



Spinalguy Chiropractic

Relief & Wellness Newsletter

OCTOBER 1, 2018

DR. TOM KELLY

Regular Hours (Nov thru April)

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 (May thru Oct)

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

Tue 3pm-7pm

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

Thu Closed

Fri 8am-12pm

Sat Closed

Spinalguy Chiropractic

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We're on the Web!

www.spinalguy.com

Bone on Bone

Bone on bone is a layman's term for a joint that has lost the cartilage that normally occurs between two bones of a joint.

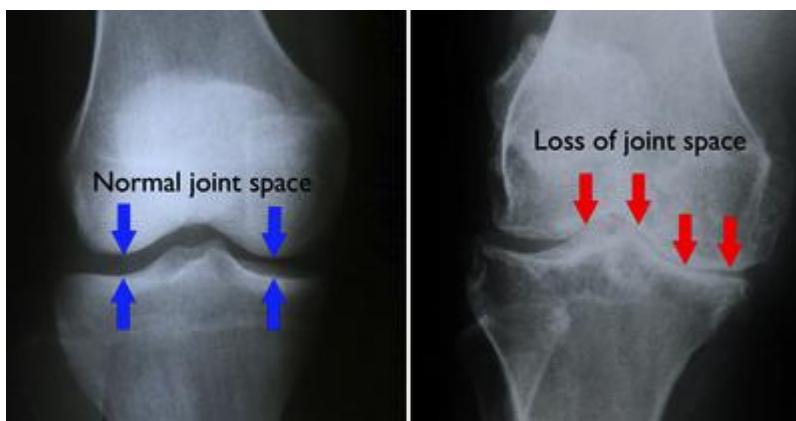
Cartilage is a slippery tissue that permits bones to slide smoothly over each other and helps absorb the shock placed on joints when we move. If cartilage wears away due to misalignment, the joint lubrication is lost.

Any joint in the body can potentially become bone on bone, however, the most common are the knees, hips and shoulders.

In the spine, this special cartilage is called a disc. Degenerative changes, in which a disc can thin, wedge, bulge or herniated, are usually associated with osteoarthritis. This can result in pain, swelling and difficulty moving the joint. Over time, if the joint function is compromised the body compensates, changing the shape of the vertebrae, first by thickening and lipping along the edge. With enough time, bone spurs can form, splinting the adjacent bones, much like stalactites and stalagmites in a cave.

We often see this in our older patients who have long standing subluxation patterns, but it's not necessarily an aging process. Like tooth decay, it is more likely the result of long term neglect after a traumatic event.

Do you know someone with joint inflammation who should be seeing us? Encourage them to investigate a safe, conservative approach to improved joint function before relying on risky pain medication or irreversible surgery. Urge them to give us a call at 403-278-7876



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!*

"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."
~ Albert Schweitzer

Common shoulder operation is no more beneficial than placebo surgery

In a landmark study published in the BMJ, Finnish researchers show that keyhole surgeries of the shoulders are useless for patients with "shoulder impingement," the most common diagnoses in patients with shoulder pain.

The Finnish Shoulder Impingement Arthroscopy Controlled Trial compared surgical treatment of shoulder impingement syndrome to placebo surgery. Two years after the procedure the study participants, both those in the group who underwent surgery and the ones in the placebo group, had equally little shoulder pain and were equally satisfied with the overall situation of their shoulder.

Shoulder problems are very common and place a significant burden on the health care system. The most common diagnosis for shoulder pain that requires treatment is shoulder impingement and the most common surgical treatment is decompression through keyhole surgery.

This research confirms previous randomized studies showing that keyhole decompression surgery of the shoulder does not alleviate the symptoms of patients any better than physiotherapy. Paradoxically, however, the number of decompression surgeries has increased significantly, even though solid proof of the impact of the surgery on the symptoms has been lacking.

Overall, shoulder pain was substantially improved in all three groups from the start of the trial. However, decompression surgery offered no greater benefit to shoulder pain than placebo surgery.

-University of Helsinki

If you or someone you know is suffering from shoulder pain, give us a call or check out our website at <http://spinalguy.com/soft-tissue-injuries/> to read about laser therapy. We have helped many people with joint pain live pain free after being treated with laser therapy!



If you wear
out your
body...

Where will
you live?



"A person without a
sense of humor is like a
wagon without
springs. It's jolted by
every pebble on the
road."

~ Henry Ward Beecher

Cranberry, Apple and Sausage Stuffing

Ingredients:

1 pound sweet Italian sausage, casings removed
1/4 cup butter
6 cups coarsely chopped leeks
3 tart apples - peeled, cored and chopped
2 cups chopped celery
4 teaspoons poultry seasoning
1 cup dried cranberries
12 cups white bread cubes, baked until slightly dry
1 1/3 cups chicken stock
salt and black pepper to taste

Directions: Cook and stir sausage in a large skillet over medium heat, crumbling coarsely, for about 10 minutes. Remove sausage to a large bowl with a slotted spoon. Empty pan of grease.

Into the same pan melt the butter. Add the leeks or onions, apples, celery and poultry seasoning; cook until softened, about 10 minutes. Add the rosemary, dried cranberries and cooked sausage. Mix all with the dried bread cubes. Season to taste with salt and pepper. Moisten with the chicken stock.

Stuff turkey with about 5 cups for a 14 pound turkey. Add additional chicken stock to moisten stuffing if needed. Remaining stuffing can be baked in a covered buttered casserole at 350 degrees F (175 degrees C) for about 45 minutes. Uncover and bake for another 15 minutes to brown top.



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