

BACKS
ON BURNSIDE
chiropractic and massage

Gail Karvonen, D.C.

*Managing Chiropractic
Physician*

Megumi Moskowitz, D.C.

Chiropractic Physician

Denice Gordon

Office Manager

Vicki Hammond

Office Assistant

Sandra Rodriguez

Office Assistant

Cydney Wilkes, LMT

Massage Therapist

Romy Schuller, LMT, CA

Massage Therapist

Chiropractic Assistant

Tina Cameli, LMT

Massage Therapist

Emily Flansburgh, LMT, CA

Massage Therapist

Chiropractic Assistant

Marie Blaine, LMT, CA

Massage Therapist

Chiropractic Assistant

Marta Lange, 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

Spring 2009

www.backsonburnside.com

Shrug Off Your Shoulder Pain



Just as blossoms burst into bloom after winter, many of us “spring” into action. Relying on our trusty upper body to shoulder it all, we dig in our gardens, spring clean and fix up our homes. We work out, play hard and often spend hours “mousing” at our computer. Too often these repetitive tasks inflict microtrauma to our shoulder area. These small tears and inflammation to soft tissue never fully heal. Over time, they can develop into full-blown strains, tendinitis, bursitis, rotator cuff problems and “mouse” shoulder.

According to the National Center for Health Statistics, approximately 13.7 million people in 2003 sought treatment for shoulder pain. Women and people over 40 are more likely to suffer from shoulder pain, weakness and restricted movement.

Treating your shoulder pain will depend on the cause of the problem. So it's important to have a chiropractor diagnose your condition to receive the appropriate treatment. Without proper management, you may be at risk for developing arthritic complications in your shoulder joint or you may require surgery.

How Does Chiropractic Relieve Pain?

According to the American Academy of Orthopaedic Surgeons, 90% of people with shoulder pain will not require surgery but do best with some type of physical therapy. Our team at Backs on Burnside's focuses on:

- A combination of physical therapies to help you increase strength, regain mobility and return to your previous level of activity.
- Relieving painful trigger points in the shoulder area. These often cause pain and restrict motion.
- Ways to modify your habits, lifestyle and sports activity to prevent injuries.

Welcome to our Website

Click on www.backsonburnside.com for everything from making an appointment and filling out forms to health tips on pain relief and stress management. Enter your email address to receive an online version of our next newsletter.

Getting Care in a Bear Economy

It's one of the cruelest ironies of our times. You're under more stress because you, or your spouse, has lost (or is afraid of losing) your job and insurance. You need to take even better care of yourself, but your budget's been downsized. Here's a few ways to get some of the care you need.

- Lost your health insurance? Go to www.covertheuninsured.org and enter Oregon on the state map. Find "Planning an Event in Your Community" (middle box) and click on "Guide to Finding Health Insurance Coverage."
- Maintain your health with discounted fees on Backs on Burnside's Chiropractic and Massage Wellness Programs. Prices for these visits are reduced because they require less charting, diagnostic procedures and staff time.
- Come in for a treatment and get advice on exercises to help your treatment last longer.
- Practice self therapy. We have inexpensive tools (trigger point balls, low back supports, cervical pillows, etc.) and can show you how using them can alleviate pain and prevent relapses.
- Stay healthy with quality supplements.
- Can't afford your yoga classes or want to start yoga to relieve stress? Go to www.yogatoday.com, which offers free streaming video (your computer needs to have a high-speed Internet connection) from beginning to advanced yoga classes.

Receive a massage at Backs on Burnside and get \$10 off your next massage scheduled and received by July 31, 2009. Discount applies only to payment in full at time of service.



NEW Therapies Available

A Big Thumbs UP for Kinesiotape

I've tried all sorts of heel and arch supports, stretching regimens, trigger point work and hot/cold therapies for my planter fasciitis, a painful inflammation of the cushioning fascia (tissue) along the foot bottom. But nothing really helped until my sister, Dr. Gail, turned me on to kinesiotape.

Thanks to this tape I was able to hike all last year. The non-restrictive tape supported my muscles and fascia and greatly reduced my pain. Yet it did not restrict circulation or movement, unlike most traditional sports' tape.



You've probably seen the beige, hot pink or blue tape on either Lance Armstrong and Olympian beach volleyball player Kerri Walsh. It's been used to treat anything from headaches to foot problems, including carpal tunnel syndrome; lower back strain/pain (herniated disc); knee and shoulder conditions; and hamstring, groin and rotator cuff injuries.

