen

The computer monitor should be directly behind the keyboard so you can look straight at the screen without turning your neck. Set the screen so your line of vision is about three-quarters of the way up the screen when you look straight at the monitor. The keyboard should be low enough that your shoulders are relaxed and your arms are comfortably near your body.

Shoes

Painful feet or feet that aren't being supported properly put stress on the joints in your ankles, knees, hips and lower spine. Chiropractic adjustments and therapies to your feet can help alleviate the pain. Your DC may recommend specific shoes or shoe inserts/pelvic stabilizers to provide better support. It is best to receive your inserts and then go to a specialty running store to purchase athletic shoes. When you are selecting shoes, choose models that have an index finger's width between your toe and the tip of the shoe. Your heel should fit comfortably against the back of the shoe and not slide when you're walking. Toss old shoes—their worn structure won't provide adequate support.

Wellness secrets of chiropractors

- Sure, you've heard the healthy lifestyle mantra before, but following good wellness practices such as maintaining a healthy weight, eating a balanced diet, getting regular exercise and getting enough sleep can add more than a decade to your life and improve your quality of life, too.
- Mom knew what she was doing when she said, "Stand up straight!" Good posture can help prevent or alleviate a host of bone and joint problems.
- Reduce stress. Stress has a negative impact on our physical and mental health. Explore methods of managing stress that are effective for you. Common steps include:
 - regular exercise, walking, yoga, working out at the gym—all ease your stress
 - learn relaxation techniques such as deep breathing, meditation, visualization or yoga
 - make time to do something you enjoy—reading, playing the piano, playing golf, walking in the park, daydreaming—it's your choice
 - laugh often and spend time in the company of friends and family

Get Relief from that Aching Head



As you read this, 31 million Americans are experiencing low-back

Use acupressure for temporary headache relief: Using a circular motion, gently massage the temporalis muscles located on either side of your head.

Pinch the skin just above your nose and push up so you feel pressure at eyebrow level. With your thumb and index finger, squeeze the plump pad between thumb and index finger on the palm of your other hand.

It is also helpful to do self massage behind your neck where the muscles connect to your skull.

Ask your Chiropractor to refer you to a licensed massage therapist. They are specifically trained to reduce your muscle tension.

Chiropractic for kids, too

Always on the go, kids are magnets for falls, sprains, strains and sports-related injuries. Chiropractic is an invaluable therapeutic option for children because it's noninvasive and medication-free. In fact, chiropractic is used so commonly with kids that a survey conducted by the National Center for Health Statistics revealed that approximately two million children receive chiropractic or osteopathic manipulation each year.

Just because your child is so young does not mean they cannot have pain.

Pediatric chiropractors have post-doctorate training and experience in working with children. They use techniques that are gentle and age-appropriate. The pediatric chiropractor shouldn't replace your child's regular pediatrician. Instead, the treatments should complement each other.



Is a backpack harming your child?

You've probably picked up your child's backpack and wondered if it was full of rocks. What you may not know, however, is that a heavy backpack can be harmful to your child. Almost 6,500 kids are taken to the emergency room each year because of backpack-related injuries, according to the U.S. Consumer Product Safety Commission. Emergency room physicians are seeing more than just back pain caused by heavy backpacks. Injuries are common in the knee, leg, ankle, shoulder, wrist, elbow, hand, head and neck.



Following are ways you can make your child's backpack less of a burden on his or her body:

- The weight of the backpack should be no more than 10 percent to 15 percent of your child's weight.
- Remind your child to always use both straps.
- Select a backpack with a waist belt or frame that places the weight of the pack on your child's pelvis, rather than the shoulders.
- Tighten the straps so the pack is held close to the body.
- Make sure the straps and the side of the backpack that rests against the child's back is well padded.
- Pack heavy items at the bottom of the pack and balance the load as much as possible.
- Choose a backpack with wheels for pulling.
- Every Friday clean out the backpack. Extra papers are heavy.

Chiropractic offers many benefits to older adults

It's no secret that as we age, our bodies change dramatically. Muscles shrink and react more slowly. We have less of the fluid the body requires to remain supple and strong. Bones lose mass and become more fragile. We're more susceptible to musculoskeletal injury. When we are injured, it takes longer to heal. Yet, when we seek treatment we're more sensitive to medications, and surgery carries greater risk.

Given this set of circumstances, medication-free, noninvasive chiropractic treatment is ideally suited to most older people. In working with the elderly, DCs use gentle techniques appropriate to the aging body. Ongoing wellness and preventive care are important elements of treatment. This may include recommendations on exercise, nutrition and lifestyle modifications. Chiropractic care can help alleviate pain, improve joint function, boost mobility, increase balance and coordination, and decrease stiffness. Although it's not a fountain of youth, chiropractic can do wonders in improving your comfort and quality of life.

Hot or Cold?

Ice is effective in reducing pain and inflammation. Use moist heat when you want to relax aching muscles.

Carpal Tunnel Syndrome—more than just a nuisance

The carpal tunnel is a passageway through your wrist. Nerves and muscles from your hand and fingers pass down your arm and through this tunnel. Sometimes, however, the important median nerve that supplies motion and feeling to your fingers and hand gets pressed or squeezed by surrounding structures. When the nerve function is impaired by this pressure, you have carpal tunnel syndrome (CTS).

The symptoms of CTS are numbness, burning, itching or tingling in your hand or fingers. In severe cases, carpal tunnel syndrome can make it difficult to grasp objects or to feel hot or cold. Women are three times more likely to have the condition than men. It is rare in children. What causes CTS? Many people believe too many hours spent on a keyboard cause CTS, however, a study at Mayo Clinic found this is not the case. In fact, any number of factors can cause the condition, including:

- Carpal tunnels that are naturally narrow
- Injury
- Arthritis
- Retention of fluid during pregnancy
- Diabetes
- Thyroid conditions
- Obesity
- Regular use of vibrating hand tools
- Inadequate work ergonomics

Your chiropractor can diagnose and treat CTS. He or she may prescribe resting the hand and wrist for a period of time, applying a splint to immobilize the wrist, stretching or strengthening exercises, icing the wrist or joint manipulation.

What do Lance Armstrong, Tiger Woods and Carl Lewis have in common?
(Hint: it's not athletics)

Many Doctors of Chiropractic use a method of muscle therapy to treat carpal tunnel syndrome and other injuries to soft tissues (muscles, tendons, ligaments, fascia and nerves) damaged by repetitive activity. This muscle technique is used to treat a host of soft-tissue conditions for many professional athletes, including Lance Armstrong, Tiger Woods and Carl Lewis.

With this muscle therapy your DC will:

1. Examine the soft tissue of the injured area to find scar tissue or adhesions that bind the tissues, causing pain.
2. Apply tension to specific areas while having you move as directed. This will help restore natural texture, length and to the inflamed tissue. It's common for people to get immediate relief from this treatment.

*"The most important man on the team
may have been the chiropractor. I
could not have won without my
Chiropractor's help."*

—Lance Armstrong



Resources

Visit: www.ChiroWeb.com

For more Information about Chiropractic and Taschler Spine & Rehab please visit our website or contact us personally:

www.taschlerspineandrehab.com

Taschler Spine & Rehab

10301 Democracy Lane

Suite 110

Fairfax, VA 22030

Phone: (703) 293-2939