



2018: Back to the Basics

Whiplash
By Katherine Leither

When the neck is suddenly jerked and jolted in one direction and then another, whiplash is generally the term used to describe the injury. Whiplash is most commonly seen in people involved in a motor vehicle accident, but it is not uncommon to occur from a fall, sports injury, work injury, or other accidents. It is estimated that 806,000 people in the U.S. sustain whiplash injuries from motor vehicle accidents each year. A whiplash injury can occur in a motor vehicle accident at speeds as low as five miles per hour when being hit from behind or the side.

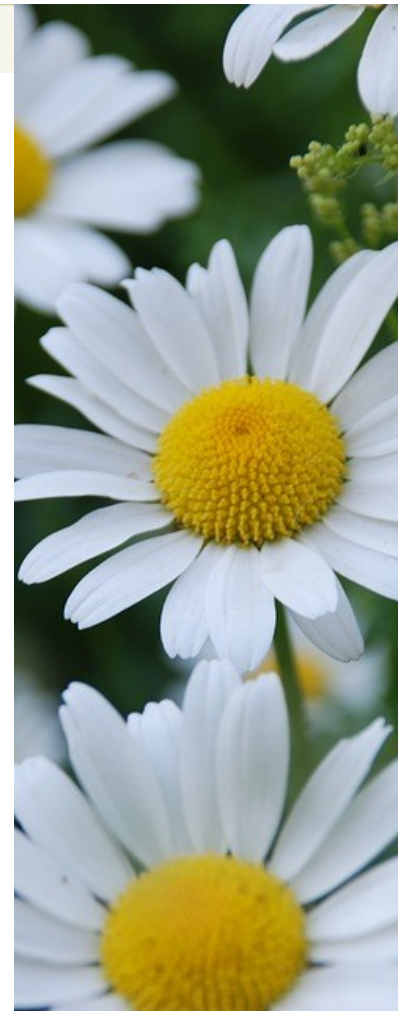
Whiplash often results in a sprain-strain of the neck and can include injury to the ligaments, muscles, tendons, joints, and/or discs of the neck or cervical spine. During a whiplash injury, the ligaments and muscles that help support and protect the spine are often stretched beyond their normal limits, causing the sprain-strain injury to occur. Generally during whiplash the head is first lifted from the top of the cervical spine and then jerked forward and/or backwards.

While whiplash from a motor vehicle accident cannot be prevented, there are a few things that can help reduce the chance of a more serious injury to the neck. Always wear a seatbelt and make sure the headrest is at the appropriate height. The proper height of the headrest should be level with or above the top of your head. While playing sports or other activities, such as biking, where a whiplash injury could occur, wearing a helmet can also prevent a more serious injury to the head and neck.

The most common symptoms seen from whiplash are pain and stiffness of the neck, especially when trying to turn the head. Headaches are also a very common symptom seen, and are usually at the base of the skull. It is estimated that over two thirds of people who have a whiplash injury report also having headaches. They may be experienced on one side or both sides of the head, and can also be accompanied by dizziness, nausea, or even blurred vision. Pain that starts in the neck can extend into the shoulders, upper back, and arms as well. Symptoms of whiplash injury are not always immediate and often can take 2 to 48 hours to develop.

Chiropractic care started soon after a whiplash injury occurs can help give relief and have you getting back to normal activities without pain sooner. Doctors of Chiropractic are trained to diagnose and treat a sprain-strain of the neck, which can include modalities like ice, heat, electric stim, and/or ultrasound to help reduce muscle spasms and provide relief. Gentle chiropractic adjustments of the neck and back can also give relief and can help improve range of motion. It is also important to stay active while being treated for a whiplash injury, and often an exercise and stretching program is prescribed to help increase the motion of the neck and strengthen the surrounding musculature of the spine.

If you or someone you know has a whiplash injury from a car accident, talk to one of the doctors at Minser Chiropractic Clinic. While a whiplash injury can't usually be prevented, we may be able to help improve your symptoms and have you back to enjoying life without neck pain.



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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: OMEGA₃S– ESSENTIAL FATTY ACIDS

OmegaGenics EPA-DHA

- Support optimal cardiovascular function
- Supports healthy mood and overall brain and nervous system function
- Supports a healthy immune response

DHA Jr.

- Promotes proper growth and development of the brain, eyes, nervous system and cell membranes
- Great strawberry taste for kids

For more information ask Dr. Minser, Dr. Fimrite, Dr. Leither,
Dr. Blomdahl, or Dr. Hovey

FEATURED ESSENTIAL OIL – JUNIPER BERRY

- ~Powerful insecticide, local wash, or spray for pets to keep fleas and bad odors away.
 - ~Soothing for headaches, but should be properly diluted before applying to the temples. It is good when blended with lavender.
 - ~Useful for getting you going in the morning. A few drops sprinkled in the shower surrounds you with fresh new energy.
 - ~Overall, it is cooling, refreshing, stimulating, uplifting, and energizing.
- **Avoid use if you have sensitive skin.

