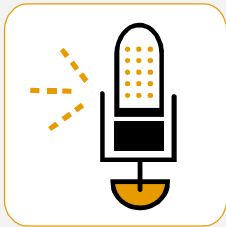




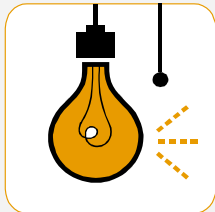
## ERVIN FAMILY CHIROPRACTIC

### Greetings Friends of Ervin Family Chiropractic!

This is the second year of our quarterly newsletters. Our goal is to inform you on chiropractic care, health information and tips you can use. Please take a few minutes to look through this newsletter to discover the many opportunities for you and those you care about to experience life and health to the fullest!



**Does your club, group or business need a speaker? Dr. Ervin does workshops and classes on Health & Wellness, Stress Relief, Ergonomics and many others. Please contact the office for more details 222-4442.**



### DID YOU KNOW THIS ABOUT THE HUMAN BODY?

- About 400 gallons of blood flow through your kidneys in one day.
- You blink your eyes about 20,000 times a day.
- You are about 1 cm taller in the morning than in the evening.
- A person sheds about 50 million dead skin cells every day. In about 4 years a person sheds their own body weight in skin cells.

## Condition of the Month: Carpal Tunnel Syndrome – A Pain in the Neck!?

Most people know a lot about carpal tunnel syndrome but know little about double crush syndrome. When a person has pain, numbness or tingling in their hand or fingers, often they automatically assume that it is carpal tunnel syndrome. Often the problem is in their neck. The same nerves that can become compressed in the wrist can also become compressed as they exit the spinal cord at the base of the neck, this condition is called double crush, because there is

compression in two or more areas. This compression that occurs as the nerve exits the spine can be caused by many factors including: forward head posture, degenerative disc disease, arthritis and disc herniations. Addressing and correcting these factors is critical in relieving the problem. This is why someone who has or thinks they have carpal tunnel syndrome needs to have their neck and spine evaluated also. If there is involvement in the neck, correcting the compression

or irritation at the carpal tunnel alone will not fix the problem. Chiropractors are specially trained to treat problems such as these involving the musculoskeletal system and specifically the spine. The goal of chiropractic treatment is to realign and balance the spine so there is no pressure or compression on the nervous system. Once balance and normal alignment are achieved the pressure is removed allowing the nerves and tissue to heal.

## Setting Up Your Workstation Properly

A poorly set up workstation puts extra stress on your body causing unnecessary pain and tension. There are many things you can do when setting up your workstation to minimize and prevent these problems.

- 1.** Make sure your computer monitor is at the correct height. Your monitor should be directly in front of you at eye level. A common problem is having the monitor too low placing significant stress on your neck and upper back.

- 2.** Have proper low back support. While working at a desk you need to sit up straight. Slumping in a chair flattens the normal, protective curve in your low back. Always sit as far back in the chair as you can. If your chair does not have a lumbar support use a small cushion or rolled up towel behind your low back to support your lumbar curve.
- 3.** Keep your workstation balanced. Avoid frequent, repetitive turning to only

one side of the desk. If you continually twist to the right to use a calculator or jot a note down, try moving those items to the other side of the desk so you can alternate your movements.

- 4.** Remember the 90 degree rule when setting up your workstation. Your knees should be bent at 90 degrees with your feet flat on the floor. If your chair is too high, lower it so your feet are flat on the floor or place a foot stool or small box under your feet.

# Exercising & Stretching: Will They Get Rid of My Pain?

**Exercising and stretching are integral parts of improving and maintaining your health. Physical activity is a vital part of maintaining a healthy body and mind. This article is focused on exercising specifically to help with aches and pains.**

Many people believe that all you need to do to prevent back pain or neck pain is to exercise. Some people stretch every morning and say this allows them to get through the day. Some people claim that they have had back pain for a long time and now that they exercise it is not as painful. The truth is that if there is a spinal problem, whether it is a degenerative disc, subluxation, sprain/strain; exercising or stretching alone will not correct the problem. In these situations it is little more than a superficial fix, covering up the problem underneath.

Stretching and strengthening exercises improve the tissues which surround the spine, such as muscles and ligaments. Improving these tissues is important but what is most important is the underlying structure, the foundation underneath all of these tissues; which is your spine and joints. Only once the foundation (your spine) is balanced and aligned will the stretching and exercising be beneficial.

Your spine is like a foundation of a house; it is the basic support structure in your body. Everything else is built upon this foundation. Muscles and ligaments attach to and surround the spine and the joints. Building muscle strength on top of an unbalanced degenerating spine is like building a beautiful house on top of a sinking, crumbling foundation. For a while it will seem that everything is ok, but eventually trouble will begin. In the end, the efforts will be largely wasted as the foundation (spine) continues to deteriorate in spite the work on the rest of the house (muscles).

Chiropractic focuses on correcting the structure of your spine, ensuring that the joints are balanced and moving properly. Only once this foundation is corrected will working on improving the surrounding tissues be beneficial. This is the time when specific, prescribed exercises are the most beneficial. This is when you are building on top of a stable, strong and balanced foundation. These stretches and exercises now work to stabilize and prevent future injuries and pain.

## We Appreciate You!

All of us at Ervin Family Chiropractic want you to know that we are honored that you have chosen us to care for you and your family. We are also grateful for the partnership in helping us to accomplish our purpose of helping as many as we can. There are many people we meet everyday who could get their health and life back if someone would just tell them how chiropractic can help them feel better. The ultimate compliment is when patients tell their friends and families about how chiropractic care has helped them. Thank you for helping us help others.

Do you have a friend or family member that lives out of town but needs a referral to a chiropractic doctor? Let us know, we can refer them to an excellent doctor in just about any state!

## New Office Hours

**Monday thru Friday**

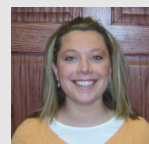
**7:00 a.m. – 12:30 p.m**

**2:00 p.m. – 6:00 p.m.**

For appointments call:

**222-4442**

## Meet the New Staff Members



Sara Ervin, is Dr. Ervin's wife, and is the office manager. Sara works the morning shift.



Leah Ryan, is the chiropractic assistant in the afternoons and is a senior at Valley High School.

Check out our new website & pictures of the new clinic:

[www.ervinchiropractic.com](http://www.ervinchiropractic.com)

