

# 2019: Where Health Happens

The Thoracic Spine...More than just the bones of your mid back!

By: Dr. Katherine Leither

The thoracic spine is found in the upper and middle back, between the neck and the low back. It consists of 12 vertebrae that are labeled T1-T12 and are the bones that the ribs connect to in your back. The thoracic spine is unique that it has an outward curve, called a kyphosis, while the neck and low back curves of the spine curve inward. It is also the longest region of the spine, which consists of 24 vertebrae total. Due to the thoracic spine being connected to the ribcage, flexibility is limited when compared to the cervical and lumbar spine. Between each of the vertebrae there is a disc that acts as a cushion and shock absorber. The thoracic discs are thinner than the cervical and lumbar discs, but the discs of the thoracic spine are less likely to cause pain or other symptoms compared to the other areas of the spine.

The nerves that exit from each side of the thoracic spine branch out from the spinal cord and control the function of many of the major organs in the abdomen. There are 12 thoracic spinal nerve pairs that are named for the vertebra above it. The T1 through T4 nerves correspond with the lungs, heart, trachea, esophagus, and part of the arms. The T5 through T12 nerves are associated with the gallbladder, liver, stomach, pancreas, diaphragm, spleen, kidneys, adrenal glands, small intestines, and ureters.

Common complaints that may benefit from chiropractic treatment to the thoracic spine includes mid and upper back pain, rib pain, difficulty breathing, asthma, congestion, heartburn, numbness or tingling to the arm, reflux, gallbladder conditions, and stomach issues. Since the nerves that innervate the majority of the organs of the abdomen begin in the thoracic spine, positively influencing the nerves through chiropractic care could lead to benefit those organs.

Many of the problems we see for the thoracic spine are caused by stress and poor posture, whether it's from sitting at a desk incorrectly or using technology too much. This can lead to subluxations or misalignments of the spine. When there are subluxations of the thoracic spine, the organs that are innervated may not function optimally. Fortunately, chiropractic adjustments can directly affect those misalignments and restore function to the nerves in the spine.

CONTINUED ON PAGE 4



## INSIDE THIS ISSUE

Supplement of the Month -Stress Essentials Relax	2
Featured Essential Oil- Peppermint.....	2
Strength Training for Women .....	3
Hot Stone Massage .....	4
Thoracis Spine Contin- ued.....	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: STRESS ESSENTIALS RELAX

- \* For those who may be irritable. Anxious, fatigues, sleep too little or have difficulty resting
- \* A comprehensive stress management formula for those who feel stressed wired. Living a hectic lifestyle deeply influences the mood, mental function, and cognitive processes.
- \* This combination of ingredients is designed to maintain equilibrium between GABA and glutamate in the body, producing a sense of inner calm and relaxation
- \* Excellent support for those experiencing consistent high levels of psychosocial stress.

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

## FEATURED ESSENTIAL OIL – PEPPERMINT

- One of the best essential oils for all types of digestive upsets
- Alleviates symptoms of shock, inferiority, insecurity, and can deepen intuitive insight
- Combined with Lavender, Peppermint can help prevent colds and flu. Use a cold compress and the same combination can help with reliving headaches
- Peppermint is bold, promoting clarity and alertness
- Overall, it is refreshing, stimulation, and restorative

Note: Do NOT use during pregnancy

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

## WHEN IS THE BEST TIME TO STRETCH?

By: Gabriella Kroska, Exercise Specialist

How flexible are you? It's possible that a lack of flexibility could be impacting you, even if you don't feel 'tight'! Our muscles are designed to have a certain range over which they stretch and contract to move our bodies. When one of these muscles is 'tight', it limits the body's ability to move comfortably and safely. If you've ever bent down to pick something up off the floor and felt tightness, or struggled to reach your feet to get your socks off, you have experienced this!

Including flexibility training (stretching) into your normal routine has many benefits including: reduced risk of injury during exercise AND daily activities, decreased pain, and improved posture!

So, how and when should you stretch? The following 3 tips are here to get you started!

1. Never stretch cold muscles—this can lead to injury. Before stretching, do an activity such as brisk walking (legs), arm circles (upper body), or other light exercise. If you're going to integrate stretching into your normal workout routine, it should be after the rest of your workout, not before. Stretching can be part of a great cool-down from your workout!
2. Hold each stretch for at least 30 seconds—30 seconds is an optimal length of time to hold each stretch when seeking long-term increases in flexibility. Less time than this isn't effective to get the muscle to relax and lengthen. On the other hand, holding stretches for too long can also increase injury risk.
3. Stretch regularly, not just when you notice tightness or pain. And once you've relieved tight muscles and improved flexibility through a stretching routine, maintain them! Don't stop stretching just because pain or tightness has been relieved. Keep including it to make sure you don't lose the improvements you've made!

If you're dealing with tight muscles or have questions about how to properly include stretching in your routine, talk to your chiropractor or our exercise specialist!

## Struggling with a Gift for the Holiday Season?

**Try a massage gift certificate for 30, 60 or 90 minutes or a gift certificate for any services at the clinic. These include: chiropractic care, acupuncture, exercise**



**instruction/postural strong programs, and nutritional supplements. Giving the gift of health is a wonderful way to share the spirit of the season!**

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.

## HOT STONE MASSGE

**What is it?-** Stones are immersed in water and heated until they are within a certain temperature range. The hot stones are always flat and smooth. The massage therapist holds the stones first before touching them to your body, which ensures that the temperature will not be too hot. Everyone, however does have their own comfort range. Be sure to speak up if the stones are too hot for you.

The massage therapist often begins by applying oil or lotion to the body, which allows the hot stones to glide smoothly along the muscles. After the hot stones have relaxed the muscles, the massage therapist use their hands to directly massage the skin.

**Why should I get one?-** Many people find the warmth of hot stones to be comforting and enjoy receiving hot stone massage for relaxation. People also get hot stone massage for a variety of health conditions: back pain, poor circulation, osteoarthritis, arthritis pain, stress, anxiety, insomnia, and depression.

Schedule your deep tissue massage with any of our certified massage therapists!

**Not:** Hot stone massage is not appropriate if you have diabetes, high blood pressure, heart disease, or are on medication that thins your blood. You shouldn't get a hot stone massage if you are pregnant, have a sunburn, or acute skin condition.

## THE THORACIC SPINE...CONTINUED

As we age, bone mass can decrease and the risk of osteoporosis becomes more common. If the thoracic spine is osteoporotic, it can increase the chance of a compression fracture of the vertebrae. This can lead to an increase of the normal kyphosis of the thoracic spine and make one's posture to become more hunched. It's important to make sure to take care of your bone health and posture, even from a young age.

Our chiropractors are fully trained to treat common conditions found in the thoracic spine and make recommendations to help with posture, bone health, and digestive issues. A healthy thoracic spine is important to total health and well-being, and should include chiropractic care, good posture, and lifestyle modifications. If you or a loved one have any questions regarding their thoracic spine or any other spinal complaint, please ask one of our doctors today!

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

**From all of the staff and doctors, may you all  
have a joy-filled holiday season and a blessed,  
Happy New Year!!!**