

SPRING 2022

LEHMAN CHIROPRACTIC, INC.

KYLE W. LEHMAN, DC, MS



AVOID PAIN WHILE ENJOYING WARM WEATHER ACTIVITIES

With warmer temperatures & sunny skies on the way, new motivation & activity levels could possibly result in pain. This happens most often when you're not used to the extra movement.

To protect yourself this season, be mindful of the following pain-inducing spring activities along with tips to keep them safe & fun.

CLEANING- Cleaning requires bending, stooping, scrubbing and lifting, all of which can lead to back pain. If you want to protect your back, make sure to take the cleaning slow & ask for help when you begin to feel sore or strained.

EXERCISE- Many people use this time of year to rededicate themselves to an exercise program. Although a great goal, this can cause pain since your body isn't used to the increase in movement. To protect yourself, stretch thoroughly prior to beginning, use proper form & give your body plenty of rest.

GARDENING- Spending the warm days in your garden may come with a price. Weeding, digging, pulling & other back-busting tasks can wreak havoc on your body. Spend time stretching before beginning, take frequent breaks & spread the work out as much as possible over time.

Another great way to protect your back & body in the spring is by getting **CHIROPRACTIC CARE**. With your activity levels increasing, Dr. Lehman can help you protect your body by removing restrictions from the vertebrae. These restrictions can cause discomfort & even limit your range of motion. Regular care may remove current pain, prevent future ones & give your body an overall better sense of wellness!

OFFICE HOURS

Monday: 8am-5pm

Tuesday: 8am-noon

Wednesday: 10am-8pm

Thursday: Noon-6pm

Friday: 8am-2pm

(thru the lunch hour)

Saturday: 8am-noon

(most Saturdays)

***staff lunch break 11:30am-1pm**

Monday & Wednesday

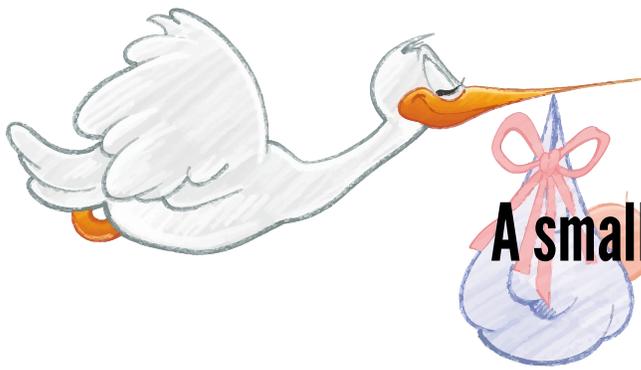
**-Chiropractic Evaluation &
Adjustments**

-Athletic Injury Evaluations

-Deep Tissue Laser Therapy

-Ultrasound Therapy

-Sports & Work Physicals



It's Never Too Early

A small adjustment can make a BIG difference

The most rapid rate of growth experienced by the human body is from the time a child is born through puberty. Through the childhood milestones, chiropractic care helps deliver healthy & aligned growth & can help prevent injury as the child gets older. In particular, newborn babies experience trauma in the birthing process & chiropractic treatment helps with faster healing. It also relieves some of the more common issues that plague many newborns.

IS CHIROPRACTIC CARE SAFE FOR MY BABY? Yes! Dr. Lehman uses a different & far gentler approach that includes light adjustments resembling a gentle massage to benefit infants with the following issues: **POST-BIRTH RECOVERY**-The birth process is difficult on both the mother & baby. The push & pull of delivery can hurt the baby's spine during both natural & c-section births. According to some studies, as much as 70 pounds of pressure can be put on the baby's head & neck, injuring nerves & joints of their bodies. While most babies heal on their own, some require chiropractic help for healing & recovery.

COLIC RELIEF-Colic can arise from a misaligned spine leading to problems in intestinal function. An underdeveloped digestive system is unable to cope with gas buildup leading to pain & discomfort. New parents are often told their infant will eventually grow out of it, but chiropractic care has shown to relieve symptoms in as many as 94% of babies.

