



2019: Where Health Happens

What is causing your leg pain? By Mary Beth Minser, D.C., F.I.C.P.A.

Most of us have heard of the term sciatica. It means pain from the sciatic nerve which is a nerve that goes down the back of each of our legs. It is really a symptom not a diagnosis. It is the longest nerve in your body and can cause debilitating pain. This nerve gets its origin from the nerves of the lumbar spine. Sciatica pain usually occurs on one leg and can extend all the way into the foot and toes.

There are many causes of sciatica:

Degenerative disc disease or a disc herniation: The breakdown of the biomechanics and motion of the spine can lead to disc issues which can impinge or irritate the nerves of the lumbar spine.

Lumbar spinal stenosis: A condition where the opening of the area the nerves exit the spinal cord is reduced causing the nerve not to function properly.

Spondylolisthesis. The slipping forward of one vertebra on the top of another vertebra.

Muscle spasms: The muscle stays in a contracted state not allowing the normal motion of the lumbar spine or sacrum/pelvis.

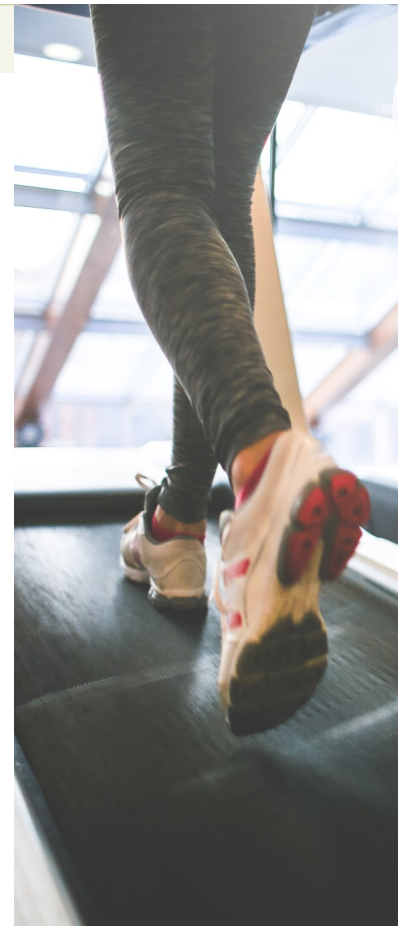
Pregnancy: Many women experience sciatica during pregnancy due to the changes the lower back and pelvis are going through to accommodate the growing baby.

Wearing your wallet in the back pocket and poor posture when sitting prolonged.

Besides pain, you can have numbness and tingling along the entire or part of the sciatic nerve. This nerve controls some muscles of the leg and the sensation of the skin of the back of the leg and bottom of the foot. If sciatica progresses or is left untreated, it can cause weakness to the leg.

Chiropractic adjustments/manipulations have had many studies that show highly successful results in treating the causes of sciatic pain. Chiropractic treatment is one of the most effective ways to reduce and eliminate sciatic pain. Along with the chiropractic adjustments, axial decompression traction, physiotherapy, exercises and education on proper posture can all enhance the effectiveness of treatment. Each patient is given an individual treatment plan that addresses the pain, disability, activity intolerance and prevention tactics.

If you, a friend or family member are suffering from sciatica, isn't it time to feel better? The doctors and staff at Minser Chiropractic Clinic are ready to help you get back to living pain free.



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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: ADRESET

- * Helps reduce negative effects of stress and supports overall health and well being
- * Provides support for those who are mentally exhausted or physically fatigued, helping them feel more energetic and vitalized
- * Supports multiple body systems that can be impacted by stress— including cardiovascular, immune, and nervous system

For more information about this supplement,

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

RELAXATION MASSAGE

Stressed Out? Need to Relax?

There are numerous causes of stress that are present in our lives on a daily basis. When we become stressed, our body reacts in various ways. Did you know the top 6 symptoms of stress are: irritability, anxiety, lack of interest, fatigue, feeling overwhelmed and depression? A great way to combat some these symptoms is through a relaxation massage!

A relaxation massage is one of the most naturally beneficial experiences that life offers. It helps reverse the body's physical reaction to stress and strain, calms the mind and helps satisfy the human need to be touched in a caring, nurturing fashion. Massage techniques are designed to reeducate your body to relax, unwind, rest and assume its proper state.

