



# 2020: Where Health Happens

Chiropractic Treats More Than Just the Spine by Dr. Tammy Fimrite

One of the more common complaints (outside of the spine) that we hear in practice is a painful, weak and/or numb elbow region and the most common diagnosis of these complaints is a syndrome known as “Tennis Elbow” or lateral epicondylitis.

Who gets it? Let’s just say that 95% of those diagnosed with this condition are not tennis players!

## What causes tennis elbow?

Caused by repetitive, forceful movements of the hand, wrist and elbow. After a long weekend of weed-eating and gardening, and typing or weekend carpenter—repetitive screwing.

Physiologically, tennis elbow is the result of strained (microscopically torn) muscles and tendons which become inflamed and swollen causing pain and limited range of motion of the elbow and possibly the wrist. In severe cases, the swollen muscles and tendons can mechanically compress sensory and motor nerves leading to weakness and numbness and/or tingling. These last symptoms often get mistaken for the signs and symptoms of a herniated or bulging disc.

## How is tennis elbow treated?

After proper evaluation, possible therapies to help reduce swelling and inflammation and manipulation to restore altered biomechanics. Home treatment measures to relieve pain may include:

**Rest:** Total rest, take a break from participation in the precipitating event until full healing has occurred. If this is not possible, a brace or strap will likely be prescribed.

**Ice:** 20-30 min every 3 hours

**Compression:** A brace, strap or compression sleeve may be worn to support the area.

**Elevation:** Keeping the affected elbow above the heart will also help reduce the accumulation of inflammatory fluids.

Once there is a reduction of pain, we can work to restore function. Once the pain has been reduced by at least 50%, a comprehensive rehabilitation program will be prescribed and if followed, will ensure a maximum level of strength, function and injury prevention.

A similar pain can occur on the inner side of the elbow called Golfer’s elbow or medial epicondylitis from a sudden jolt or repetitive wrist flexion or twisting motions.

Yes, chiropractic care helps with issues of every joint and muscle in the body! If you are experiencing any of these symptoms or could use a chiropractic evaluation, call the clinic today to schedule an appointment.



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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

### **SUPPLEMENT OF THE MONTH: ESSENTIAL MULTI**

- \* The Essential Multi takes you beyond basic wellness support
- \* Comprehensive vitamin, mineral, and herbal extract blend of bioavailable form of key micronutrients of pharmaceutical grade quality for optimal health and longevity
- \* Clinical research suggests benefits include supporting cognitive function and mood, vibrant, healthy skin, energy production and vitality, healthy immune function, healthy gastrointestinal function and antioxidant support.

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

### **FEATURED ESSENTIAL OIL – LAVENDER**

- Lavender is used to great effect in massage and baths for muscular aches and pains
- Valuable in treating colds and flu, best in steam inhalation
- Cold compresses or a couple drops rubbed into the temples relieves headaches
- Used to facilitate meditation

Note: Avoid use during early pregnancy, especially if there is a history of miscarriage

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

### **CHILDREN’S HEALTH AWARENESS MONTH**

Chiropractic care should start shortly after birth and as children grow continuing throughout elementary and high school as children become more active in sports and other school activities.

If your child has not had a chiropractic evaluation within the past 6 months...they should! Spinal health is a must!

Call the clinic to set up an appointment for your child.

## TENNIS ELBOW

By: Gabriella Kroska, Exercise Specialist

Lateral epicondylitis, or tennis elbow, is a painful condition caused by overuse of the forearm muscles that extend the wrist. Medial epicondylitis, or golfer's elbow, is a similarly painful condition that can be caused by excessive force or by overuse of the muscles that allow you to grip, rotate your forearm, and flex your wrist. Strengthening the forearms through exercise plays a significant role in reducing the risk of developing these conditions. This is especially true for individuals who are at a greater risk due to performing repetitive motions of the arm and wrist. Improper exercise and sport technique can also be a major contributing factor for athletes. If you're concerned that poor exercise form could be contributing to pain you're having, your chiropractor or our exercise specialist can help you out!

In addition to chiropractic care, there are specific exercises that can help with recovery from tennis elbow or golfer's elbow. A great option for strengthening the forearms is the Thera-band Flexbar. The flexbar works by allowing the muscles of the forearm to work eccentrically (they exert force while lengthening, rather than while contracting). Additional exercises can be done with (very light!) dumbbells and by stretching.

If you have questions about how exercise could benefit you, talk to your chiropractor or our exercise specialist!

## UPCOMING EXERCISE CLASSES

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

Back by popular demand!!! 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.

## MARCH MASSAGE MADNESS

How can a massage boost your sports performance?

By getting a massage, it helps to stimulate blood flow and helps stretch muscle fibers and promotes flexibility for a better performance, whether it's on the court, trail, rink, or course.

What is the difference between pre and post massage?

"Pre" massage is one way to help stretch and warm up muscles. This will help set up game day for success. It can also boost your performance by relaxing your muscles and reducing chance of injury.

"Post" massage is a great way to help with the cool down period and muscle recovery. Massage can help reduce muscle related injuries.

Call the office at 320-253-5650 to schedule a massage today with any of our certified massage therapists!

## STRONG POSTURE PROGRAM

Do you spend a lot of time sitting?

Do you have poor balance?

Do you tend to carry your stress in your shoulders, resulting in a tight neck?

If you answered yes to any of these questions, the Strong Posture Program could benefit you! This program is a series of 7 20 minute sessions that will teach you exercises to help you stand, sit, stand, and breathe the way your body is designed to!

Call the clinic for more information.

**Check us out on Facebook and Instagram for our 40 days of healthy tips!**

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