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2011 Spring Patient Appreciation Day!

In today's marketplace there are many options for spinal care our patients can choose from. Some might be a lot closer to where they live and others might be slightly cheaper or less time consuming. With that in mind we are extremely grateful and honored that you have and continue to choose Staker Chiropractic and specifically Dr. Staker and Dr. Bryce for your spinal and overall health care needs. As a way to show our appreciation we have and will continue to host two patient appreciation days every year. The first one this year is set for April 23rd 2011.

On our Patient Appreciation Days all care including therapies and a short massage are FREE! Additionally all new or returning patient first visits are FREE! The first visit includes consultation, examination, and any necessary radio-graphs. This is a great time to introduce

your family and friends to the potential benefit that care in our office may give to them. The 23rd is a Saturday and space is limited so call today to schedule your appointment for your Free adjustment on our Spring Patient Appreciation Day.



Thank you for choosing us and we look forward to seeing you soon.

Due to Medicare Law patients with Medicare Insurance are unable to receive free care.



Quarterly Journal of

Staker Family Chiropractic

Practice Updates

We had a great start to 2011.

BStrong4Life™ has already started to positively influence the lives of many of our patients. Many of the patients on the program are already noting increases in their strength of up to 60%. Some are starting to see significant improvements in their daily lives as a result of the addition of the Bstrong4Life™ program to their care. Find out more about Bstrong4Life™ in this weeks newsletter.



We are half-way done with our Healthy for Life series, but you can still join us anytime between now and our last class tentatively scheduled for April 12th. If you are unable or want to attend the whole class we are planning on resuming it again in August to run to mid October. The class this time has grown substantially to over 15 people regularly attending each night. To learn more about it contact Dr. Staker at the office by phone or via email at info@stakerchiro.com.

Did you know that we have worked with a pain specialist and neurosurgeon to successfully help a number of patients? We have found these referral sources to be valuable in helping us better serve every patient that walks through our doors. We have found that these doctors are some of the best in the area for their area of specialties. If you know someone who is unsure what to do regarding their spinal pain, give them our name. We would be happy to get them started down the road to recovery either in our office or with the other doctors we refer to in our area. Please see the article below which follows right along the line on the appropriate place to start for low back pain.



Are you on facebook? Well we are, and if you have a facebook account to keep in touch with family and friends look us up and give our page a "like". This is just another way for you to keep in touch with what is going on in our office.

Chiropractic Care 40% less expensive than “medical care” for Low Back Pain



I reported about this study a few months back in our blog for Staker Family Chiropractic, but it was too good to not mention it again. You can reach that blog through several links from our website www.stakerchiro.com. A study published in the December 2010 issue of the Journal of Manipulative and Physiological Therapeutics looked at two years worth of Blue Cross and Blue Shield of Tennessee claims for the treatment of low back conditions. The researchers found that when care for lower back conditions were initiated by a MD the cost of care was 40% higher than cases that were initiated by a chiropractor.

This study goes to confirm what we as chiropractors have know for a long time, that seeing us first for the treatment of lower back pain costs less than starting in the hospital or with your PCP. Our profession can do this due to our lower costs of care to get people well. Our diagnostic and care procedures cost less but are just as effective as others in healthcare. Starting in our office can help keep costs down even if the patient ends up needing surgery. There are studies that have suggested that some patients who underwent a trial of chiropractic care before surgery experience an easier recovery. In this economy we need to make significant utilization of the best and most cost effective treatment options in every area of healthcare. This study helps to make the case that for low back pain Chiropractic care may be the most cost effective place to start treatment.

Is Your Life in Danger?



Every car on the road today is built with an adjustable headrest. This important safety element is an often-overlooked feature to most automobile owners. Herein lies the problem. If the adjustable headrest in your automobile has not been properly adjusted to be slightly above the center of mass of your skull [A point about the middle of your head, 3" behind your eyes.], your neck, spine, and even your life may be in danger.

Whenever a vehicle is struck, the body sitting in the seat is affected. The body is accelerated, and the head and neck lag behind. When the headrest is too low, and the vehicle is struck from the rear, the head rises up, and extends over the headrest as the body continues to move forward due to the impact. The travel of the 10-12 pound head up and over the headrest stretches, tears and often ruptures ligaments and discs, and seriously damages the nerves and spinal cord as well. In severe impacts, the bones in the neck, middle back and even the lower back can suffer fractures. These injuries are always serious, and life changing. Some produce pain and disability. Others are so severe as to produce paralysis or even death.

