

WESTERN PENNSYLVANIA CHIROPRACTOR OFFERS ALTERNATIVE TREATMENT FOR BACK PAIN AND SOFT TISSUE INJURIES



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, musculo-skeletal care there is to offer. We intend to provide this care in a compassionate, friendly and respectful environment.”**

—Dr Christopher Webb

Dr. Christopher Webb of Dr. Webb and Associates treats patients every day at his office located at 42 East Maiden street in Washington, Pennsylvania. Dr. Webb and his family have been providing back pain relief and chiropractic care primarily to the residents throughout western Pennsylvania, including Washington and the Pittsburgh metro area, since his grandfather Dr. Raymond Webb founded the practice in 1933. Throughout the years, thousands of patients have visited Dr. Webb and his family for the latest treatments to relieve back pain and other injuries. One of the ground breaking treat-

ments being offered at Dr. Webb and Associates is Active Release Technique (ART). Active Release Technique is a soft tissue system/movement-based massage technique developed and patented by P. Michael Leahy, DC, CCSP. It is used to treat problems with tendons, muscles, fascia, ligaments, and nerves. Active Release Technique is most commonly used to treat adhesions in overworked muscles. ART is different than any other technique available. It takes a great deal of time and effort to master this technique that contains over 500 treatment moves. Doctors must be able to acquire a superior feel for the tissues and their tension, movement, and texture. The fundamental principles of this treatment are simple, but difficult to master. The goal of Active Release Technique is to restore optimal motion, texture, and function of the



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EMPLOYEE SPOTLIGHT: TIFFANY SMITH, DC

Dr. Tiffany M. Smith graduated from Palmer College of Chiropractic in Davenport, Iowa, with a Doctorate in Chiropractic in 2007, and from California University of Pennsylvania with a Bachelor’s Degree in Pre-Med in 2003.

“It’s very important to be proactive with your health,” Dr.

Smith said. “I’m committed to doing everything I can to help. If I can’t help you, I will consult with the other doctors at Dr. Webb and Associates, and if we can’t help you, we will guide you in the right direction. Your health is important to us.” Although she just graduated with her Doctorate Dr. Smith already has over 12 years of patient



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ACTIVE RELEASE TECHNIQUE

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soft tissue and release any entrapped nerves or blood vessels. This is achieved through the removal of adhesions or fibrosis in the soft tissue via the application of specific protocols. A wide range of conditions can be treated with Active Release Technique. It can be used as a treatment for everything from back pain and headaches to carpal tunnel syndrome, TMJ, shin splints, and other joint disorders.

Dr. Christopher Webb completed his training and became certified in Active Release Technique in 2008. As a result of becoming certified in Active Release Technique, Dr. Webb was one of only twenty three doctors that participated on the medical staff at the 2010 Ironman Championship in Kona, Hawaii. Certification in Active Release Technique is required to treat the athletes that compete in the Ironman Triathlon. The treatments that Dr. Webb used in Hawaii on those extraordinary athletes are available at his office for anyone who has experienced back pain and many other injuries that can be treated with ART. Although patients travel from many miles away to get the latest treatments, Dr. Webb and Associates is conveniently located for patients in the Washington, Pittsburgh, and the surrounding areas. To learn more about active release or to schedule an appointment contact Dr. Webb and Associates. Please be sure to visit the news or white papers section at www.chirowebb.com to find more articles on health and fitness.

EMPLOYEE SPOTLIGHT: TIFFANY SMITH, DC

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experience. She has worked at Dr. Webb and Associates since April 2007, specializing in physical rehabilitation, x-rays and orthotics. Dr. Smith also worked with physical therapy and rehab patients in Palmer College of Chiropractic clinics as an intern, and prior to her time at Palmer, she worked for a local chiropractor.

Dr. Smith enjoys rollerblading and working out. She grew up in Canonsburg, where she and her family still reside.

"It's very important to be pro-active with your health," Dr. Smith said. "I'm committed to doing everything I can to help."

PATIENT SPOTLIGHT: AARON ZEFF

I see Dr. Webb and Associates as the Superman of Chiropractors! This is not just a manipulation as most people would think when they hear Chiropractor. When I first saw Dr Webb I could barely walk, and now at almost 64 years old I am in good physical shape, working, walking and running. I have confidence in Dr. Webb and Associates because they made available to me a wide range of treatments and when they could not treat me for my neuropathy they were not afraid to send me to a specialist. Dr. Webb and Associates is simply the best, being there when I need them and listening made Dr. Webb's the only way to go.

- Aaron Zeff

EATING HEALTHY CAN HELP RELIEVE BACK PAIN

Millions of Americans each day struggle through the agony of back pain. Many turn to pain relievers and other medications to find relief so they can get through their day to day lives. What most do not realize is a few small changes to their daily routine can dramatically improve their health and relieve this pain.

