



Health Matters

the Gordon H. Grannis Chiropractic Clinic, Inc. Patient Newsletter

Happy Holidays from all of us!

This is not only an important time of year for everyone, but it is one of the most likely times for people to accidentally injure themselves by wrapping gifts. Why? Many people like to wrap their gifts while sitting on the floor. This overstretches the lower back muscles, compresses the spinal discs, and can lead to disc ruptures, muscle strains, and sacroiliac joint injuries. The solution? Only wrap gifts at a table or desk.

Happenings at the office

After nearly two years with us, Dr. Ito will no longer be practicing in our office. He has decided to pursue some other opportunities, and we wish him well in his new endeavors. Dr. Grannis will take over treating Dr. Ito's patients. Anyone wishing to get in contact with Dr. Ito can call the office, and we will give you the necessary information.

New Therapy available

You may recall that despite claims to the contrary, the often-touted new 'high-tech' back traction systems actually fail to statistically improve the average case any more than time alone will (see Vol. 1 of my newsletter). There is another type of traction device called Intersegmental Traction that I am pleased to now have available in the office. It is a useful therapy for spinal rehabilitation, improving joint mobility by gently stretching ligaments and muscles, improving circulation, reducing recovery time and overall stress by relaxing tight and tense muscles in the back.

Q & A

Q: Just how important is exercise anyway?

A: Very important!

In a study of neck pain cases, simple exercise generally provided relief only when performed 3 or more times per week. Exercising less than that did not provide any significant help. The moral of the story: exercise is perhaps the most important thing anyone can do for the overall health of their back, neck, and body in general, and needs to be done at least three times a week.

Warning: Shameless Plug For My Daughter!!!

My 22-year old daughter, Kina, has made it into the top 10 of the Doritos Crash the Superbowl Contest. This contest is selecting one musician or band whose music video will be featured during the Super Bowl in February (as well as getting a recording contract with Interscope Records!). Votes will be taken through the internet only beginning on Monday, December 17, 2007, and can be repeated daily for the two-week period through December 31, 2007. Please consider listening to her song and voting for her. Please feel free to forward this email to anyone you know too!

Visit Kina's website link for more information:

<http://www.TwoWeeksForKina.com>

(Sorry, I can't help myself when it comes to my kids. I promise it won't happen again.)



Health Matters

the Gordon H. Grannis Chiropractic Clinic, Inc. Patient Newsletter

December 2007 Vol 3 No 1

Page 2 of 2

Another study on low back pain compared specific lower back exercise programs of several types to general overall conditioning exercise programs. Guess what? The health benefits from either type were the same! This means that you don't have to kill yourself with elaborate exercise routines. Just do any kind of conditioning exercise and you will have the same good results.

Tips and Tidbits

Beauty Salon Breakdown

We have seen many people in the office complaining of neck pain that began within one to two days of having their hair washed in a hair salon. It is no surprise. The position of the neck during the washing process, lying back towards the sink with only the neck supported on the rim, places the neck into one of its weakest and most vulnerable positions. The front of the neck is relatively weaker than the back, with fewer, smaller, and weaker muscles and ligaments. Additionally, while the head is suspended over the bowl, the stylist is moving and scrubbing the head and scalp, potentially causing the upper neck vertebra to shift in their alignment. Worse yet there have been several documented cases of arterial dissections (strokes) in the neck that can be traced to having one's hair washed in a beauty salon bowl.

The solution? There is no easy way around this one. Placing a towel under the neck makes it a bit more comfortable, but doesn't lessen the risk. The only sure way is to kneel forward into the bowl face down. The posture is awkward and there is a tendency for soap and chemicals to run into the face, but the neck is spared.

The moral? Continue as-is if you are willing to accept the risks, but don't be surprised if your neck alignment and symptoms tend to recur on a regular basis shortly after a beauty salon appointment.

Hope the season finds you and your loved ones happy and healthy, but if you tweaked your neck getting the decorations out of the attic, give us a call.

Yours in health,

Gordon H. Grannis, D.C.

This newsletter is a production of Gordon H. Grannis Chiropractic Clinic, Inc.
To schedule an appointment, call the office at (949)448-8599
Visit the office's website at <http://www.grannischiropractic.com/>