



2020: Where Health Happens

Is Technology Becoming a Pain in Your Neck? By: Dr. Katherine Leither

As technology has advanced in the past decade, so has the number of people using new devices to help make life easier. As technology advances allowing us to do more tasks on smaller equipment, our bodies will often pay the price. With a growing potential for injuries from the technologies that we rely on, it's important to minimize the risks. One problem that is becoming more prevalent is neck strain from the overuse of mobile devices, or "text neck."

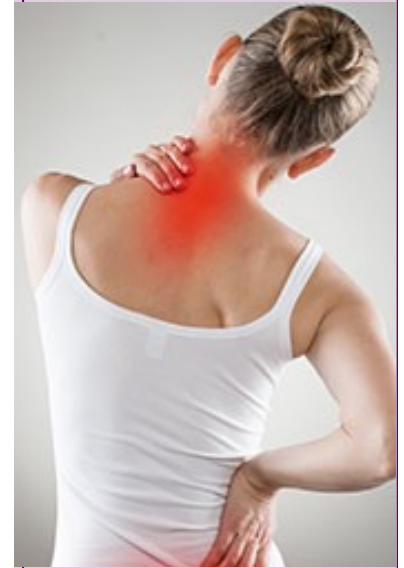
Text neck is caused by poor posture when using technology such as cell phones, tablets, and other devices. It's very common to become hunched over with your head drooping forward and your shoulders rounded as you spend more and more time looking at messages and games. The average head weighs between 10-12 pounds and leaning forward at an angle makes it harder to support. The neck then has to take the burden of carrying the head instead of the shoulders and back, which can increase headaches and the feeling of having pain and stiffness into the neck, shoulders, arms, and wrists, and headaches.

The constant use of these technologies can also cause repetitive stress injuries on the neck, shoulders, elbows, and wrists and can be the underlying reason why a patient may be seen for their aches and pains in their neck and back. Children especially can be prone to these issues from repetitive use of mobile devices while texting or doing online schooling and should also be assessed for any misalignments in their spine, as well as either overused or weak muscles.

A doctor of chiropractic is specifically trained to look for these misalignments and muscular imbalances and can help diagnose and treat these issues. Specifically, a chiropractor can use modalities such as ultrasound therapy, electric stim, ice and/or heat to help reduce the aches and pains from overused muscles. Gentle chiropractic adjustments can also help give relief and increase your spinal range of motion. A stretching or exercise program for your spine and/or arms may also be provided to also help strengthen weak muscles and increase range of motion.

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Move Better
Live Better
Feel Better



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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

IS TECHNOLOGY BECOMING A PAIN IN YOUR NECK? CONTINUED

If you notice your aches and pains are coming from sitting at the computer, your chiropractor may also make recommendations to help make your work station more ergonomical.

Simple ways to help avoid text neck include sitting up straight with your shoulders back, bringing your arms up in front of your eyes so that you aren't looking down to see a screen, and tucking your chin into your chest instead of dropping your head forward if you must look down. The best way altogether to avoid text neck is to limit the use of mobile devices.

If you or a family member may be struggling with problems associated with overusing technology, make an appointment today. The doctors at Minser Chiropractic Clinic can discuss ways to help relieve the stress technology can make on your body and get you feeling great again!

SUPPLEMENT OF THE MONTH: DYNAMIC FRUITS & GREENS

- * 20+ servings of fruits and vegetables in one scoop
- * Provides a super-blend of 100% natural fruit and vegetable extracts, vitamins, enzymes, and probiotics
- * Easy-to-mix, great tasting, nutrient-rich superfood designed to provide phytonutrient nutrition
- * No stimulants, caffeine, or sugars have been added
- * Great for the whole family!

For more information about this supplement,

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

FEATURED ESSENTIAL OIL : CALMING BLEND

- Lavender
 - Helps to relax and treat muscle aches and pains
- Rose Geranium
 - Helps regulate hormones and your mood
- Lemongrass
 - Tightens and tones the skin and connective tissue
- Cedar Wood
 - Has a calming effect on the mind and aids in relieving anxiety

If you have any questions about essential oils, please see any of our certified massage therapists. Avoid this oil when pregnant.

FORWARD HEAD POSTURE

By: Gabriella Kroska, Exercise Specialist

Did you know that for every inch that your head falls forward of your shoulders, the relative force experienced by your neck increases by 10lb of pressure? In the short term, some muscles become weaker and lengthened, while others become shortened and tight as your body tries to adapt to carry your head in this position. All of this can lead to muscle aches, spasms, and headaches. Over time, sustained periods of forward head posture can lead to a decrease or loss of the normal curvature of the cervical spine leading to pain, loss of range of motion, and even compression on the nerves.

What can you do? If you're concerned about forward head posture, talk to your doctor! They may recommend exercises to strengthen the stabilizing muscles of the upper back and neck, restore proper range of motion, and help correct forward head posture. You may also want to consider enrolling in a program such as Take Back Your Body, where you receive 6 sessions of one-on-one guidance from our Exercise Specialist who will work under your doctor to develop a program to help you increase and maintain proper strength, flexibility, and postural control.

Not sure you need a full six sessions? You can also sign up for a single exercise rehabilitation session, for a half-hour of focused instruction to teach you how to conduct strengthening exercises with proper form and select the proper resistance for your current ability level. Talk to your doctor to get started today!

FEATURED EXERCISE PROGRAMS

Anti-Sitting Exercise Progression: How long do you spend sitting every day? 70% of people spend 6 hours or more in the same position. Prolonged sitting increases pressure on your intervertebral disks, and can lead to muscle strength and flexibility imbalances. These imbalances can contribute to back pain, neck pain, and injury. Our Anti-Sitting Exercise Progression teaches you strengthening and stretching exercises to help counter-act these imbalances and prevent their development. The progression is taught in a single half hour session, and can be scheduled at your convenience. \$35 for a half hour.

Core Conditioning Class: Our most popular class is back! A weak core can increase your risk for back pain, injury, and decreased mobility and independence as you age. Join our Exercise Specialist for a series of 4 classes in September to build strength and stability throughout your core! (No crunches required!) Classes will be held the first 4 Tuesdays in September from 6-6:30pm (Sept. 1, 8, 15, 22). *Sign up at the front desk!*

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.

TUI NA FOR CHILDREN

Tui Na has been extensively used in China for 2000 years. It is specialized for pediatrics between the ages of birth to 12 years old. Very gentle pushing and pulling techniques, along with passive and active stretching is utilized to restore proper anatomical musculoskeletal relationships, neuromuscular patterns, and to increase the circulation of blood to remove biomechanical irritants during the treatment.

This method is used for a variety of conditions including coughs, asthma, common colds, bedwetting, ADD, and allergies, along with MANY others. Tui Na is based on the meridian theory and is comparable to a combination of massage and acupuncture. During the treatments, parents may be present in the room as well. Schedule your session today by calling the clinic at 320-253-5650!

BEST OF CENTRAL MINNESOTA

It's that time of year again! Voting for the "Best of" Central Minnesota has begun and we need your help!

We are nominated for the following categories:

Best Chiropractor

Best Pediatric Clinic

Best Spa/Massage

Best Personal Trainer



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Minser Chiropractic Clinic

*Please vote for Minser Chiropractic Clinic in all 4 categories at
www.sctimes.com.*

Voting ends August 24!!!