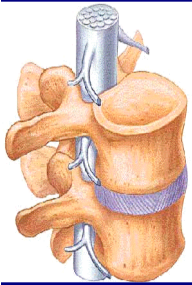


Wellness News You Can Use

Inspiring Health and Wellness



Inside this issue:

Doctor's Corner	1 & 2
Winter Sports Injuries	1
Patient 'testimonial'	2
Mission Statement	2

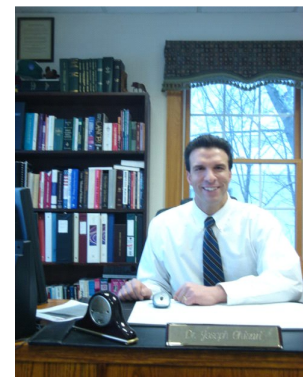


The Doctors Corner...

Dear Patients,

In order to stay healthy during winter season athletics, we should consider **The Three T's. Thoughts, toxins and trauma.** You could also categorize the three T's as physical, chemical and emotional forces. Examples of these are as follows. **Emotional:** What are we thinking about on a daily basis and what community support are we providing for others? **Physical:** What activities are we participating in and how often are we physically active? **Chemical:** What types of nutritional choices are we making and how much consideration are we giving those choices as they relate to our feeling of well being? Thoughts, toxins and trauma choices that we make on a daily basis move

us closer to health or closer to sickness. Health is on a continuum. If you were to fabricate a health scale it may look like a seesaw with health on one side and sickness on the other. So, when making choices on a daily basis, (when you become conscious of those choices), ask yourself, am I moving closer to health or closer to sickness? When confronted with a sickness, remember that the healthy choices you make will improve the probability of a better outcome during your recovery. Winter sports injuries can make us feel low. *Continue on pg.2*



Dr. Joseph Chisari
Family Chiropractor

~
Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

Winter Sports Injuries

The winter months bring in the cold and snow, but they also mean that the time has come for some of our favorite sports, such as skiing, basketball and ice hockey. These sports are fun and give us an outlet for dealing with the long, dark winter. Unfortunately, however, many of us end up with an injury related to one of these sports. Most injuries are minor and can be treated without invasive procedures. In ice hockey, the most common injuries are groin and hip flexor pulls, strains on the adductor muscles and the rectus femoris muscles. Lack of flexibility and strength in the abductors and adductors can make one more susceptible to knee injuries as well. As a preventative measure, athletes should strengthen the thigh and low back muscles and strengthen the gluteus and the core muscles. Basketball's most common injury is the ankle sprain, a stretched or partially torn ligament. Other lower leg injuries are common in basketball, as well, due to intermittent bursts of activity and quick starts and stops. These overuse injuries are caused by the repetitive nature of the sport. Balance training and a proper warm-up can help prevent these injuries. The most common injuries one sees in downhill

skiing are injuries to the ligaments of the knees, especially the medial collateral ligament (MCL), due to the twisting falls. This injury often happens to beginners or intermediate skiers, who tend to point their ski tips inward in the "snowplow" position and then fall downhill. Maintaining proper balance and skiing at one's skill level can help prevent this type of injury. A usual go-to treatment plan for sprain strains is referred to as R.I.C.E. (rest, ice, compression and elevation) has been the most prescribed for minor sports injuries since 1978. Rest means avoiding activities that can cause further injury and allowing time for the body to repair itself. Ice is best in the form of an ice pack placed over the injury for no more than 20 minutes at a time to reduce swelling. Place the ice pack in a cloth or towel before putting it on the injury to avoid direct skin contact. Compression and elevation also help reduce swelling. Wraps and air casts can be homemade or purchased at your local pharmacy. Although these have been long time held as the best treatment, new research has been done that expands on these ideas for soft tissue injuries and replacing the "Rest" with "Protection

and Optimal Loading". Immediately after injury, rest may be limited to a short duration of time following trauma. This should be followed with protection from further injury, followed by progressive loading, which encourages early activity to restore strength to the affected area. Move when appropriate at the appropriate intensity. Each level of injury is different, so one must use proper judgment on when and how much activity is appropriate. Use of ice immediately following the injury can reduce the pain that comes with swelling, but its long term use is now being questioned for its effectiveness. Compression and elevation still remain as recommendations following the injury. With these minor injuries, proper care and management will have you back at your favorite winter time sport, hopefully, before the Spring thaw.

We are now on FACEBOOK:
<http://www.facebook.com/fryeburgchiropractic>

Continue from page one: [DOCTORS CORNER...](#)

If you are athletic and get injured during winter sports, your competitive itch may continue to be scratched by refocusing your efforts to maintaining a healthy body by meal planning. It has been said that 70% of the results we get when training are a direct result of our meal planning. Make it a priority and you will find it to be almost as difficult, at first anyways, to skiing your hardest, snowshoeing while breaking trail or pumping iron to your one rep max. and the rewards are just as satisfying. You will recover quicker and notice rewards quickly within your first three days to two weeks. Typically athletes begin to feel a little cloudy in their thinking the first two weeks of meal modification. The following ten to twelve weeks I like to call the walk by faith phase of meal planning. Results are much slower and harder to notice, but the results are definite. You may not physically see the results yet your body is transforming daily, inside and out. Injury prevention and recovery is multi faceted. So take care of yourself. Go have some fun this winter. Shovel snow as exercise not as a chore. Snowshoe. Ski, Skate, Lift, and Meal Plan. It could lead to the best workout you ever had. Remember to be committed to movement this winter. Also, the body is made up of moving parts and if it has moving parts it requires maintenance. If you could see your spine in the mirror every morning you would take better care of it. Schedule your Chiropractic care and prevent back injury by keeping all the parts moving correctly.

*Yours in health,
Dr. Joseph Chisari*

Patient testimonial:

“Fryeburg Chiropractic has got me back on my feet! I attribute the success of my most recent US Air Force physical training assessment to the comprehensive services rendered at Fryeburg Chiropractic. Not only did Dr. Joe adjust my spine, but he went above and beyond by walking me through a physical training routine tailored to ace my annual military physical training assessment. I am indeed back on my feet and I have no doubt that Dr. Joe and Fryeburg Chiropractic got me across that red, white and blue finish line. Thanks, Dr. Joe!”

-E.W.

About Fryeburg Chiropractic & Wellness Center

At Fryeburg Chiropractic & Wellness Center, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies and minds through our supplement line, exercise and fitness products, and educational material. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at 207.935.3500 or stop by our office at 568 Main Street in Fryeburg or visit our web site at fryeburgchiropractic.com.

Our Mission Statement:

Continuously providing Chiropractic service and wellness care. Having a true understanding of both, with uncompromising personalized service, increasing life expression and potential.

Our lasting purpose is helping you and your families express and maintain complete health naturally, without drugs, without surgery, by correcting Subluxation. Helping you maintain your overall wellness, bringing new vitality to your life.



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