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Spinal Health COLUMN

A Newsletter Promoting the Healing Power of Chiropractic Care.

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Don't Let Arm And Shoulder Pain Throw Off Your Game

A large percentage of arm and shoulder pain has its origin in the neck where the nerves originate that supply the shoulder and arm.

These cervical or neck branches of nerves which supply the shoulder and arm can become pinched or irritated due to subluxated or misaligned vertebrae in the neck. When this occurs, there may be little or no pain in the neck, but the swollen nerves are easily irritated upon movement of the shoulder. The swollen or inflamed nerves can also be irritated while sleeping when the weight of the upper body is being supported by the shoulder. The swollen or inflamed nerves can also be irritated while sleeping when the weight of the upper body is being supported by the shoulder.

If the shoulder joint is normal and healthy, we should be able to make a complete circle at the shoulder with our arm. When this and other movements are restricted, we may not only experience pain but also may be unable to do life's everyday simple tasks.

The first hint of any potential shoulder and arm problems may be stiffness and/or pain in the neck, followed by pain in the shoulder and

arm when doing something as common as putting on a shirt/blouse or shampooing our hair. Prolonged holding of the neck in a bent or unusual position can also aggravate spinal nerve pressure on the nerves in the neck, down the arms and into the hands. This irritation can make it impossible to grip things or perform some of the simplest tasks. Drugs or massage may give temporary relief, but it's necessary to adjust the spine to remove the cause of the nerve pressure or irritation.

As Doctors of Chiropractic, we are trained to gently realign the spine to safely treat symptoms of pain, numbness or tingling. Removing the pressure as soon as possible decreases the chance of permanent

nerve damage

Prolonged spinal nerve pressure in the neck can lead to bursitis, arthritis, weakness in the muscles and even partial paralysis. Slight numbness, stiffness or pain can sometimes accompany a more serious problem, while intense pain may be no more than a muscle spasm from overdoing it last weekend. If spinal nerve pressure is the main cause of the problem, spinal adjustments will bring quick relief and will remove the underlying cause.

If you, a co-worker or a family member has been experiencing arm and shoulder pain, suggest they call us. Relief may only be a phone call away.



GROWING SHOULDN'T BE A PAIN

One great joy of parenting is watching our children grow. We even take a sweet-sour pleasure when they begin to outgrow their four month old "new" jeans! But, what happens to our feelings when growing seems to be accompanied by mysterious "growing pains"?

According to the pediatric community, a significant number of children are afflicted with "growing pains". Most often affected are the legs, including thigh, ankle, and knee. Pain usually occurs late in the day and may involve muscles, joints, and bones.

Infrequently, pain can become quite severe and include swelling, redness, fatigue, fever, weight-loss and limping.

In chiropractic, we see pain as a signal to investigate further. Frequently, growing pains are a sign that some type of imbalance is occurring within the body. With a child, whose

body's biggest job is growing, pain associated with areas that are constantly growing is a serious matter.

Growing means building a new body, so we'll use building a house to explain how interferences in the body, called vertebral subluxations, may cause problems for a growing child.

All structure and function in the human body is controlled by the brain. The brain is the general contractor and director for all building in the body. The brain carries out the Architect's plans and is the keeper of the T-square and the level. The tool the brain uses to supply this information to the different individual work sites in the body is the nervous system. Without the brain communicating through the nervous system to the body parts,

coordination between the contractor and the workmen, the walls of one room might end up eight feet high while the walls of another room end up 15 feet high! This analogy applies to all parts of the body's building "crew". Directions are required from the brain on proper instruction and function to do the job properly.

Vertebral subluxations are bony misalignments of one or more of the bones that make up the spine. The spinal bones, called vertebrae protect

the spinal cord and nerve communication system from the brain to the body (contractor to builders). Vertebral subluxations cause interference to communication that results in the body's inability to receive instructions on function, including how to build your child's growing body. More than pain is the result. The body may grow imbalanced; the structure not

coordinated. The building isn't sound.

To prevent "growing pains", have us check your child's spine for vertebral subluxations. Insure that the "house" he/she lives in is being built level and balanced with all the parts properly coordinated



the body parts are totally incapable of building a balanced, healthy "house" for your child to live in.

You can imagine the look of a house built without the instructions and decision-making capabilities of the contractor to direct and coordinate the building process!

If there is a failure in communi-

MIGRAINES

According to a recent article in US news and world report magazine, headaches are the most common and costly American affliction. About 45 million sufferers account for more than 50 million doctor visits a year, lose 157 million workdays and keep children out of school more than a million days a year. Not counting the high cost of health care by doctors and institutions sufferers spend more than \$2 billion a year for over-the-counter painkillers for temporary relief!

While there are different kinds of headaches, one of the most common forms is the migraine headache.

Migraines produce severe throbbing, pulsating pain, usually on only one side of the head, along with symptoms that can include nausea, vomiting, sensitivity to light, sound and even doors.

The throbbing pain experienced in a migraine comes from pain sensitive structures of the head. These structures are the arteries and veins of the brain and skull, also the brain covering (dura matter) and cranial

nerves. When these are infected, inflamed, dilated, compressed or irritated, headaches are usually experienced.

The chiropractic profession explains the cause of the migraine headache as a disturbance of the nervous system. Spinal subluxa-



tions or fixations disturb the flow of nerve energy not only to the blood vessels of the brain and related tissues, but to the glandular, eliminative, digestive, muscular, and circulatory systems of the body.

A disturbance of nerve energy flow between the brain, spinal cord and spinal nerve to the various organs and functions of the body

may not produce a migraine until it is triggered. There are numerous triggers, some of which are: caffeine, chocolate, alcoholic beverages, dairy products, junk foods, MSG, cigarette smoke, gasoline, cologne, loud sounds, bright lights, fatigue, changes in the weather, emotional stress, dysmenorrhea, constipation, urinary tract infections, stomach trouble, prescription drugs and even headache medications.

Dr. Michael Anthony, an Australian neurologist in a study published in the journal, Australian Family Physician, stated that treatment aimed at relieving nerve pressure in the spine (spinal adjustments) should be used before drug therapy is considered.

In the last analysis, the final word on the effectiveness of spinal manipulation comes from the thousands of former migraine sufferers who no longer have headaches.

If you know of someone suffering with recurring migraine headaches, please suggest they call us for an appointment.

You don't need the luck of the Irish for good health



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Put A Spring In Your Step With Chiropractic



WHAT CHILDREN EAT

What do youngsters eat and drink? Junk foods, sugar rich, calorie-loaded junk foods. Who tells them (suggests) to eat these non-nutritional snacks full of refined sugar and fat? These are the foods the U.S. Government studies have verified are contributing factors to hyperactivity and irritability in children.

According to a Cornell University Professor, Katherine Clancy-Hepburn, TV ads are the

culprit. She estimated a child who is only a moderate viewer, is exposed to 5,000 ads for food per year.

Research by a graduate student from Cornell confirmed up to 70% of the ads on children's shows were for food, compared with only 26% of the ads on adult programs.

If we just tell our children three times a day to eat salads, fruits and vegetables, the television is telling them more than a dozen

times a day to eat junk foods. And guess who has their undivided attention?!

But the big question is, who is telling who to buy these junk foods advertised on TV, and why do we do it?

