



# 2020: Where Health Happens

The Lumbar and Sacral Spine--Feel Better. Move Better. Live Better.

By: Dr. Tammy Fimrite

At one time or another, most people are going to experience back pain. For most people, that pain will be in the lumbar spine. And of those people, the vast majority will experience leg pain from the sciatic nerve called sciatica.

Back pain is something everyone may have to deal with from top athletes, to office workers, CEO's, laborers, pregnant mothers, and anyone sitting for long periods of time. Just because everyone seems to be having pain doesn't mean that back pain is normal. It's just the opposite. Back pain means something is wrong and it needs to be taken care of.

The lumbar spine consists of five vertebrae (spinal bones) labeled L1 to L5, which are located in the lower back. The lumbar spine contains the largest and strongest vertebrae in the spine, and in addition to permitting movement, it supports the majority of weight of the upper body. The large nerves that exit the lumbar spine control and coordinate some of the largest and strongest muscles in the body. Muscles in the back, core, buttock and legs.

The nerves exiting the lumbar spine control the function of many organs including the reproductive organs, colon, large intestines, bladder and prostate gland. The nerve most people have heard about is the sciatic nerve which exits through the mid buttock area and extends down the back of your leg into your feet. When the sciatic nerve is irritated/compressed you experience "sciatica".

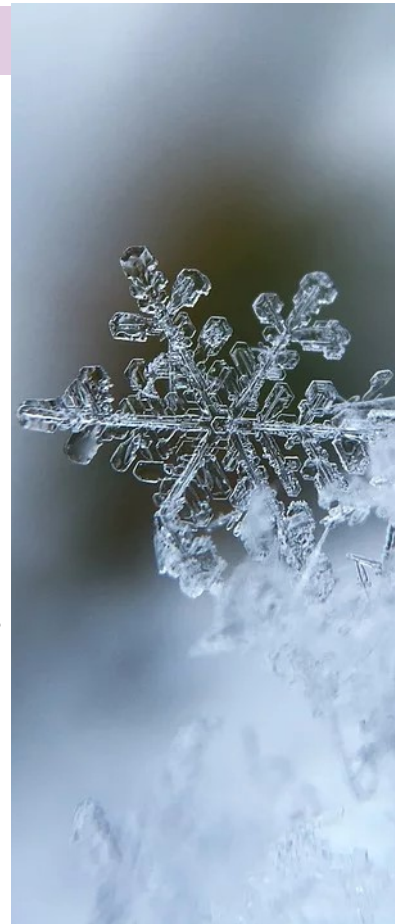
The sciatic nerve is made up of 5 different nerves that exit from the lumbar spine (lower back). The sciatic nerve runs down through the buttock area and down the back of the thigh, down into the lower part of the calf area, and all the way into your feet and toes. The sciatic nerve is the longest nerve in the body.

Subluxations (misalignments), disc degeneration, a bulging/protruding disc (disc herniation), or even osteoarthritis can cause pain to the sciatic nerve. This is called sciatica. The pain from sciatica is commonly felt as the lower back pain, leg pain, aching or burning legs, numbness in the legs, tingling into the legs, weakness in your leg muscles, or even pain in your big toe.

In addition to pain, because nerves that exit from lower back control (innervate) all the organs of the body, nerve pressure can manifest itself through problems like constipation, incontinence, diarrhea, gas pain, infertility, poor circulation, leg edema or leg swelling, sciatica, urinary problems, erectile dysfunction, menstrual problems, and more.

For the long-term health of your lumbar spine, it is important to maintain a strong core. The core muscles are controlled by the nerves exiting from the lumbar spine, and these muscles in turn support and stabilize the lumbar spine.

CONTINUED ON PAGE 4



## INSIDE THIS ISSUE

Supplement of the Month-Dynamic Detox .....	2
Featured Essential Oil-Eucalyptus .....	2
Take Back Your Body Program .....	2
New Year's Exercise Resolutions .....	3
Upcoming Exercise Classes .....	3
Massage s We Offer! ..	4
Lumbar and Sacral Spine Continued .....	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: DYNAMIC DETOX**

- \* Specialized support for balanced metabolic detoxification
- \* Specialized nutritional support to aid your body in the removal of toxins from your cells, ultimately eliminating them from your body
- \* This process has three phases that convert fat-soluble toxins to water-soluble molecules and then eliminate them
- \* Well rounded nutritional support to enhance the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities.

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

### **FEATURED ESSENTIAL OIL – EUCALYPTUS**

- The most familiar essential oil!
- Clears the head and relieves headaches and neuralgia
- Useful in meditations when you have a cold to keep the mind clear
- A tonic of the subtle energy, especially of the lungs, and helps those who feel constricted in their lives
- Also used as an excellent insect repellent and is good at treating bites and stings. It can also be used for an itchy scalp

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

### **TAKE BACK YOUR BODY PROGRAM**

Tired of making New Years' Resolutions to get fit or start exercising, but not sticking to them? Don't know which exercises are best for you?