One simple change that can be made involves diet. Not only does being overweight affect your back and cause pain but what we eat can also have a huge impact. Healthy nutrition can play a major role in strengthening your back and overall physical health. There are certain nutrients and vitamins that the human body needs to develop your muscles so they can support the spine. Without healthy eating, these muscles can deteriorate and may not perform, putting your back at risk to injury. With the busy life that we live it is very easy to lose sight of nutrition and end up eating for convenience. Fast food is everywhere and while it is cheap and convenient it does not supply our bodies with the right nutrients that it needs to function properly. The majority of these foods contain a lot of unhealthy carbohydrates which can cause a spike in blood sugars giving you a short burst of energy but leaving you feeling hungry later. Muscles need foods that can supply them with energy slowly and consistently over time. This will help the muscles perform properly and you will notice the difference in everything from concentration to posture which can greatly increase the health of your back.

Your diet should be high in complex carbohydrates and protein. Foods that are important to make a regular part of your diet are things like fresh fruit and vegetables. All types of nuts and legumes can help promote a healthy back. Other foods such as Alaskan salmon, ginger, olive oil, and lean poultry are foods that actually work as an anti-inflammatory. Another study shows that cherries can also help to relive muscle pain and strain. The most important part of a healthy diet is to eat healthy foods at regular intervals throughout the day. By eating smaller meals consistently, you can eliminate hunger fits which will help you make better decisions and avoid the drive thru.

Important foods that you should limit in your diet are things like sugar, white bread, snack foods, processed foods, french fries and all types of fast foods. These foods can cause inflammation in the body. Other items like soda, caffeine and alcohol should only be consumed on special occasions. Having a majority of your diet consisting of healthy whole foods can decrease inflammation throughout your body and help set you on your way to a health back.

By making a few changes in your diet and consistently choosing the right foods you can help to improve the health of your back and overall physical condition. This can help relieve pain and limit the pain relievers and other medications you need to take throughout your day. For more information on the right foods to eat to help relieve back pain and improve your overall health please contact Dr. Webb and Associates. Please be sure to visit our news or white papers section at www.chirowebb.com to find more articles on health and fitness.



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2011 PITTSBURGH MARATHON

Even as the snow keeps piling up outside and the cold weather has us bundling up every morning we must remember that February is coming to a close and spring is just around the corner. As we look ahead we can finally start to see the finish line to this long and cold winter. After three months of being stuck inside hiding from the snow, ice, sleet and all the shoveling that goes along with it, Pittsburgher's are ready to put away their snow boots and break out their running shoes.

Excitement is building here in Pittsburgh as the city prepares for the running of the 2011 Dicks Sporting Goods Pittsburgh Marathon which will be held on Sunday May 15th, 2011. This will be the third year that Dicks Sporting Goods has sponsored the marathon since the annual race was revived in 2009. The race was ran annually from 1985 until 2003 before budget cuts forced the event to shut down. This year runners will begin their 26 mile journey at 7 am. Walkers will start at 6 am and will have 7 hours to complete the marathon. 18,000 runners will participate in the three events this year, which consist of the marathon, the half marathon and the marathon relay race. This 18,000 runner estimate will give Pittsburgh 2,000 more runners than competed in the Pittsburgh Marathon of 2010.

The runners of this year's marathon will be on a slightly different route than the route of the 2010 race. The start line of the course will be at Liberty Avenue and Sixth Street Downtown and the 26 miles will end at General Robinson Street near Heinz Field. The course will take competitors through the North Shore of Pittsburgh, have them cross all three rivers and take them through more than a dozen neighborhoods such as Oakland, Bloomfield, the South Side and a new neighborhood to the course this year, the West End. Competitors will run along side the rivers and will also face a challenging hill as they travel into the University of Pittsburgh. Runners participating in the Half Marathon will race through the North Shore and also cross all three rivers before going through the South Side and finishing in the downtown streets of Pittsburgh.

In 2010 Kipyegon Kirui from Kenya ran the fastest time for the men completing the marathon in two hours, seventeen minutes, and twelve seconds. The fastest time for the women last year was two hours, forty two minutes, and thirty four seconds and was accomplished by Elena Vinit-skaya of Belarus. The course record was set in 1995 by another native of Kenya, John Kagwe who finished the course in two hours, ten minutes, and twenty seven seconds. The runners that compete in the marathon have to engage in months of preparation and training to get their bodies prepared to complete the 26 mile course.

Thousand of spectators will line up along the streets of Pittsburgh to watch the runners complete the 26 mile course. The race will generate over 32 million dollars in total business for the city with 8.2 million being in direct spending. The event also helps to generate thousands of dollars for local charities.



“18,000 runners will participate in the three events this year, The marathon, half marathon and the marathon relay race.

DR. WEBB AND ASSOCIATES



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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. You can also follow us on Facebook and Twitter.

