



# 2020: Where Health Happens

The Hip by Dr. Mary Beth Minser

The hip joint is made up of the femur (the long bone of your leg) and the pelvic bone called the ilium. It is considered a ball and socket joint since the top of the femur is round. This joint helps support the weight of the body while standing or walking. It helps us do functions such as squat and climb stairs. The hip joint is supported by muscles, tendons, ligament and fascia. It also has a relationship with the pelvis and spine. These structures all have to work in harmony in order for us to move, sit and sleep without pain. If they do not, the following conditions can present themselves.

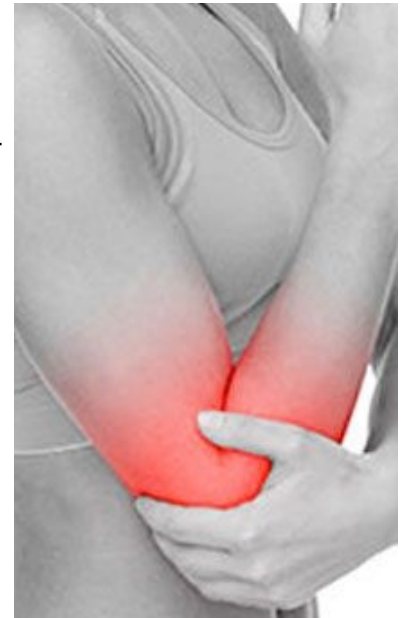
**IT Band Syndrome:** The Iliotibial band (IT band) is a thick group of fibers that run from your hip to the knee. When the fibers (connective tissue) become injured usually from overuse or incorrect biomechanics of the hip, pelvic or knee, pain and swelling develop on the outside of the hip and knee. It is very common in runners.

**Trochanter bursitis:** The trochanter is a name of a bony protuberance where muscles attach. Between the muscle attachment and the bone there is a fluid filled sac called a bursa. When the bursa gets irritated or inflamed you have bursitis. It can be very painful to the point that it is so tender a person has a hard time lying on their side to sleep or doing their normal daily activities.

**Hip Flexor Tendinopathy (tendonitis):** The hip flexors are a group of muscles that help bend your knee to your chest. When the tendon of these muscles becomes inflamed, they can cause pain. You do not have to be an athlete for this to happen. Prolonged sitting or inactivity can lead to muscle tightness and a misalignment of the lumbar spine, sacrum and pelvis. Most of the time, patients feel pain in the front of the hip.

**Labrial Tears:** The labrum is a ring of cartilage that surrounds the outside of the rim of the hip socket. When this cartilage is challenged by abnormal alignment of the hip and pelvic, trauma or degenerative health conditions such as obesity, it can tear causing pain, loss of motion, stiffness and strength.

**Osteoarthritis:** This condition is best described as a wear and tear type of arthritis. It is considered a degenerative disease that causes the protective layer of the bone to wear. This condition is easily diagnosed by x-ray. It causes a loss of the joint space. This in turn causes pain, loss of motion and loss of mobility. Finding it hard to walk or climb stairs is common with this condition.  
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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

## **THE HIP CONTINUED**

In the field of chiropractic, it is the doctor's job to diagnose and choose a treatment plan that best suits the diagnosis. This plan usually includes restoring altered spine, pelvic and hip biomechanics by a chiropractic adjustment. This helps to release any restrictions the joint may have from being misaligned. This treatment may include adjunctive therapy such as ultrasound and soft tissue work as well as include a comprehensive exercise program. Acupuncture may

be added to those cases that have failed conventional treatment. As always, the doctors here at the clinic are here to help you move, feel and live better. For an appointment, please call us so we can help.

Yours for better health...naturally.