Enroll in our Take Back Your Body program for 6 one-on-one sessions with our exercise specialist, Gabriella! Workouts are tailored to your specific goals, abilities, and experience level. 6 sessions available for \$160.

Call the clinic for more information or to sign up!

## NEW YEAR'S EXERCISE RESOLUTIONS

By: Gabriella Kroska, Exercise Specialist

Successfully changing habits and maintaining those changes is a difficult task. When starting an exercise program, it's important to evaluate your fitness goals. Make them 'SMART' goals (Specific, Measurable, Achievable, Relevant, and Time-Bound). By making your goals 'SMART', you can form a firm vision of what success will look like, how you're going to get there, and honestly acknowledge challenges you may face (and also how you can plan ahead to work through them!).

Next, you need to evaluate your motivations and commitments to the goal. Ask yourself 'how will my life look different when I've achieved this goal?' or 'what will attaining my goal allow me to do that I can't now?'. Write out WHY reaching your fitness goals is important to you, and how it will impact you and/or your loved ones. Place this somewhere you can refer to it when things get challenging, to remind you of why you started this new fitness journey.

Another important step is to plan ahead for obstacles or setbacks along the way. Some of the top noted barriers to successfully starting and maintaining an exercise program are 'lack of time', 'lack of motivation', 'lack of resources' (equipment, space, etc.), and 'lack of knowledge' (not knowing where to start, how to progress, or what's safe and effective for your body and goals). This is where seeking support and guidance from a professional can be a great way to spring-board you on your way! At Minser Chiropractic Clinic, your chiropractor and exercise specialist are here to help with each of the steps listed above. Two great options are the Take Back Your Body program and the Home Exercise Program. Ask for more info and get started today!

## UPCOMING EXERCISE CLASSES

### **Women's Intro to Strength Training– Tuesdays at 6pm on January 7, 14, 21, and 28**

Strength Training isn't just for athletes! Strength training has numerous benefits for the average women. Join our exercise specialist to learn how to start incorporating resistance (strength) training into your fitness routine. All strength levels welcomed. \$30 for all four classes. Sign up at the front desk or call our office to sign up today!

### **Cardio-Strength Circuit Class– Tuesdays from 6-6:45 pm on February 4, 11, 18, and 25**

Show your heart and body some love with our circuit training class focused on improving cardio-respiratory health and muscle endurance. All experience levels welcomed. Classes will be \$30 for all four classes! Sign up at the front desk or call our 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.

Minser Chiropractic Clinic  
Phone: 320-253-5650  
Fax: 320-253-9222  
203 Park Ave South  
Saint Cloud, MN 56301

[www.minserchiropractic.com](http://www.minserchiropractic.com)



Minser Chiropractic Clinic

## MASSAGES WE OFFER!

We offer an array of different massages. All of them beneficial for your health, but use different techniques or massage tools. Here is a list of our most popular massages:

- \* **Deep Tissue**– Focuses on tension areas and increases circulation
- \* **Cold Stone**– Great for those who suffer from headaches and migraines
- \* **Tui Na for Children**– Helps treat a variety of conditions including ADD
- \* **Thai Herbal Ball**– A heated ball containing 11 herbs is used to reduce aches and pains in joints
- \* **Bamboo Fusion**– Coupling warm bamboo shoots and long rhythmic strokes to help with relaxation
- \* **Relaxation**– Gentler massage to help reduce stress and calms the mind
- \* **Therapeutic Cupping**– Using cups to reduce tension and pain. It does not leave bruises.
- \* **Hot Stone**– Uses hot stones to further relax muscles
- \* **Ear Candling**– Safe, effective way to help with plugged ears or sinus problems

Call the clinic today to schedule your massage!

## THE LUMBAR AND SACRAL SPINE...CONTINUED

The three main types of back muscles that support your spine are extensor, flexor, and oblique muscles. The oblique muscles help the spine rotate and maintain proper posture. The extensor muscles enable you to stand and lift objects. They also hold the spine in its proper position. And the flexor muscles allow you to flex, bend forward, and arch your lower back. When your core muscles properly support your lumbar spine, you are less prone to injuring yourself.

As chiropractors, back pain, and specifically sciatica, is one of the most common types of pain we help our patients with on a daily basis. Our goal is to help you avoid many of these problems, and bring relief to those who are currently suffering from these problems. A healthy lumbar/sacral spine is important to your well-being. Proper posture, exercise and regular chiropractic care are key to maintaining a healthy spine. If you or someone you know is suffering from back pain or any other spinal condition, we would love to help them feel better, move better and live better.