GERD-short for Gastroesophageal Reflux Disease, GERD causes acid reflux to back up into the esophagus. Babies with GERD often spit up a lot & are very fussy after eating because they are so uncomfortable. Through gentle manipulations of the spine & neck, the nervous system is stimulated & improves the control of the upper valve of the stomach, stopping the reflux.

TREATING & PREVENTING EAR INFECTION-Ear infection due to fluid buildup in the eustachian tubes is common among infants. Relief from pain & infection is often found with a simple manipulation helping to drain the tube by dilating the muscles around it, thus relieving pressure & unblocking it.

BREAST FEEDING-chiropractic care can help improve latching by gentle adjustments of the spine for proper alignment & positioning when feeding. Cranial bones including the jaw are also checked to see if a correction is needed to get the proper suck & ease fatigue when feeding.

BOOST IMMUNE SYSTEM-Chiropractic care leads to improved body function leading to a direct & indirect boost in the immune system. Our system of nerves is spread across the entire body & is our main relay system. Any issue in the spine, nerves & muscles can cause the body to malfunction. Thus, if a baby is adjusted early on it will be better protected against infection & allergens around it.

Are you an expectant mom? Visit Dr. Lehman at least twice during your pregnancy & receive the first adjustment following delivery **FREE** of charge for you & your little one!

STAY ON TOP OF YOUR GAME

Did you know that many professional athletes incorporate chiropractic care into their routines? According to the American Chiropractic Association, it is estimated that approximately 90 percent of professional & Olympic athletes use chiropractic care to increase performance & reduce the risk of injury. All NFL teams & most MLB teams have a full-time chiropractor on staff. Many professional golfers also have chiropractors who travel with them on a full-time basis.

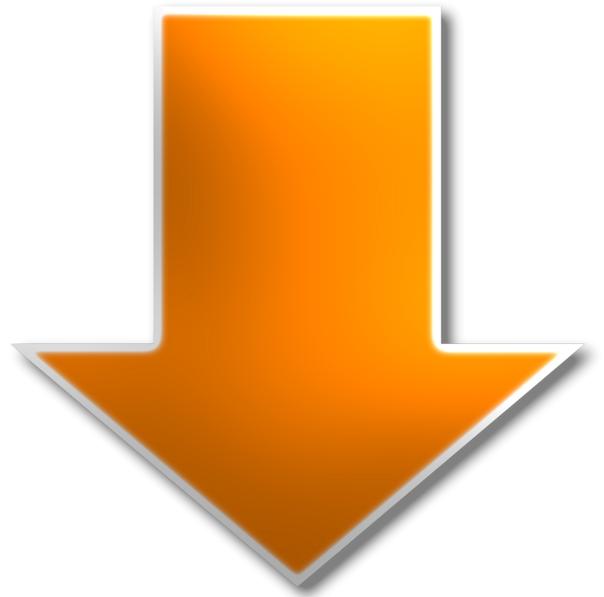
Many pro athletes have come to realize that chiropractic care is not only a practical approach to caring for injuries, but it is also a valuable tool in the prevention of injuries. This prevention centers around maintaining joint & muscle balance to help improve movement patterns.

Just as professional athletes benefit from chiropractic care, so can you! Whether you simply dabble in sports, are a serious high school or college athlete, or enjoy fitness as a retired individual who has taken up a new interest-the benefits are there for you as well.

One of the most critical components to the success of any athlete is maintaining flexibility. Running, throwing, catching, swinging a baseball bat, tennis racket or golf club-all sports movements require the joints to work smoothly & in unison for optimum performance. Dr. Lehman understands how to examine the entire kinetic chain of body movement to locate areas of restriction that may be interfering with fluid body movement.

Over time, improper movements can result in inflammation that can result in injury, sometimes severe enough to take you out of the game. He can show you stretching techniques & guide you on proper care such as furnishing instructions on appropriate equipment selection, especially shoes, & knowing when to put heat or ice on an injury.

