



### Our Promise to you

- **“We are one of the oldest Chiropractic practices in the country. It is our intention to be the best Chiropractic practice in the country. Being the best can be defined only by our patients, one at a time. Our goal is to provide the highest quality, non-surgical, musculoskeletal care there is to offer. We intend to provide this care in a compassionate, friendly and respectful environment.”**

—Dr Christopher Webb

### DR. CHRISTOPHER WEBB IS RECOGNIZED AS A MEMBER OF THE AMERICAN ACADEMY OF SPINE PHYSICIANS

Dr. Christopher Webb, spine specialist, of Dr. Webb and Associates has been accepted as a member of the American Academy of Spine Physicians (AASP). The AASP has reviewed Christopher Webb's credentials and he has been granted membership with the Academy. The AASP is a prestigious organization comprised of healthcare professionals committed to improving the quality of spinecare through cooperative and conservative efforts. The primary mission of the AASP is to improve the

quality of spinecare through education and the integrated practice of evidence based healthcare. The primary objectives of the AASP are to facilitate a cooperative approach to spinecare, provide continuing education and credentialing for physicians and to make educational resources available for physicians, patients and the public. "Back pain is one of the most common disorders encountered in health care practice." "It often ranks as one of the top reasons for employee absenteeism and afflicts approximately eight of every ten Americans during their lifetime.



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### PATIENT SPOTLIGHT: JUDY VERNO

“I have been coming here for years. I've always said that, feeling bad never felt so good when you come to a place like this. The staff, the Dr.'s, everyone that I ever met here has been nothing but cordial and friendly and concerned and I will continue to come here for many years. Because like I said, my point here is...feeling bad, never felt so good. “

—Judy Vernio

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The AASP is preparing its members to meet these growing concerns at all levels."

Cooperative interdisciplinary efforts between physicians of various disciplines will promote early detection, timely intervention and improved continuity of care. Additionally, a broadened scope of preventative, rehabilitative and minimally invasive approaches will reduce the impact of spine-related disability.

The Academy Council includes Edward C. Benzel, M.D., neurosurgeon at the Cleveland Clinic, George J. Dohrmann, M.D., Ph.D., neurosurgeon at the University of Chicago, David H. Durrant, D.C., chiropractic neurologist at the Chicago Neuroscience Institute and author of a benchmark neurology textbook, Barth A. Green, M.D., neurosurgeon and President of the Miami Project to Cure Paralysis, one of the largest spinal cord research and intervention centers in the country, Vincent Lucido, D.C., chiropractic orthopedist and past President of the Foundation for Chiropractic Education and Research (FCER), Stephen L. Ondra, M.D., neurosurgeon at Northwestern University Medical Center, John F. Shea, M.D., attending neurosurgeon at Loyola University Medical Center, Steve Vanni, D.O., D.C., neurosurgeon and chiropractic physician at the University of Miami Medical Center, and Wayne M. Whalen, D.C., past President of the California Chiropractic Association, and Terry R. Yochum, D.C., chiropractic radiologist and professor at the University of Colorado School of Medicine.

## TAKE A LOAD OFF - HELP AVOID BACK PAIN, KNEE PAIN, AND STRESS ON JOINTS

Could all of that extra weight you are carrying around be stressing your joints? The answer is YES, and in more than one way. You need to be aware of what you are doing and some of the simple causes of joint pain. In today's world, it is easy to find yourself gaining weight as calorie counts increase in our meals, we eat less fresh food and opt for the convenient and often unhealthy prepackaged foods, and we find ourselves falling into a sedentary lifestyle consisting of TV, Internet, and video games. Not only does that weight play a major factor in stressing our joints, but so does carrying around all of our extra gadgets. Carrying handbags or heavy objects without the weight distributed properly not only can lead to shoulder pain, but also can lead to knee pain and stress on other joints.

### Get Fit!

How can I lose weight? Follow the weight loss tips below to help you to get in shape and therefore reduce the amount of weight and stress on your joints:

- 1) **Write down your goals.** By writing down your goals, you are more likely to follow through with achieving them. Review your goals often and make sure that you are on track for success. List one or two specific goals such as losing 10 pounds of fat or completing your first triathlon within a year.
- 2) **Plan your workouts.** By planning your workouts ahead of time, you are less likely to skip a workout or come up with an excuse to do something else. Put your workouts on paper or in your calendar to make sure that you stay committed. Also, finding a good workout partner can be effective and put you in a position to be held accountable.

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**3) Keep a workout log.** Write down your workout including the number of reps that you perform, the distance or amount of time you jog, the weight that you use, or your total exercise time. This will give you tangible numbers in which you can compare and improve on as you progress. The goal is to make progress, but not at the expense of sloppy form or extra stress on your body.

**4) Stay motivated.** If you feel that you are hitting a plateau and you see that you are no longer getting the results that you were during your workout, change it up. It is important to change your workout routine often to continue to challenge your body and keep from getting bored. If you stop seeing results or you dread working out, you are not likely to stay motivated.