Call to schedule your relaxation massage today! 320-253-5650

FEATURED ESSENTIAL OIL – CLARY SAGE

- Powerful aid to easing depression, anxiety, and stress.
- In a bath or hot compress on the abdomen for treating menstrual cramping. It eases pain and its estrogenic action helps to bring on and regulate menstruation
- It helps to treat menopausal symptoms
- Great during a massage over the chest and back to help relieve asthma symptoms

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

HOW TO COMBAT GYM ANXIETY

It's no secret: starting up at a gym for the first time can be intimidating! While the idea of joining a gym to improve physical fitness sounds appealing, many people shy away from joining a gym for a variety of reasons. However, there are many ways that you can combat the things holding you back and get started at the gym, not only *without* anxiety, but *with* confidence. Here are some tips to make your experience with joining the gym a success:

- ◆ Tour a gym before joining! By doing this you can see what equipment they have available and do some research so you are familiar with things before you even step foot in for your first session.
- ◆ Bring a friend! This way you can focus on interacting with them and doing partner exercises until you feel comfortable enough to venture out on your own.
- ◆ Join a group fitness class! These classes will often be included in the cost of your membership, or are only a small additional cost, and are a great way to get comfortable working out around other people. Most gyms offer a wide variety of classes that are open to all skill levels, so there truly is something for everyone!

Bonus: these classes are a great location to meet potential workout buddies!

- ◆ Sign up for a personal training session. Most gyms offer sessions with trainers who can help you get familiar with the equipment, get exercise ideas, learn proper technique, and answer any questions you may have!
- ◆ Wear clothing you feel comfortable in! A big part of being comfortable while you're working out is literally *being comfortable* while you're working out.
- ◆ Have a game plan! Prior to stepping foot in the gym, create a planned routine that you will carry out when you get there to help reduce that awkward feeling that may arise when you don't know what to do next.

Taking the first step with fitness can be scary, but by following these tips and having confidence in your abilities, you can kick gym anxiety and start strong with your gym success story!

Your Mom Deserves the Best with a Gift Certificate!

Celebrate Mother's Day by gifting the gift of massage or personal training:

- ◆ My Beautiful Mom: a relaxing 60 minute massage with an added essential oil
- ◆ Mama Mia Luxury Package: a calming 90 minute massage with an added essential oil
- ◆ I Love You Mom: a soothing 60 minute Hot Stone Massage with an added essential oil
- ◆ Keep In Shape Mommy: 45 minute personal exercise instruction followed by a 60 minute rejuvenating massage .
- ◆ All gift certificates come with a draw string backpack or a water bottle and a \$10.00 coupon off a future massage.

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.

WHY IS POSTURE IMPORTANT?

One of the most important factors in good posture is the proper curvature of your spine. The spinal column is made up of 26 bones stacked one on top of another, combined to form 4 different postural curves from top to bottom: cervical, thoracic, lumbar and sacral.

One of the main functions of these curves is to allow for an adequate amount of shock absorption from gravity and the impact from your feet hitting the ground when you walk, jump, or run. If the curves are positioned properly, fewer injuries are likely to happen due to these forces. If the curves are too much, or not enough, this can cause excessive compressive loads on the discs, joints, muscles and connective tissues of the spine. This can lead to discomfort, pain, further injuries and chronic issues.

How do you correct it?

Pay attention! If you know you are out of position, correct it. Instead of "pulling your shoulders back," imagine standing as if you are a quarter-inch taller. The thoracic curve will balance out, and your chest should naturally rise, thereby allowing the shoulders to gently fall back into position.

Get adjusted by your chiropractor! When vertebral subluxations are present in your spine, it is almost impossible to maintain a proper pattern of spinal curves. Your chiropractor can give you tips and recommend tools to help improve your posture!

FUN FACTS ABOUT ACUPUNCTURE

- Hundreds of years ago, the original needles were not made out of steel but of stone, bamboo, and bones
- Modern needles are a lot smaller than standard hypodermic needles, they do not draw blood, and are not hollow
- There are 360 different acupuncture points throughout the body
- Acupuncture is used to treat many different conditions: headaches, depression, sinus allergies, weight loss, infertility, constipation, and more!
- It is a safe treatment for all ages, as long as one can sit still for a short period of time
- Acupuncture needles are single use, sterilized, and pre-packaged
- In 1995, the U.S. Food and Drug Administration (FDA) classified acupuncture needles as medical instruments, assuring their safety and effectiveness
- It is extremely effective when used as an adjacent therapy with chiropractic and/or massage

If you have any questions about acupuncture, please ask Dr. Minser, Dr. Fimrite, or Dr. Leither

Minser Chiropractic Clinic
Phone: 320-253-5650
Fax: 320-253-9222
203 Park Ave South
Saint Cloud, MN 56301

www.minserchiropractic.com



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