



Newsletter

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Announcement

We are excited to share our first volume of the CALV Newsletter! These newsletters will periodically be delivered, to you, to provide practice updates, feature articles and exercises, and highlight some of the latest health and wellness trends. Please feel free to share these letters with family and friends as we hope to be able to provide at least some decent content for dinner table or water cooler discussion. If you have any topics of interest that you would like to hear more about, we welcome content inquiries to be highlighted in future letters. These newsletters will be available, for open access, in our office, on our website: www.chiroassociateslv.com, and on our Facebook, Instagram and LinkedIn pages. Thank you and enjoy!

Inside This Issue

PG 2

Practice Updates

PGs 3 & 4

Feature article: “The Ground Up”

PG 5

Featured exercise

Practice Updates

- Since opening on April 15th we have settled in nicely. We appreciate everyone's patience and cooperation during the transition period. We are now credentialed with the majority of commercial insurances and Medicare products. A friendly reminder that we do offer a 20% time of service cash pay discount for those who wish to not submit to insurance.
- CALV was a proud sponsor of the Emmaus women's field hockey annual golf outing on June 2nd. A great day out on the links with a huge turnout. Dr. Smee's golf game, however, left a lot to be desired.
- Our website www.chiroassociateslv.com may look a little different in the upcoming months, so stay tuned. Huge compliments to Christman Photography for taking time out of their busy schedules to showcase our team.



Products Available

- We have partnered with Potential Power Nutrition to distribute their featured protein supplement "Breakfast Blend". It is a clean and delicious complement to your daily diet. You can read more about it and purchase online at <https://www.potentialpowernutrition.com/shop/> Make sure to plug in the discount code JS006 if you do order online.
- Topical pain relief products we now offer in the office for purchase.
 - 1.) "Muscle Care" – The latest clinical studies have shown that it is superior to Icyhot, Biofreeze and Voltaren gel and could soon be the go to primary topical analgesic formula for over the counter prescription. Our colleagues in the professional hockey leagues sent us over the product to try and we are very pleased with its utility and effectiveness.
 - 2.) Level 5 CBD pain cream, by CBD clinics, is a clinical strength, THC free, pain relief solution. This is the first and only family of FDA registered topical medications formulated with CBD.



With the Summer Olympics merely a few weeks away we want to take a moment to wish all of the athletes good luck. Our chiropractic team has vast experience working with athletes of all types, from weekend warriors to the highest level professionals. As you sit and watch these athletes perform take a second to consider the tremendous amount of wear and tear their bodies sustain during competition. What often isn't highlighted is the amount of work these athletes have to perform, behind the scenes, in order to maintain such a high level of function. From diet, to around the clock body work, and adequate sleep, intentional focus, on recovery, is one of, if not, the most important pieces to an athletes' daily regimen.

One of the most taxed joint complexes in the athletes' body is the foot and ankle. This complicated multi-joint structure is really where everything starts. Without adequate function, of the foot and ankle, the rest of the body will inevitably compensate, increasing stress and risk for injury. As chiropractors, one thing we always start with, in assessing any athlete, is the biomechanical function of the feet and ankles.

Did you know that the foot and ankle is composed of 26 bones, 33 joints, and hundreds of muscles, tendons, and ligaments? The main ankle joint is composed of the tibia, fibula, and talus. Common conditions affecting the foot and ankle are sprains/strains, various tendon issues

including plantar fasciitis and achilles tendonitis, and osteoarthritis. One of the first and most common joints affected with arthritis, in our body, is the big toe. Functionally, the most prevalent limitation we see in the foot and ankle is the inability to adequately dorsiflex, meaning flexing the foot and toes upward. Over time, the lack of dorsiflexion, will inevitably lead to progressive tightness in the calf musculature, plantar fascia, and hamstrings. Signs of losing the ability to dorsiflex include but are not limited to, perceived calf and hamstring tightness, catching your big toe when walking or climbing stairs, noticing that your toe is pointing outward when you walk, and/or an inability to achieve a full squat without lifting your heels off the floor.

From a chiropractic perspective we often will treat the entirety of the joint complex, performing myofascial release techniques on the tight hamstring, calves and plantar fascia, waking up the muscle in the anterior compartment of the lower leg, and, most importantly, manipulating joints within the foot and ankle. Manipulation of the foot and ankle has been shown to have positive effects in improving ankle range of motion, balance/stability, and pain levels. A comparative randomized control study on adolescent baseball players with chronic ankle instability in 2020 showed superior outcomes of manual ankle manipulation combined with therapeutic exercise compared to therapeutic exercise alone (HJ Shin et al. 2020). Even in acute situations, such as an acute ankle sprain, passive joint mobilization/manipulation is guideline recommended. (Vuurberg et al. 2018).