When the headrest is placed in the optimum position, so the middle of the headrest is slightly higher than a line drawn from the eyes straight back to the headrest, the risk of injury to the spinal joints, discs, ligaments and nerves is dramatically reduced. So, right now, while you are thinking about this essential safety element, stand up, go out to your car, and raise up your headrest, make sure you are enjoying all the built in safety benefits of an adjustable headrest. In so doing, you literally are reducing the likelihood of serious injury, or death. Also remember, to drive safely. Finally, the next time you are here in the office, let us know, and we can check to make sure you have properly adjusted your headrest and the angle of your seat to keep you safe.

Postural support muscles



Keeping your core strong is only part of what we should be doing to create better spinal stability. Strengthening back extensors is just as important as training abdominal muscles. The how of this is somewhat difficult to get. In the gym many of us work a lot on the glamor muscles; glutes, biceps, triceps, and chest. To get at our back muscles can take a little more effort. A great group of lifts that will work your back include back flies, upright rows, bent over rows, and seated rows. If you want to learn some specifics on how to perform these lifts ask us next time you are in the office. Adding some or all of these lifts will help you build a stronger back to better support your spine. If you are not engaged in a strength training program read this quarters newsletter on Bstrong4Life™, strength training is an extremely important part of exercising. What we offer with Bstrong4Life™ works these muscles and more to help increase whole body strength and therefore better spine and joint support.

Since we began this program in our office in January we have started to see some great initial results. Personally I have increased my strength a total of 23% over 7 weeks. In some of our patients I have seen increases of upwards of 60% in as little as 4 weeks. These are statistics that are nearly unheard of in the

traditional strength training world. The people at bioDensity™ have found that the average patient increases up to 73% in the first year of use, 138% in the second year, 201% in the third year, and 296% in the fourth year. Adding an effective strength training program to your fitness plan can be difficult if not impossible for some. Bstrong4Life™ can easily fill that role for you.

Strength training is an important part of any fitness plan. Getting good cardiovascular exercises is important too, but without adding strength training you run the risk of losing muscle mass and bone density. A lot of cardiovascular exercises do not stress our muscles and bones enough to take the place of strength training. Swimming, while a good cardiovascular exercise, is done in the near absence of gravity preventing any significant stress to be placed on our muscles and bones to stimulate significant muscular growth and increased bone density. Even in high level activities such as professional cycling there is a risk in decreasing bone mineral density instead of adding to it. A recent study published in the International Journal of Sports Medicine (July 2010) found that, when compared to young healthy males, young healthy professional cyclists have lower bone mineral density. I found this study amazing because I have always thought that those Tour de France cyclists were in excellent physical condition. Additionally I found volumes of evidence that suggest a correlation with lower bone mineral density in distance runners when compared to non distance running athletes. All this evidence supports

the need to encourage strength training in all people including athletes regardless of sport.

The question for most people is what should you do to add an effective strength training program to your fitness plan. Today there are so many options it is hard to weed through which ones you should commit to. We have several gyms and health clubs in the area that give us many options to choose from. Then after you join how do you get the most out of your membership? One on one personal training is a great way to get started. There is also a plethora of home exercise options; home gyms, workout videos, and other workout resources. The key thing that we see is that you need to pick a program that fits you and one you will commit to. All of us can start a program but few have the ability or drive to stick with it for the long term. The simplicity of Bstrong4Life™ is that it is effective by doing it once a week. Bstrong4Life involves a simple warmup on one of our power plates followed by four isometric 5 second holds on the bioDensity™ unit. The holds are a chest press, leg press, core pull, and vertical lift with these four holds you work your entire musculoskeletal system. The total time in our office for just doing this can be as little as 5 min. but you leave feeling like you worked out for 30. It is possibly the easiest way to add strength training to your fitness program and generates measurable results.

To learn more about BStrong4Life™ give us a call for a free introduction and tour of our office. Visit us on the internet at geneva.bstrong4Life.com.