**5) Abs are made in the kitchen.** Actually diet and exercise are both important components of becoming fit. However, do not underestimate the power of a healthy, well-balanced diet. It is no secret among trainers and workout guru's that diet is just as important as exercise. You can workout faithfully each week, if your diet is not under control you will be negating your efforts.

Now that you have a plan to keep you on track for dieting and exercise, be sure to reduce the weight that you are carrying around in your bag. According to new research by the British Chiropractic Association, 50% of women suffer pain from carrying heavy bags and now men are suffering as well. "Carrying heavy weights is detrimental to the knees just as weight-lifting and doing squats. The excessive pressure on the cartilage during the movement of getting up from a squatting position creates a grinding down-effect bio-mechanically across the articulating surface (i.e. the cartilage), between the tibia femur and the patella which constitutes the knee joint," says Dr Sanjay Agarwal, Chief of Surgery, Head- Orthopaedics and Traumatology, PD Hinduja National Hospital.

"Extra weight (carried in bags), often poorly distributed across the knees, magnifies the forces across the knee and other joints and is therefore detrimental in the long-term, and can accelerate arthritis," says Dr. Agarwal. When you carry a heavy bag, it can throw the alignment of your body off. Your head often compensates for the load by leaning in the other direction causing tension in your neck. Your back muscles become affected as the shoulder bearing the load tends to be rotated backwards and raised all of the time. This also affects the muscles in the upper back, the shoulder blades, and those supporting the spine. The arm carrying the bag often remains static and the nerves in the arm often become irritated.

By losing some extra weight, you can significantly reduce the amount of stress on your joints. Be careful that you are not putting undue strain on your joints when exercising by jogging on hard surfaces or wearing improper footwear for example. You should also be cognizant of the weight that you are carrying around in bags and how it is distributed. Carrying a backpack is a better alternative. You are likely to be going about your normal day carrying around objects without even thinking about how the weight is being distributed.

Before starting any exercise routine, talk to your doctor to make sure you are healthy enough for exercise. For more information on joint health and what you can be doing to reduce stress on your joints, visit [www.chirowebb.com](http://www.chirowebb.com).



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## COX FLEXION DISTRACTION THERAPY PROVIDES PATIENTS WITH BACK PAIN RELIEF—ANOTHER OPTION TO SURGERY

Back Pain is a condition that is affecting more and more people each year. It is a problem that can be a mystery that most people are unable to solve. It can be so disrupting to your everyday life that when you are unable to deal with the pain anymore you will do just about anything to relieve it. When people reach that breaking point, a lot of times they turn to surgery as a means to relieve the pain and restore the function of their day to day lives.

There are many other alternatives to surgery to help relieve back pain. One of these ground breaking techniques is the Cox Flexion Distraction Therapy. The Cox Flexion Distraction Therapy is a gentle chiropractic technique utilized to help relieve neck and back pain. This technique can be a safe alternative to a surgical procedure and most of the time has been found to be just as, if not more effective than back surgery.



The procedure enables the doctor to isolate each lumbar level and the nerves that emerge from each lumbar level. The treatment is done by applying a gentle stretch or traction to the spine using a very rhythmic motion. This stretch is done according to the patients tolerance level. The treatment occurs on a specially designed partially motorized chiropractic table. The table has a movable headpiece and a movable caudal piece, which is the part on which a patients legs lie. Each section flexes, extends, laterally bends and circumducts (a combination of flexion and lateral flexion) long-y-axis plane distracts.

Cox Flexion Distraction Therapy is used to help decrease disc protrusion and reduces painful pressure on the spinal nerve. The therapy repositions the vertebral joints to enable less painful movement. It also significantly increases inter-vertebral disc height. Some of the conditions treated by Cox Flexion Distraction Therapy include:

- Degenerated discs
- Herniated, bulging and ruptured discs
- Leg and hip pain due to sciatica
- Neck and arm pain
- Post-operative failed back surgical syndromes
- Spinal stenosis

Cox Flexion Distraction Technique is one of the many Chiropractic procedures in which the doctors at Dr. Webb and Associates are trained and certified to administer. They have been able to help many patients relieve back pain and avoid surgery. For more information about this technique and other treatments please contact Dr. Webb at (724) 225-2225 or visit our website at [www.chirowebb.com](http://www.chirowebb.com).

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## “ B A C K P A I N S O L U T I O N S ”

Dr. Webb and Associates is focused on Back Pain Solutions™, using the latest non-surgical treatments of musculo-skeletal conditions with a strong focus on spinal conditions. We specialize in conditions of the cervical, thoracic and lumbar spine, as well as non-surgical conditions of the foot, ankle, knee and shoulder. Our goal is to properly diagnose your condition, to render and direct the best treatment possible and to provide you with a solution and end to your pain or condition.

For more information visit us at [www.chirowebb.com](http://www.chirowebb.com). You can also follow us on Facebook and Twitter.

