

2019: Where Health Happens

Temporomandibular Joint Disorder (TMD) By: Dr. Katherine Leither

TMD is a common disorder that affects the jaw joint, which usually starts as a temporary pain or discomfort, but for some people, can become a chronic problem. Some of the signs and symptoms seen with TMD can include pain with chewing or yawning, clicking or grinding when moving the jaw, difficulty opening the jaw, or a change in the way the upper and lower teeth align. Others that suffer from TMD may notice pain that goes into the neck or upper back, headaches, or earaches.

The temporomandibular joint connects the jaw bone to the skull, and acts like a sliding hinge when opening and closing. For many people, the cause of TMD is usually from trauma, degenerative changes or arthritis in the jaw, or from pain in the muscles of the jaw and neck.

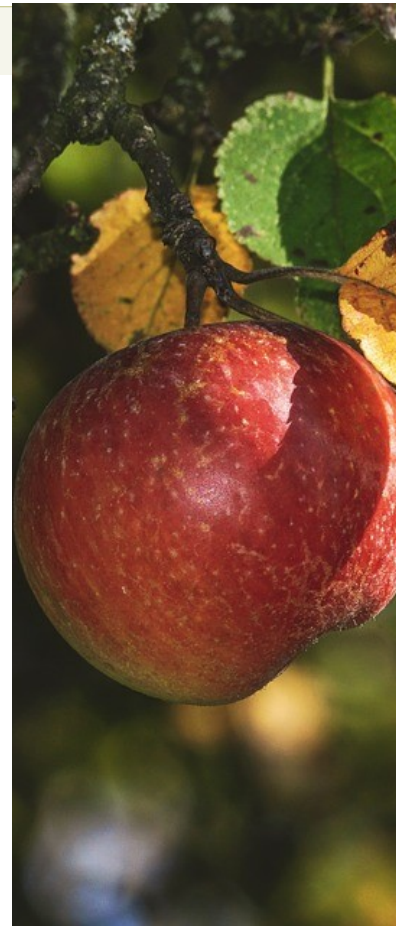
Injury is the leading cause and is more commonly seen during sports, but may also be from overusing the jaw, such as gum chewing or only chewing on one side of the mouth. Rheumatoid arthritis and osteoarthritis are conditions that are commonly associated with degenerative changes of the jaw, and may cause wear and tear of the cartilage in the temporomandibular joint.

Stress is often a problem more many areas of the body, but many people don't realize how much it can also affect the jaw. During the hustle and bustle of everyday life, stress levels can get high, causing some people to clench their teeth during the day or grind their teeth at night, becoming a major factor for their TMD.

Chiropractors are trained to assess for TMD and may inspect the balance of the jaw and neck musculature and the dimensions of the jaw joint. They may also observe the motion of the jaw and neck and compare one side to the other to see if there is a misalignment problem.

Treatment for TMD can vary, depending on the cause. Most commonly, chiropractors will treat TMD using gentle chiropractic manipulation and may incorporate soft tissue therapies to help heal the musculature surrounding the jaw and/or neck. Ultrasound therapy, heat, ice, and massage work or trigger point therapy may be of benefit to help relieve the symptoms of TMD and performed in-office. Your chiropractor can also recommend specific exercises to help stretch and strengthen the temporomandibular joint or may recommend a night splint to support the jaw and surrounding musculature. Stretching can help to loosen tight muscles, while strengthening may help to tighten muscles that have become loose.

If you or someone you know may be suffering from problems with their temporomandibular joint, consider talking to your doctor of chiropractic. Call to set up an appointment with one of our doctors today to see if we can help.



