



Minser Chiropractic Clinic

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2020: Where Health Happens

The Shoulder by Dr. Erin Hovey

The shoulder is one of the most complicated joints found within the human body. Made up of three bones and an assortment of muscles, the ball-in-socket joint is dependent on cohesive movements in order to maintain proper motion and function.

Many have probably heard of the term “rotator cuff” used in relation to the shoulder. The rotator cuff is a series of muscles (four to be exact) that holds the head of the humerus in the shoulder socket. The rotator cuff is responsible for shoulder movement and strength especially with movement above the head. Proper movement of the rotator cuff is essential for daily activities like combing hair, reaching in the cupboard, and playing catch. A properly functioning rotator cuff is also important in sports and for those who work as electricians, carpenters, mechanics, and hairdressers.

There are many conditions that afflict the shoulder however one of the most common complaints is shoulder impingement. Impingement occurs when there is compression on structures of the shoulder that cause irritation which leads to inflammation and pain. This compression is generally due to tight overused muscles of the rotator cuff. Shoulder impingement thus causes shoulder pain, weakness, and decreased shoulder range of motion.

Home treatment for shoulder impingement includes icing and resting from overhead activity. An at home exercise program of shoulder stretching and strengthening provided by a medical professional is also vital in the healing process. See our rehab specialist Gaby’s article in this newsletter for more on this.

Treatment from your chiropractor may include soft tissue work like myofascial release, cross-friction massage, trigger point therapy, and soft-tissue mobilization (like Graston). Ultrasound therapy can be used to help reduce pain and inflammation and promote healing. Chiropractic adjusting of the humerus is also important to pull the humeral head down into the proper position within joint. Kinesiology taping of the shoulder may also be utilized to decrease pain, provide support, and promote healing of the shoulder joint.

This year at Minser Chiropractic Clinic our focus is for patients to feel better, move better, and live better. If you or someone you know has been suffering from nagging shoulder pain, come in for evaluation and treatment so that we can help you to feel better, then move better, and ultimately live better.



INSIDE THIS ISSUE

Supplement of the Month-BP Natural	2
Featured Essential Oil– Wintergreen	2
Partner Up and Slim Down Program.....	2
Shoulder– Mobility and Stability	3
Upcoming Exercise Classes	3
Relaxation Massage ..	4
Our New Massage Therapist	4

Services Offered:

- Chiropractic Care for the Entire Family
- Massage Therapy
- Acupuncture
- Nutritional Consults/Evaluations
- Exercise Instruction/Rehabilitation Services
- Complete Radiology Services
- Bone Density Testing
- DOT Physicals/Drug Screening Services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy Services
- Sports Physicals

SUPPLEMENT OF THE MONTH: BP NATURAL

- * Specialized support for blood pressure levels
- * Nutritional support for normal blood pressure and cardiovascular health
- * It also supports healthy endothelial function. Endothelium refers to cells that line the interior surface of your blood vessels

Note: Consult your doctor before using if you are pregnant or nursing.

For more information about this supplement, ask Dr. Minser, Dr. Fimrite, Dr. Leither, or Dr. Hovey

FEATURED ESSENTIAL OIL – WINTERGREEN

- This oil is for people suffering with arthritis, gout, or pain in the bones or joints
- Reduces spasms in the muscles
- Provides relief from congestion in the chest, breathing troubles, asthma, and spasmodic coughs
- Helps to remove toxins and excess water

Note: Don't use if you are hyper-reactive to salicylates

If you have any questions about essential oils, please see any of our certified massage therapists.

PARTNER UP AND SLIM DOWN PROGRAM

Bring a friend or loved one with you, and motivate each other to get started or stay on track with your fitness goals this spring! Spend an hour with our Exercise Specialist, Gabriella, at a discounted price through a partner up and slim down session (\$90 for one hour, usually \$65 an hour per person).

Call the clinic for more information or to sign up!

SHOULDER– MOBILITY AND STABILITY

By: Gabriella Kroska, Exercise Specialist

Many people know that the shoulder is one of the most mobile joints in the body, capable of an extremely large range of motion compared to many other joints. But did you know that its range of motion also makes it one of the most unstable joints in the body?

In order to maintain its range of motion and function, the shoulder relies on strong rotator cuff muscles and a stable core (yes, your core includes your back!). When even a single part of this system isn't working properly, it can cause a chain reaction in the body. For example, instability of the scapula (shoulder blade) is a major contributing cause of conditions such as shoulder impingement. Similarly, improper movement patterns, weakness due to pain or lack of use, and muscle strength/flexibility imbalances can all contribute to shoulder pain, injury, or other chronic conditions.

Do you or someone you know suffer from shoulder pain? Chiropractic care combined with exercise rehabilitation may be the answer! Under the supervision and direction of your chiropractor, our exercise specialist can work with you to strengthen your muscles and retrain proper movement patterns to help improve your shoulder function and get you moving and feeling better!

UPCOMING EXERCISE CLASSES

Core Conditioning Class-Tuesdays from 6-6:30 pm March 3, 10, 17, and 24.

A strong core is essential for a healthy and active lifestyle. A weak core can increase your risk for back pain, injury, and decreased mobility and independence as you age. Commit to building strength and stability in your core, for a more successful and healthy lifestyle. Join our exercise specialist for a series of 4 half-hour classes in March to build strength and stability throughout your core!

Class is appropriate for all ages and activity levels, and exercises can be modified based on participant experience level!

\$30 for all four classes!

Call the office to sign up today!

Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.

RELAXATION MASSAGE

Stressed out? Need to relax?

There are numerous causes of stress that are present in our lives on a daily basis. When we become stressed, our body reacts in various ways. The top six symptoms of stress are: irritability, anxiety, lack of interest, fatigue, feeling overwhelmed, and depression. One great way to relax and combat these symptoms is through a relaxation massage!

Relaxation massage is one of the most naturally beneficial experiences that life offers. It helps reverse the body's physical reaction to stress and strain, calms the mind, and helps satisfy the human need to be touched in a caring, nurturing fashion. Massage techniques are designed to re-educate your body to relax, unwind, rest, and assume to its proper state.

Schedule your relaxation massage with any of our certified massage therapists!

OUR NEW MASSAGE THERAPIST

Please help us welcome our newest massage therapist, Katie Cooley!

Katie is originally from the St. Cloud, MN area and is a fully certified massage therapist. She graduated from Minnesota School of Business in Waite Park, MN in June 2010. Katie is trained in Swedish massage, deep tissue massage, sports massage, hot stone massage, prenatal massage, and trigger point massage therapy. Katie is passionate about assisting her patients to improve their health through the benefits of massage therapy.

Welcome to the Minser Chiropractic Team, Katie!

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