## **SUPPLEMENT OF THE MONTH: BONE SUPPORT WITH MAGNESIUM**

- \* Contains the most bioavailable form of calcium (MCHC) microcrystalline hydroxyapatite concentrate
- \* Studies have shown that MCHC nearly halts bone loss in postmenopausal osteoporosis
- \* Highly absorbable calcium, magnesium and phosphorus which are beneficial for bone mineralization, healthy muscle function and healthy teeth
- \* Very well tolerated— does not produce gas like calcium carbonate
- \* Also available in chewable form and vegetarian formula

For more information about this supplement,

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

## **FEATURED ESSENTIAL OIL – SERENITY BLEND**

- Lavender- Helps combat insomnia, relieves headaches, and helps with balance moods swings and depression
- Lemon– Good for lymphatic drainage and is detoxifying
- Rosemary– Great for relaxing tight muscles while relieving fluid retention
- Orange– Beneficial for cramps, constipation and diarrhea
- Lime– Helps to relieve fatigue, apathy, and depression

Note: DO NOT use before exposure to direct sunlight

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

## OSTEOPOROSIS AND EXERCISE

By: Gabriella Kroska, Exercise Specialist

Did you know that bone density decreases 1% per year after age 40? Additionally, lean muscle mass begins to decrease approximately 3-5% after age 30! Both of these are contributing factors to why nearly 25% of women over 65 in the United States have osteoporosis. Osteoporosis is a condition in which bone density decreases, thus weakening the bones and leading to an increased risk of a fracture. Most breaks are caused by falls, but in advanced cases, bones can be broken just through bumping into something or coughing too hard! Because bone fracture is in many cases the first symptom noticed in osteoporosis, it is recommended that women over 65 get screened. Even if you're under 65, you may want to get screened if you have additional risk factors for osteoporosis (certain diseases, family history of osteoporosis, etc.). If you're unsure of your risk or want to get screened, talk to your chiropractor.

While aging is a natural process, there IS something you can do to reduce your risk of developing osteoporosis. In addition to dietary and other lifestyle factors (talk to your chiropractor about these), engaging in regular physical activity can reduce your risk. Exercises that are weight-bearing (walking, jogging, calisthenics, strength/resistance training) are best for strengthening bones and/or increasing lean muscle mass. If you need help getting started, want extra guidance, or have questions, talk to your chiropractor about setting up a session with our Exercise Specialist!

## 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/swimmer's ear
- Un-blockage of impacted ear wax
- Relief from vertigo or dizziness
- Relief from tinnitus or head noises
- Helps hearing aids function more efficiently by cleaning the ear canal

Set up your ear candling session with one of our Certified Massage Therapists 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.

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Minser Chiropractic Clinic

## MOTHER'S DAY MASSAGE PACKAGES!

Say thank you with one of our Mother's Day massage packages!

**My Beautiful Mom:** A relaxing 60 minute massage with an added essential oil, \$10 off coupon for a future massage, and your selection of a dish towel. \$80 + tax (\$100 value)

**Mamma Mia Luxury Package:** A calming 90 minute massage with an added essential oil, \$10 off coupon for a future massage, and your selection of a dish towel. \$113 + tax (\$135 value)

**I Love You Mom:** A soothing 60 minute hot stone massage with an added essential oil, \$10 off coupon for a future massage, and your selection of a dish towel. \$95 + tax (\$110 value)

**All About Mom:** 45 minutes personal exercise instruction to help mom look and feel her best with a 60 minute rejuvenating massage to follow, along with your selection of a dish towel. \$113 + tax (\$135 value)

Purchase gift certificates at the front desk today!

## FATHER'S DAY MASSAGE PACKAGES!

Make Father's Day the best one yet by treating dad to one of our Father's Day massage packages!

**You Rock Dad:** A relaxing 30 minute massage with an added essential oil and a \$10 off coupon for a future massage. \$43 plus tax (\$58 value)

**I Love You Dad:** A rejuvenating 60 minute massage with an added essential oil and a \$10 off coupon for a future massage. \$70 plus tax (\$85 value)

**You're the Best Dad Ever:** A calming 90 minute massage with an added essential oil and a \$10 off coupon for a future massage. \$103 plus tax (\$118 value)

Purchase gift certificates at the front desk today!