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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: HYDRATE

- * Staying hydrated can make or break athletic performance as a multitude of physiological processes rely on fluid balance and electrolyte availability
- * Promotes health cell function and muscle contraction
- * Supports optimal athletic performance and provides powerful hydrating nutrients
- * No preservatives, added sugars, caffeine or stimulants

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

FEATURED ESSENTIAL OIL – ROSEMARY

- Works excellent in massage when used for relaxing tight, overworked muscles
- It's an oil for remembrance. It strengthens the mind and increases creativity.
- Aids in meditation by keeping the mind clean and alert
- Psychologically, it's stimulating, purifying, and protecting
- Overall, it is reviving, refreshing and strengthening
- Note: Avoid this oil during pregnancy or if you suffer from epilepsy

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

EAR CANDLING– DID YOU KNOW??

Some benefits of Ear Candling are:

- Removal of ear wax, build-up and debris from the ear canal
- Relief of pressure in cases of sinusitis, headaches, migraines, congestion, ear infection "swimmers ear"
- Un blockage of impacted cerumen (ear wax)
- Relief from vertigo or dizziness
- Relief from tinnitus or head noises
- Helps hearing aids function more efficiently by cleaning the ear canal

Call to schedule your ear candling session with one of our Certified Massage Therapists today!

THE ‘FAT– BURNING ZONE’

By: Gabriella Kroska, Exercise Specialist

Did you know that most ‘cardio’ exercise equipment such as treadmills, bikes, and elliptical machines have a ‘fat-burning zone’? They do! Unfortunately, working out in this zone isn’t usually an effective way to lose weight!

Our bodies have different ways of storing energy, and they use those different sources depending on the activity that we’re doing. Some of those energy sources are primarily used for very short, explosive, or powerful movements (such as when you jump back two feet when you almost step on a snake!). Another energy source is mainly used when you’re doing moderate/intense physical activity, such as mowing the lawn with a push mower, going on a bike ride through the neighborhood with your kids, or running. A third energy source is the body’s ‘go-to’ at rest or during light activity such as washing dishes or going on a walk. This third energy source is fat!

The energy source used for quick and powerful activities is stored in the muscles (where it is readily available) but it gets used up quickly. The energy source used for moderate/intense physical activity is also stored in the muscles, so it can be stored and accessed more quickly than fat. Our bodies tend to use this energy source as the primary fuel for moderate activity (including most exercise!).

At rest, our bodies tend to rely on fat as a primary energy source, because the energy doesn’t need to be accessed or used quickly. Fat stores a lot of energy, but it takes longer to break down and use than the other energy sources do. At rest or during light activity, there’s not a lot of demand for fast energy, so using fat as the primary energy source isn’t a problem!

However, rest and light activity aren’t effective ways to lose weight or reduce body fat! Why? The total amount of energy used during moderate and intense activity is greater than that used during light activity. Total energy used during a workout (and during the day) is more important for weight loss than the primary energy source used during the workout. Most exercise equipment with a ‘fat-burning zone’ keeps you in the ‘low intensity’ range. For most of these machines the ‘fat burning workout’ is misleading! You’re better off increasing to a moderate intensity, where you’ll burn more total energy during the workout.

Minser Chiropractic Clinic offers a variety of programs through our Exercise Department that are designed to be tailored to help you reach your fitness goals. Talk to your chiropractor or our exercise specialist today to learn more!

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.

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Minser Chiropractic Clinic

SAVE THE DATE: 2ND ANNUAL TOUCH THE TRUCK

Save the date for our 2nd Annual Fundraising Event: Touch The Truck!

Date: Friday, September 6th, 2019

Time: 4:00-8:00pm

Location: The MAC Center

Advanced Tickets: Adult \$5/ Children \$3 (2 and under free!)

Day Of Tickets: Adult \$8/ Children \$5 (2 and under free!)

Proceeds this year are going to the St. Cloud Area FACT (Feeding Area Children Together)

Bring your family to interact with all kinds of life size trucks and vehicles! Come see fire trucks, garbage trucks, freighters and MORE!

Tickets are sold at the clinic.

**In honor of our Fallen Hero's on
Wednesday September 11th we are
offering \$10 off 60 or 90 minute
massage to our local rescue
departments.**

Thank you for your service!

***MUST SHOW BADGE AT TIME OF
MASSAGE TO RECEIVE DISCOUNT***