

TABLE OF CONTENTS

- **Do you have a hump?**
- **Chiropractic improves athletic performance**
- **A little “ding” on the field is no little thing**
- **Life Without Limits**
- **Chiropractic Q&A**
- **Words of Wisdom**
- **References**

Do you have a hump?

A hump? Where? In many people a hump or rounded protrusion develops where the neck meets your thoracic spine (upper back). Is it important? Yes, it could be very important.

In the illustration on the left the woman’s head sits evenly over her shoulders; this is “normal” posture. In the illustration on the right her head is slightly in front of



(anterior to) her shoulders. The shoulder and trapezius muscles tighten as they try to pull the head back. The tightness may go down the body and cause low back and hip pain however the off-centered head position may create a hump. Over time the hump may develop fatty tissue to protect the “exposed” area. The vertebrae making up the hump are often out of position, irritating the nerves that go to the heart, lungs and thyroid which may affect the functioning of these vital organs.



Got a hump? Get a chiropractic adjustment. Chiropractic may help

remove your hump by realigning the vertebrae and letting you regain your normal flexibility. Also, with your head properly balanced over your shoulders you’ll have less tension, more energy and a sense of improved overall well-being.

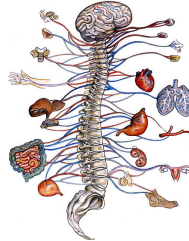


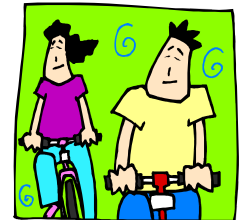
Illustration: The upper thoracic spinal nerves affect your heart, lungs, thyroid, shoulder, arms, wrists, hands, throat and other structures

Chiropractic improves athletic performance

Athletes often notice that chiropractic makes your body work more efficiently so you get more performance with no more effort.

In a study showing chiropractic’s effectiveness, competitive cyclists (4 men and 2 women) were able to measurably improve their performance after just one to two weeks of chiropractic care.

The study subjects reported that they could ride longer before fatiguing because their legs were working the pedals more efficiently. Five of the cyclists reported a lower perceived effort of how hard they were working, experiencing improved biomechanical efficiency, pedaling “rounder” or in a smoother motion (as measured by computer analysis).(1)



A little “ding” on the field is no little thing

A “ding” may be more serious than expected. After a “ding” on the field, the shook up athlete may sit on the sidelines



for a little while and if they look OK, they often go back (or are sent back) in the game. That may be a bad idea. In a recent study, 43 male and female high school athletes who had a mild head concussion were tested for attention,

memory, reaction time and information-processing speed within a week of injury. Researchers were shocked when they found a dramatic decrease in memory and an increase in symptoms 36 hours after injury. Quite significantly, those athletes who had on-the-field symptoms lasting longer than 5 minutes had a 500% drop in memory performance. (2)

Anyone who suffers a sports injury, no matter how "mild," needs a chiropractic checkup to ensure that they aren't carrying unresolved damage in their body.

Life Without Limits



In case you may have not noticed yet, we have been doing a new lecture on Wednesday nights at .

During this 45 minute time we explore what it means to live your life without limits. We have had many people that tell us it was well worth their time. If you have not been yet, please call us to reserve a time.

Chiropractic questions and answers



Question: Is it bad to "crack" your neck or back a lot?

Answer: This question is often asked of chiropractors because people

associate the cracking or popping of one's neck with a chiropractic adjustment.

The two are not the same thing. If a person has a desire to pop his neck or back it's usually because a part of his spine is fixated or jammed causing another part to move too much and "pop" a lot. It's the jammed or fixated part that must be properly adjusted by a chiropractor so that the spine will stop being so movable and noisy.

When you "crack" your neck you may relieve tension for a little while, but you are not giving yourself an adjustment. After a while the urge to "crack" returns because the cause of the spinal tension, the "jammed" vertebrae, hasn't been corrected.

Old wives' tales say popping or cracking your joints causes arthritis. There isn't any research supporting that, but if tension keeps building up in the joints because of spinal stress it may not be the popping or cracking that's so bad for you, but the spinal stress and imbalance causing it.

Words of wisdom

Everything can be taken away from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. – Victor Frankl, Holocaust survivor and author

Anyone who puts whole-hearted effort into anything can perform miracles.
– Anne Fadiman

References

1. Vector. 1999;2(4).
2. Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *American Journal of Sports Medicine*. 2004;32:47-54.