Ground Up cont'd

Some useful exercises to work on your ankle and foot dorsiflexion are listed on this page.

Cumulative trauma, of the foot and ankle, associated with an any athletes' training regimen is inevitable. It is important to detect these issues early to mitigate further stress and potential injury. Chiropractors very commonly work with extremity dysfunctions, in addition to spine complaints, so if you are having any issues with a foot or ankle don't be afraid to ask one of our doctors to take a look. Enjoy the upcoming Olympic Games and remember to appreciate all the effort that goes into keeping the athletes functioning at maximum capacity.

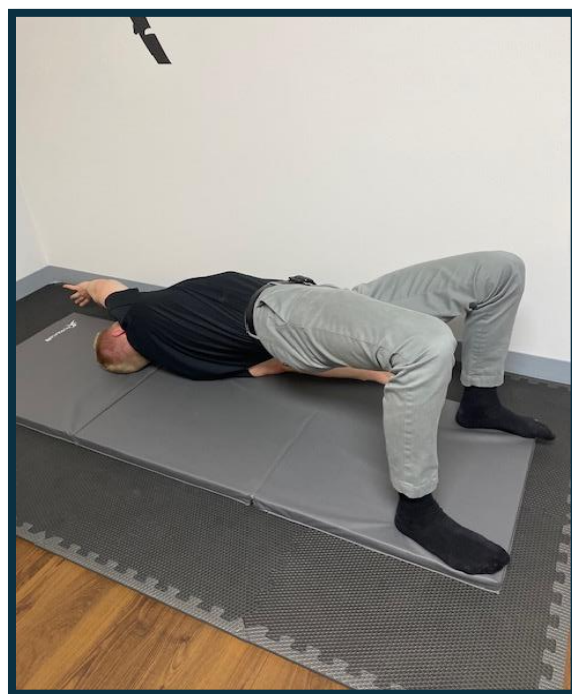
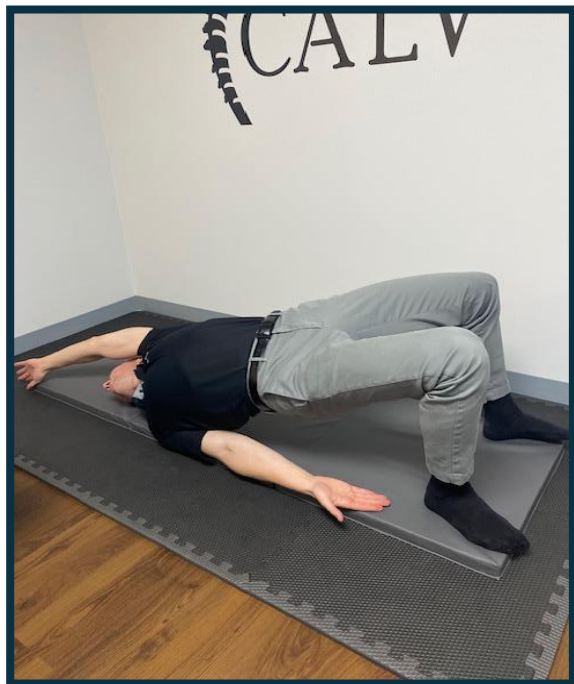
Author: Jeff Smee,DC

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1. Shin, H.-J.; Kim, S.-H.; Jung, H.J.; Cho, H.-y.; Hahm, S.-C. Manipulative Therapy Plus Ankle Therapeutic Exercises for Adolescent Baseball Players with Chronic Ankle Instability: A Single-Blinded Randomized Controlled Trial. *Int. J. Environ. Res. Public Health* **2020**, *17*, 4997. <https://doi.org/10.3390/ijerph17144997>
2. Vuurberg G, Hoorntje A, Wink LM, van der Doelen BFW, van den Bekerom MP, Dekker R, van Dijk CN, Krips R, Loogman MCM, Ridderikhof ML, Smithuis FF, Stufkens SAS, Verhagen EALM, de Bie RA, Kerkhoffs GMMJ. Diagnosis, treatment and



Featured Exercise: Supine bridge with spinal rotation



Difficulty: Intermediate

Benefits: Spine and shoulder mobility. Gluteal muscle and core activation

When to perform: First thing in morning or after sitting for duration.

Repetitions: 5-10x bilaterally, very short duration holds at end range if desired.



From our families to yours we want to wish everyone a safe and healthy summer! Stay tuned for future newsletters and remember to follow us on Facebook and Instagram for additional office updates!