



BACKS
ON BURNSIDE
chiropractic and massage

Fall 2008

Gail Karvonen, D.C.

*Managing Chiropractic
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Chiropractic Physician

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*Massage Therapist
Chiropractic Assistant*

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*Massage Therapist
Chiropractic Assistant*

Tina Cameli, LMT

Massage Therapist

Emily Flansburgh, LMT, CA

*Massage Therapist
Chiropractic Assistant*

Sheila Salamon, LMT

Massage Therapist

Mary Gunter, LMT

Massage Therapist

Conditions Treated

- Back pain (upper or lower)
- Car accident-related injuries
- Headaches
- Hip/Knee/Ankle
- Neck pain
- Jaw pain
- Repetitive motion syndromes
- Shoulder/Arm /Hand
- Sprain/Strain
- Tendinitis
- Tingling/extremity numbness
- Wellness care
- Work-related injuries

BACK-TALK

2303 E. Burnside • Portland, OR 97214
503-287-7733 Phone • 503-281-7703 Fax
www.backsonburnside.com

Welcome to the Wellness Program!

Most of us have one nagging area of complaint. Staying on top of this physical complaint before it becomes a major crisis is a hallmark of Backs on Burnside's Wellness Programs. Our programs help you maintain stability in problem areas and strengthen muscles that support weak, painful joints. The end result often is less pain, more flexibility, an improved sense of well-being and better balance in your life.



- 10% discount on nutritional supplements and orthopedic supplies.
- A complementary massage or chiropractic visit after 12 wellness visits within one year.

How Do I Enroll?

Just ask your chiropractor or massage therapist at Backs on Burnside. If you are eligible, we'll start a "Wellness Program" card for you at the front desk. All you need to do is schedule appointments in ad-

The Chiropractic Wellness Program

The Chiropractic Wellness Program consists of regular monthly or more frequent treatments scheduled in advance. The program is designed to help you maintain better physical and mental well-being.

The Massage Wellness Program

The Massage Wellness Program consists of regular monthly or more frequent treatments scheduled in advance. The program is intended to help reduce muscle tension from overuse or inactivity and emotional stressors.

Benefits of Wellness Visits

Wellness visits with chiropractic treatment and/or massage can help manage the stress that many of us experience as a result of our busy lifestyles. In addition, you'll receive:

- Reduced fees for wellness chiropractic visits.

advance. The Wellness card will be used to track the number of your visits to qualify for a complimentary massage or chiropractic appointment. If you miss your wellness appointment, to keep you on track with your treatments, you'll receive a reminder call from the front desk.

Wellness visits are maintenance treatments and therefore not covered by most insurance plans. These visits are provided at reduced cost due to the nature of maintenance care which require less charting, diagnostic procedures and staff time.

**Wellness Days at
Backs on Burnside**

Enroll in the Wellness Program by November 15th and receive a free trigger point ball and Biofreeze sample.

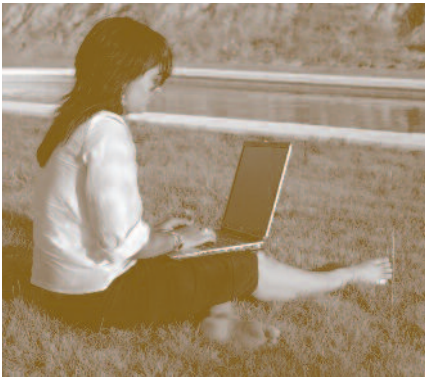
Better Laptop Habits

Hunching over your laptop, or even pecking away at one on your desk, can lead to musculoskeletal problems. In fact, laptops cause even more discomfort and fatigue than a regular computer. Integrating the screen and keyboard into a single unit may be a technological breakthrough, but it's a "bad break" for your body. Why? If you adjust the screen at the correct level for good head/neck posture, it creates poor wrist/hand posture. If you position the keyboard level for the best hand/wrist position, you stress your head and neck. What's a body to do if you need to use a laptop?

- Find a good chair that reclines back about 110 degrees.
- Position the computer in your lap so your wrist is flat (not bent forward or back) and not angled side-to-side.
- Angle the screen to avoid too much neck bend.
- Keep your feet firmly on the floor.

At work:

- Use a separate keyboard and mouse, connected directly to the laptop back or to a docking station.
- Adjust the keyboard so it is below seated elbow height and gently sloped away from you.
- Position the laptop on a work surface in front of you so that you can see the screen without bending your neck.
- Elevate your monitor with a monitor pedestal.
- Use the keyboard on a negative-tilt keyboard tray to ensure good wrist/hand posture.
- Use an adjustable position mouse platform.
- Use a padded wrist rest for support when keyboarding. Don't use it as a "resting" place when typing.



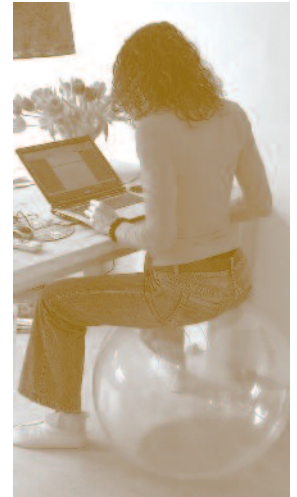
Using a laptop in the park, or even at your office, causes even more discomfort and fatigue than a desktop computer.