Microcurrent Therapy

Microcurrent therapy, sometimes known as "acupuncture without needles," is a virtually painless, yet highly effective technique, used at Backs on Burnside. It has been successful in speeding healing, reducing swelling and inflammation and alleviating head, neck, shoulder and back pain. It has also successfully relieved symptoms of fibromyalgia, carpal tunnel syndrome and chronic fatigue syndrome.

Microcurrent therapy is thought to produce electrical signals like those naturally occurring when the body is repairing damaged tissues. (Larger electrical currents can not penetrate cells.) By applying similar micro electrical impulses, microcurrent therapy balances the cells electrically, restoring them to a more normal physiological state, and promotes healing.



Staff Updates

Several new massage therapists have joined Backs on Burnside's treatment team recently.

Marie Blaine, LMT, CA, received her massage therapy degree from East West College of the Healing Arts in 1999. Marie brings nine years as a massage therapist, a strong background in holistic health and an exceptional sense of compassion that flows through her

hands as she works. Marie employs a deep, flowing Swedish massage style, integrating myofascial release, trigger point and other techniques to focus in on and release areas of holding and tension. Her touch has often been described as nurturing, firm and warm. Marie considers her massage work to be an integrated extension of a mindful life that also includes meditation, movement practices, volunteering and taking time to appreciate life's many gifts.

Marta Lange, LMT, graduated from the East West College of the Healing Arts in 2007. Marta's enthusiasm for massage therapy emerged from her practice of dance, movement and hatha yoga. In 2003, she trained to be a yoga teacher with the Himalayan Institute of Yoga Science and Philosophy. Subsequently, Marta completed a 200-hour training in kripalu bodywork, integrating the complimentary principles of Swedish massage and the eight limbs of yoga. In addition to a strong foundation in Swedish massage, Marta received excellent training in the fundamentals of Thai massage, shiatsu, deep tissue, trigger point and myofascial release. Marta tailors each massage session to her specific client's need. Some of her most effective therapeutic work includes focused deep tissue and myofascial release combined with breath work and facilitated stretching.

Auto Accident Recovery Program

Hurt on in an automobile accident? Under Oregon law, motor vehicle accident policies must pay up to \$15,000 for medically necessary treatment (chiropractic, massage and physical therapy) for a driver, passenger, bicyclist or pedestrian. Getting checked right away will prevent any spinal misalignments and/or soft tissue injuries from getting worse. At Backs on Burnside, our team will help you recover through an integrated care approach that:

- alleviates your pain through chiropractic care and massage
- maximizes your body's healing power
- relieves your stress as your body recovers

Therapeutic Massage

Treating yourself to a relaxing massage is one of the great pleasures in life. But massage's benefits are more than "skin-deep." While therapeutic massage, the kind we offer at Backs on Burnside, may also induce some relaxation, it uses advanced techniques, such as deep tissue massage and trigger point therapy for healing. In the skillful hands of a trained practitioner, therapeutic massage can help treat health conditions such as:

- Arthritis
- Back pain, or any chronic body pain or soreness
- Fibromyalgia
- Headaches
- Motor vehicle accidents, including whiplash
- Sport injuries
- Stress
- Work place injuries



Medical Benefits

First-time clients complete a thorough intake form detailing current and past health complaints. A therapeutic massage practitioner at Backs on Burnside will then consult with one of the team chiropractors to devise an effective treatment plan. The plan may involve more frequent sessions for the first few weeks or months, as well as advice on how to take care of yourself between sessions. Here are just some of the medical benefits therapeutic massage offers:

- Improves circulation by pumping oxygen and nutrients into tissues and vital organs.
- Increases immunity by activating the body's natural "killer cells."
- Promotes tissue regeneration, reducing scar tissue and stretch marks.
- Relieves back/knee pain and improves range of motion.
- Reduces anxiety and relieves stress.
- Reduces blood pressure and heart rate.
- Stretches and relaxes weak, tight or injured muscles.



The entrance to Backs on Burnside.

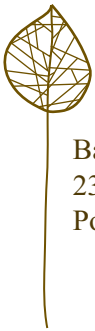
Backs on Burnside
2303 E. Burnside
Portland, OR 97214

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.

Receive a massage at Backs on Burnside and get \$10 off your next massage scheduled and received by July 31, 2009. Discount applies only to payment in full at time of service.



Backs on Burnside
2303 E. Burnside St.
Portland, OR 97214

PRSR STD
US POSTAGE
PAID
PORTLAND OR
PERMIT NO 1558

In this Issue:

- Shoulder Injuries
- Getting Care in a Bear Economy
- New Therapies
- Massage
- Motor Vehicle Accident Recovery