Have any questions about essential oils? Talk to our certified massage therapists.

KEEPING YOUR HEALTH GREEN

You're proud of your lawn! You water, fertilize, and cut it to keep it looking nice. But occasionally, you missed a few spots and now dull, brown patches where the grass was starved of potential growth energy begin to show. A similar situation can happen inside you.

All the cells, organs, and tissues that make up your body need an even distribution of energy from your nervous system in order to flourish and grow. If parts of your body are deprived of this energy, likewise you'll develop dull brown patches (disease and pain) on your internal lawn. Chiropractors refer to it as being subluxated.

The goal of chiropractic care is aligning the spine and keeping the nervous system clear of blockages. If you don't want to see ugly, brown patches in your health, see your Chiropractor!

MASSAGE FOR WHIPLASH

Getting rear-ended in traffic, tumbling over the handlebars on your bike or a spill in sports; whiplash can come in many forms and can become a long-term problem if not treated correctly.

The symptoms of whiplash can include neck pain and stiff-ness, headaches, pain in the shoulder or between the shoulder blades, low back pain, and pain or numbness in the arms.

Massage can help promote a general relaxation of the muscles which can in turn help ease muscular pain. In addition, massage increases the amount of oxygen that reaches the healing tissues and opens those tissues to receive oxygen and nutrients, thus speeding the healing process. Specific massage techniques, including myofascial release can be very effective in reducing scar tissue formation and re-storing fluidity to injured muscles and ligaments.

To start the healing process today, schedule an appointment.

**All injuries should be evaluated by your chiropractor prior to beginning massage treatment.

***Supplement Sale!** As a thank you for having us be a part of your health journey, on the last Wednesday of the month, June 27th, get 15 % off all nutritional reorders!*

WORKING OUT WITH WEIGHTS

Maintains Strength: Everything we do requires all-around bodily strength—from simple movements such as eating a meal to more difficult tasks such as lifting and pushing. By following an all-over program of resistance training exercises, you can maintain your ability to carry out everyday tasks without difficulty.

Reduces Injury Risk: When you do a resistance workout, the focus is generally on improving your muscular strength. However, not only does the strength of your muscles improve, but so does the strength of connective tissues such as tendons. Tendon injuries in sports and ordinary activities are very common, but doing a regular resistance workout will reduce the likelihood of these injuries.

Prevents Osteoporosis: Impact activities such as walking and jogging are excellent at building bone density in the legs and spine, but one of the most common fracture sites is the wrist, where impact activities have no effect. The solution is to strengthen the whole skeleton through resistance training. Lifting weights actually stimulates the skeleton to

get thicker and stronger, which will help to counteract the effects of brittle bone disease.

Helps Weight Management: The more muscle your body has, the more calories you burn whether you are exercising or not! The energy cost of having a greater muscle mass is more than for any other body tissue, so if you tone up you will increase your calorie burn 24 hours a day.

Improves Cardiovascular Function: A workout with dumbbells or static weight machines will bring as many health benefits as pure cardiovascular training alone. Even though a resistance workout is usually less dynamic compared to aerobic activities such as jogging, the demand for oxygen by the working muscles will still help to condition the cardiovascular system.

If you need help getting started on a weight lifting program that is right for you, make an appointment with our exercise specialist today!!

MEET OUR NEW STAFF!

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.



Dr. Erin Hovey is our newest doctor at the clinic! She is originally from Atwater, Minnesota. She received her undergraduate degree in biology at University of North Dakota and Doctorate of Chiropractic at Northwestern Health Sciences University.

Dr. Hovey offers a variety of adjusting and soft tissue techniques and modifies treatments according to the needs of her patients. Dr. Hovey is also certified to perform DOT physicals/drug screenings. She strives to teach her patients the benefits of chiropractic in hopes that they can achieve a healthy, more functional life. She is looking forward to serving you and your family.

Chelsey Engelmeyer is our exercise specialist! She is originally from Cold Spring, MN. She graduated from MNSU Mankato with a Bachelor's degree in Exercise Science and an emphasis in Clinical Rehabilitation.

Chelsey enjoys educating clients about healthy lifestyles and helping them reach their fitness goals. In her spare time, she enjoys being at the gym and spending time on the lakes with friends and family.

We would also like to congratulate **Dr Minser** for being named three years in a row one of the Best Chiropractors

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