



2020: Where Health Happens

Chiropractic Treatment for Feet and Ankles By: Dr. Tammy Fimrite

Chiropractic and Ankle Instability

If you have ever twisted your ankle, you might still notice a weakness of that ankle although you have recovered from pain. The most common injury to the ankle is an eversion sprain, which is turning it in or rolling it. This commonly occurs when playing sports, walking on uneven ground, wearing high heels or rolling it by stepping on a stone or the edge of a curb. An ankle sprain is a tearing of one or more ligaments in the ankle.

Occasionally a fracture may occur to the bone, but more often the ligaments of the ankle on the outside and front get torn and produce massive swelling and bruising. It can take 4 to 6 weeks to recover from the immediate injury, but the ligaments very rarely fully repair and often contain scar tissue, which is not elastic. This loss of elasticity increases the likelihood of reinjury. Such repeated trauma may influence the mechanics of the ankle and cause problems to the joints and the structures above it, such as the knee, hips and spine.

Problems in these joints usually tend to become obvious after jogging or long walks, especially on uneven ground, but as the symptoms may be in a different or distant joint, you do not necessarily think of that old ankle injury being a contributing factor to the pain in your knee, hips and lower back. Chiropractic treatment can help to prevent chronic and recurrent problems.

Pronation of the Feet

Although foot pronation is often a consequence of ankle instability, it can occur on its own through various other factors such as being overweight or obese, prolonged standing, bad shoes or inherited tendencies. Pronation of the feet may also be caused by weakness in the calf and foot muscles. This weakness or pronation produces distortion of the foot causing shin splints, bunions, heel pain, plantar fasciitis, iliotibial band syndrome and hammer toes.

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Thank you to all our wonderful patients for allowing us to be part of your healthcare team. We are celebrating our 30th Anniversary this month!!!



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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

CHIROPRACTIC TREATMENT FOR FEET AND ANKLES CONTINUED

Our feet have three arches, one on the inside, one on the outside and one along the ball of the foot allowing for correct propulsion. Wearing shoes on even surfaces means the arches of the feet do not get used for shock absorbance. The muscles weaken and eventually the arches drop, causing the person to become mildly 'knock kneed'. This puts more pressure on the inside of the knee and can result in arthritis and cartilage problems. Foot pronation may be treated with insoles or orthotics. It is also important to correct any mechanical and muscle imbalance problems that may exist. Nerve irritation in the lower back or changes in biomechanics due to subluxation may also affect legs and feet. Therefore, your chiropractor may also assess the spine and pelvis as a possible source of the problem. Ask your chiropractor today about correct shoe wear, orthotics and types of exercises to help your condition.

SUPPLEMENT OF THE MONTH: INFLAVONIOD

- * Supports healthy joints and muscle tissue impacted by:
 - Intense physical exercise
 - Acute Injury
 - Poor posture
 - Inactivity
- * Minimizes the effects of pain and swelling and helps speed up your recovery

For more information about this supplement,

ask Dr. Minser, Dr. Fimrite, Dr. Leither, or Dr. Hovey

FEATURED ESSENTIAL OIL – MELISSA

- One of the best essential oils for shock, depression, grief, and anxiety
- It has tonic properties that benefit the cardiovascular system, lowering blood pressure, having general effect on the heart and regulating over-rapid breathing
- Relieves stress, insomnia, and nervous tension

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

WHAT CAN I DO WITH MY EXERCISE BALL?

By: Gabriella Kroska, Exercise Specialist

You know exercise balls have been promoted as an excellent way to build core strength, but you're not quite sure how to get started. Now what? Below are two of my favorite exercises using the stability ball, and why they're effective. Before you try them, remember to talk to your doctor before beginning any new exercise routine!

Back Extension: This exercise is great for strengthening your glutes and lumbar extensors. With your feet on the edge of the wall, position yourself so that the ball is directly under your hips. You should be in a plank position, with your feet on the wall. You may need to slightly bend your knees to keep from rolling forward. Keep your core firm throughout the exercise. Bend forward at the hips, allowing yourself to curl over the ball. Extend back up to plank position (don't extend past plank!).

Bird-Dog: On the floor, this exercise is great for strengthening the erector spinae, rectus abdominus, and glutes. The ball adds an element of instability, further engaging smaller muscles that contribute to spinal stability. Position the ball under your hips and core, such that your arms and feet can both touch the ground. Contract your abs to stabilize yourself on the ball, then slowly lift one arm and the opposite leg. Lower the arm and leg, and repeat with the opposite side.

In addition to these exercises, an exercise ball can be used to increase or decrease the difficulty of many other exercises. It's an excellent tool for building core and lumbar strength. Correct sizing of the ball and proper form are essential for safety. Talk to your doctor about having our Exercise Specialist fit you for a ball and help you get started!

DEALS OF THE MONTH!

Got Pain? Get Scanned! Your feet may not hurt, but they could be the source of your pain. Pronation, collapsed arches and other issues originating at the feet can cause low back pain, knee pain, and other problems. Talk to your doctor about whether custom orthotics could help you! For the month of July, we're waiving the fitting fee for all FootLevelers custom orthotics (a \$15 value!).

Take Back Your Body: Still working from home? Take advantage of the time you'd normally spend commuting by crushing your fitness goals! The Take Back Your Body program features 6 one-on-one, half hour sessions with our Exercise Specialist. Sessions will be tailored to your individual goals and fitness level, and are scheduled at your convenience. Talk to your doctor about getting started today! 6 sessions for \$160 (a \$50 savings from purchasing individual sessions!).

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.

EVERYBODY DESERVES A MASSAGE WEEK!

July 13th-18th is everybody deserves a massage week. This is a great time to take advantage to try a specialty massage that you have never tried before, such as hot stone, cold stone, bamboo fusion, ear candling, contrast therapy, and therapeutic cupping massages.

Massage benefits can help with:

- relaxing your body and mind
- soothing your anxiety and headaches
- increasing the circulation to your muscles
- helping relieve fatigue and increase energy
- improving your range of motion

Call the office at 320-253-5650 today to schedule your appointment with any of our fabulous certified massage therapists and see what type of massage may be the most beneficial for you

HOW DOES ACUPUNCTURE WORK?

Acupuncture has been practiced for hundreds of years and still heavily used today. So, how does it work? Let's use a common condition that many people suffer from as an example: Headaches. There are many ways to get rid of a headache, including acupuncture! For example, here are three points that are used when treating headaches: GB 20, Li 4, and Si 13. The letters stand for Gall Bladder, Large Intestine, and Small Intestine channels. The numbers stand for certain points along that channel. Now these channels aren't visible to the eye but run through the body and are used for specific reasons. Gall bladder and small intestine are used because of their location on the body. The large intestine channel is used because Li 4 is the strongest point for a condition that involves the upper body. Depending on the type of headache, other points may be used. If the headache is considered a "pounding headache" then the liver channel might be used because that channel helps control blood flow.

Talk to one of our doctors to learn more about acupuncture!

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