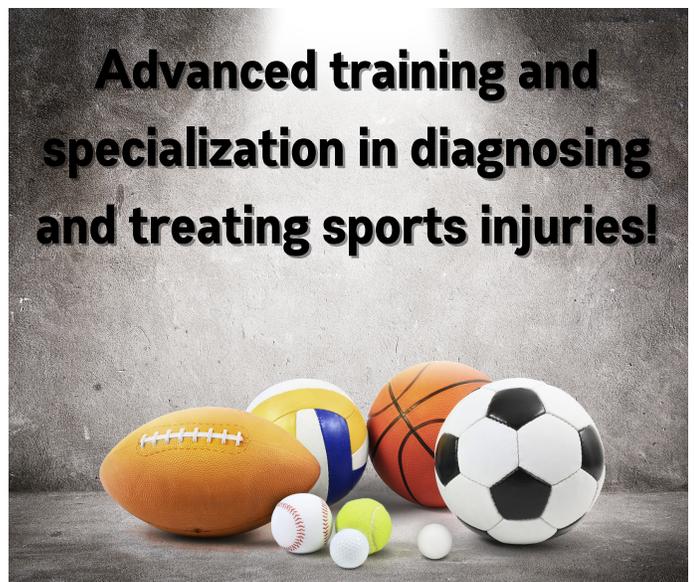
Contact us today for help with non-invasive, safe, natural, drug-free options to relieve pain & to discuss injury prevention & enhanced performance.



In addition to his doctorate in chiropractic, Dr. Lehman has a masters degree in sport science and rehabilitation.

WHAT DOES THIS MEAN FOR YOU?

Advanced training and specialization in diagnosing and treating sports injuries!



Ankle Sprains

Are you treating them wrong? We can help!

Ankle sprain is a common sports injury in physically active individuals. The health care costs resulting from this injury are \$6.2 billion in high school athletes alone. Once an ankle is sprained, recurrent sprains & additional related symptoms continue. Some sports, such as basketball & soccer, see more than 50 percent recurrent ankle sprains; & residual symptoms such as pain, instability, swelling & weakness are present in almost three-fourths of patients.

With the goal of providing proper treatment for acutely sprained ankles, reducing the incidence of recurrence, lowering overall health care costs, & most importantly, improving the quality of life for patients, we need to focus on the right & wrong strategies for healing.

For years, ice has been used to treat acute injuries under the premise that it alleviates pain & reduces swelling. It has long been a standard treatment for injuries & sore muscles because it helps relieve pain caused by injured tissue. Health care providers have recommended the RICE (rest, ice, compression & elevation) guideline for decades, but now it appears that both ice & immobilization may delay healing.

Dr. Gabe Mirkin who first introduced RICE in 1978, has completely changed his focus & now strongly advocates against the use of ice on acute injuries.

According to Mirkin, healing requires inflammation, & anything that will reduce or suppress inflammation will also delay healing.

"Applying ice to injured tissue causes blood vessels near the injury to constrict & shut off the blood flow that brings in the healing cells of inflammation," stated Dr. Mirkin. "When you damage tissue through trauma or develop muscle soreness by exercising very intensely, you heal by using your immunity, the same biological mechanisms that you use to kill germs. This is called inflammation."

Normal injury healing progresses through stages- inflammation being the first. Interrupting the first stage (inflammation) will delay & reduce the effectiveness of the remaining three stages of healing.



A Better Solution: Laser Therapy

Therapeutic laser delivers red & infrared wavelengths of light to both superficial & deep tissues to enhance blood circulation, increase tissue oxygenation & improve metabolic activity.

In response, this helps the body progress through the healing stages beginning with inflammation.

Treatments with a class 4 therapeutic laser are safe and non-invasive, & can be applied immediately after injury.

Laser therapy does not suppress or inhibit inflammation, but instead helps with resolution of the inflammatory process.

Laser therapy treatments should be delivered to acute injuries as soon as possible & can be delivered daily until the swelling is down, pain levels have subsided & the patient has gained some degree of mobility. Treatment should continue into the rehabilitative phase as the patient gains strength.

In addition to treatment for ankle sprains, our Class 4 laser therapy here at Lehman Chiropractic is the best solution for MANY injuries & pain issues. Call today for a consultation/evaluation followed by your first laser therapy treatment!

-Taken from *Dynamic Chiropractic, The Chiropractic News Source (March 2022)*