Stay Fit While You Sit

Are you stuck behind a desk most days? Long periods of sitting can cause stiffness, stress low back muscles and weaken abdominals. Getting up frequently to stretch and walk is great. But you can also activate those muscles by using a Gym ball or Inflatable Disc.

Gym balls are great for home exercise routines and can sometimes make a temporary work seat. Gym ball exercises strengthen and develop the core body muscles that help stabilize your spine.

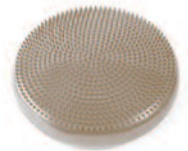
*All Inflatable Discs
and Gym balls
are now 20% off
through
November 30, 2008*



Using a Gym ball as a temporary work seat can help strengthen and develop your back and core body muscles

An inflatable rubber disc, which fits on your chair's seat, allows for more sitting stability than an exercise ball but gives you the freedom to move and rock your spine throughout your work day. Movement leads to a stronger low back and core muscles and a healthy spine. You can also use the sitting disc in your car or airplane seat. Or you can use the Inflatable Disc to take your workout to the next level. The dome shape and unevenness of the cushion can enhance your core-conditioning, Pilates mat exercises and traditional strength training exercises.

A sitting disc or gym ball is a small investment that can make a big difference in your spinal health.



Tips for Desktop Users

- Take frequent stretch breaks and use a pop-up window on your computer to remind you. Some computers have downloadable stretching videos.
- Get up every hour and walk. Your body needs a break from even the best ergonomic chair.
- Ice your neck or wrist (or sore body part) at lunch and when riding home from work. Flexible ice packs that conform to the cervical curve can reduce swelling that is not always visible and can lead to pain and stiffness.
- Exercise while you sit. Exercise balls are great for at home routines and can sometimes make a temporary work seat.



Staff Updates

Please welcome two new massage therapists who have joined the staff at Backs on Burnside.

Mary Gunter, LMT, received her massage license in 1999 and currently is a massage instructor at the East West College of the Healing Arts where she got her degree. She specializes in deep tissue massage and has worked in prior settings with acupuncturists and naturopathic and chiropractic physicians.

Sheila Salamon, LMT, has been licensed since 1997 after receiving her training from the Oregon School of Massage and has worked in various professional settings. Her massage specialty areas include deep tissue, pregnancy and relaxation.

We also have a new face at the front desk. Welcome to **Sandra Rodriguez!** Say hello to her as she schedules your appointments and answers your paperwork questions.

We say goodbye to our former front desk assistant, Jennifer Newton, and wish her well in her new full-time position at a west side clinic closer to home.

“Popping” Noises During an Adjustment

If you’ve ever heard a popping noise coming from deep inside your body when you get an adjustment, you’ve probably wondered if this is normal.

Well, it is as normal as your body “passing gas,” which is sort of similar to what happens within your joint capsule. The rapid movement of manipulating or adjusting the spine stretches the capsule of soft tissue that surrounds the joint and creates a change in pressure. When you ride in an airplane or drive to the top of Mt. Hood, your ears can attest to the effects of pressure changes.

The change in pressure that occurs during an adjustment affects gases that are dissolved in the fluid within the joint capsule. These gases temporarily come out of solution and a noise is heard similar to the sound of gas bubbles releasing when you take the cap off a soda bottle. In the body, this is a normal response that indicates the joint has been successfully moved or manipulated.

Chiropractic Treats Work Injuries

At Backs on Burnside, we routinely care for acute and cumulative stress injuries related to on-the-job injury. Sprains and strains to backs, necks, shoulders, wrists, knees, hips and ankles can respond to treatment with “hands-on” therapies such as chiropractic manipulation, massage and exercise rehab. Oregon law allows injured workers to seek treatment from a chiropractic physician. If you are injured on the job, call our office and we’ll let you know where to start.



A chiropractor can treat wrist/hand joint pain and show you ways to correct poor station design that can cause this repetitive stress injury.

Many activities in the workplace contribute to low back injury, including jobs that require continuous standing or a lot of sitting, which results in poor seated posture. The most common conditions seen are acute low back strains. Soft tissue injuries, such as muscle strains and tendon or ligament injuries, account for as much as 60% of reported low back injury. (*Spine, an international journal for the study of the spine*).

According to the American Chiropractic Association, many workplace injuries are also due to repetitive stress injuries or cumulative-trauma disorders. These injuries occur when abnormal stresses are repeatedly placed on normal joints by poor posture or poor joint position during the performance of a task. Many of these stresses are caused by poor workstation design and/or repetitive task performance.

Did you know that low back pain:

- Adversely affects a million U.S. workers every year?
- Is responsible for more lost work days than any other musculoskeletal disorder?
- Accounts for almost 30% of all injuries requiring time away from work? (*Spine*)



The entrance to Backs on Burnside.

Backs on Burnside
2303 E. Burnside
Portland, OR 97214

503-287-7733

CLINIC HOURS

Mondays 8:30 a.m.-6:30 p.m.
Tuesdays 8:30 a.m.-6:30 p.m.
Wednesdays 8:30 a.m.-6:30 p.m.
Thursdays 8:30 a.m.-6:30 p.m.
Fridays 8:30 a.m.-6:30 p.m.
Saturdays 9:00 a.m.-3:00 p.m.

20% off all Inflatable Disc and Gym Balls through November 30



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