



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

DECEMBER 31, 2016

DR. TOM KELLY

### Regular Hours

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm, 3pm-6pm

Sat 9am-12pm

### Summer Hours

**June July August**

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu 3pm-7pm

Fri 8am-12pm

Sat Closed

### Spinalguy Chiropractic

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**We're on the Web!**  
**[www.spinalguy.com](http://www.spinalguy.com)**

### CHIRO FIRST

#### New study shows chiropractic helps workers get better sooner

According to a new study published in the journal of occupational rehabilitation, workers who went to a chiropractor for occupational back pain has a significantly shorter duration of compensation during the first five months, compared to those who sought a medical doctor first.

In comparison, workers who sought a physiotherapist first for back pain experienced a longer duration of compensation than those who consulted a medical doctor first.

The retrospective cohort study looked at data from Ontario's Workplace Safety and Insurance Board, consisting of 5511 workers who received compensation for back pain in 2005.

The study compared physiotherapist, medical doctor and chiropractor, with medical doctor as the reference category.

The researchers also looked at second episode of compensation among the same injured workers in the study.

"The workers who first sought care from a physiotherapist had significantly higher odds of having a second episode of compensation compared with the workers who first consulted a physician" the paper states.

While it produced some compelling data, it would be interesting to further investigate why patients who seek physiotherapy care first experience longer compensation duration, and shorter compensation duration for those who seek chiropractic care first.

This study can have significant impact on injured workers' return-to-work and can provide workers' compensation boards opportunity to communicate evidence based information to workers and employers about appropriate and effective care for injured workers, at least where back pain is concerned, according to DR. Don Nixdorf, chiropractor and a health care advocated based in Vancouver.

***Did you know...***

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

*"Although no one can go back and make a brand new start, anyone can start from now and make a brand new beginning"*

*-Carl Bard*

From the employers perspective, Nixdorf notes, evidence based knowledge about the best health care for injured workers to aid in early return to work can mean huge savings in insurance premiums, which add to a company's operating costs and competitiveness.

Nixdorf notes physiotherapists have been actively marketing their profession as first line of care for injured workers in recent years. In fact, in 2014 the Physiotherapists Association of B.C has entered into an agreement with the workers compensation board to provide direct care for injured workers without the need for medical doctor referral.

It's a move that seems to be more a result of persuasive lobbying and negotiations by the physiotherapy profession rather than supported by scientific evidence, Nixdorf notes.

He recalls a paper published in WorkSafeBC's Evidence Based Practice Group in 2005, which presented a "critical appraisal" of articles of its efficacy for treating low back pain.

The paper's author, Dr. Craig Martin, concluded that the list of articles provided by the physiotherapy associations "are of much lower quality and their conclusions are not always convicting."

The one article that was considered well-designed and well-conducted concluded that "routine physiotherapy seemed to be no more effective than one session of assessment and advice from a physiotherapist."

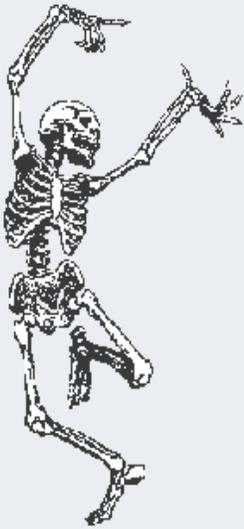
"Worker's compensation continues to ignore the lower cost, better return to work outcomes when the injured worker see's a chiropractic doctor," Nixdorf points out.

He hopes, however, that the employers and injured workers – when presented with the evidence – will make an informed decision about which health care provider can provide the best outcome and quicker return to work.

**Our Office is a Workers  
Compensation Board (WCB)  
Authorized Provider.  
Come see us first.**

*If you wear  
out your  
body...*

*Where will  
you live?*



## Slow Cooker Turkey Soup

- turkey carcass
- onion
- carrot
- celery
- salt 1/2 teaspoon
- pepper 1/2 teaspoon
- poultry seasoning 1/2 tsp
- instant chicken bouillon granules 2 teaspoons
- Water 12 cups
- Soup:
- onions 2
- carrots, peeled and chopped
- garlic clove
- stalks celery
- cooked turkey 2 cups
- dried thyme 1/2 teaspoon
- salt 1/2 teaspoon
- fresh ground black pepper 1/4 teaspoon
- noodles
- fresh parsley leaves 2 tablespoons

### Turkey Broth:

Put the turkey carcass in your slow cooker at Low with an onion, celery stalk, a carrot, salt and pepper, bay leaf, 1/2 tsp poultry seasoning, 2 tps chicken powder and water. Cook on Low overnight.

Next morning, strain the both and pour it back in the slow cooker. Remove turkey meat from bones, set meat aside.

### Soup:

In the slow cooker with the broth, add onions, garlic, carrots, celery, thyme, salt and pepper.

Cook at High for 4 hours; add reserved turkey and noodles.  
Cook another 1/2 hour



*“Opportunities  
are disguised as  
hard work, so  
most people  
don’t recognize  
them.”*

