



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

26 YEAR OLD JEFF EGGLESTON WINS THE 2011 PITTSBURGH MARATHON.

The spotlight was on the city of Pittsburgh Sunday May 15th, 2011 as the city played host to the 22nd annual Dick’s Sporting Goods Pittsburgh Marathon. A record 18,000 runners encompassing all divisions participated in the event this year, which for the first time began on Liberty avenue Downtown and wrapped up on the North Shore along West General Robinson Street. Race organizers were pleased this year

with the finish line being on the North Shore as it allowed for medical tents, water stations, corporate hospitality gatherings and race operations trailers.

Thousands of spectators showed up to cheer on the runners and encourage them through the 26 miles to the finish line. For once the weather finally cooperated. After the last two months filled with rain and dreary weather, race day’ weather was pleasant with the temperature hovering in the mid sixties.



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PATIENT SPOTLIGHT: JAY GREEN

“I came to Dr. Webb’s office to get pain relief when all other methods fail. The doctors and staff are all friendly and really care about giving their patients relief from pain and discomfort.”

—Jay Green

26 YEAR OLD JEFF EGGLESTON WINS 2011 PITTSBURGH MARATHON

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This year's marathon was won by 26 year old Jeff Eggleston of the United States. Eggleston, who lives in Flagstaff, Arizona had already qualified for the Olympic Trials. After pacing himself for the first 18 miles he decided to make his move when he saw that none of the leaders had really taken off. "I could hear these guys breathing and was like I'm sorry but I have to finish you off. I got a lot of confidence because they never took off" Said Eggleston.

Eggleston Completed the course coming from behind in 2 hours 16 minutes and 40 seconds, which was 29 seconds ahead of 2nd place finisher David Rutoh of Kenya. 29 year old Turiku Bokain rounded out the top three completing the 26 miles in 2 hours 17 minutes and 43 seconds.

Yihunlish Bekele Delelecha, 29 of Ethiopia won the women's race finishing in 2 hours 35 minutes and 36 seconds.

Plans for the 2012 Dicks Sporting Goods Marathon have already begun. The race will be held on May 6th 2012. Organizers would love to have the race finish up again on the north shore between Heinz Field and PNC Park. Those plans can not be finalized however until the 2012 Pittsburgh Pirates schedule is determined and organizers can see if the pirates will be home or away. If they are home the finish line will be moved.

SIT UP STRAIGHT. MAINTAIN GOOD POSTURE. YOUR BACK WILL THANK YOU FOR IT.

Most of us remember being lectured by our parents or teachers as a young child about how you need to sit up straight in your chair and not slouch. Although we sometimes thought that they were just giving us a hard time, research has shown that this could have been one of the best pieces of advice that we have ever received to help prevent future back pain.

Posture is how we hold our bodies up against gravity when we sit, stand, or lay down. Using correct posture requires training your body to sit, stand and lie down in a way that places the least amount of strain on the muscles and ligaments. Proper posture helps to decrease wearing of joint surfaces that could cause arthritis. Proper posture also helps keep your bones and muscles properly aligned so that they are used correctly. By having good back posture you can decrease the stress on the ligaments holding the spine together and prevent the spine from becoming fixed in an abnormal position.

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How to improve your posture:

When sitting:

- Sit straight up in your chair with your shoulders back.
- Maintain the normal curves of your back. A lumbar roll can be used to help keep the correct position.
- Keep your feet flat on the floor.
- Do not sit in the same position for long periods of time. If you must sit for periods longer than 45 minutes, take breaks and get up and stretch.

In Bed:

- Make sure you have a good pillow. Your pillow should keep your head aligned and provide support.
- An old sagging mattress can also cause problems. While it can be expensive to replace, this can be one of the most important investments that you can make in helping to prevent back pain.
- Use a pillow between your legs.

While Standing:

- Keep your feet shoulder width apart and keep your weight on the balls of your feet.
- Raise your chest, Your shoulder blades should shift down and back.
- Keep your stomach tucked in and do not tilt your pelvis forward.
- Keep your head straight up and do not allow it to tilt forward, backward, or to the side.

Proper back posture and body posture in general can be one of the easiest and most effective ways to help relieve back pain. While it will take some time to retrain your body to remember these tips, they can go a long way to improve posture and help to keep your back strong and healthy. For more information on proper posture or to schedule an appointment contact Dr. Webb and Associates. Please be sure to visit our news or whitepapers section at www.chirowebb.com to find more articles on health and fitness.

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THE MCKENZIE METHOD IS ONE OF THE MOST EFFECTIVE TREATMENTS FOR PATIENTS WITH BACK PAIN

Every year more and more people are struggling to get through their days with a common affliction, back pain. Studies have shown that over 85% of Americans suffer from back pain, including upper back pain as well as lower back pain, at some point in their lives. Most do not know the cause of their back pain or what to do to help relieve their back pain. Some people choose to ignore the pain while others spend hundreds of dollars on over the counter pain relievers just to get through their day. For some, the pain will go away with rest, while others spend the rest of their lives trying to find relief.

Each year, leading doctors around the world are researching the causes and symptoms to try to solve this problem that has an impact on such a high percentage of the population. Through this research, several effective techniques have been developed to help relieve the growing problem of back pain. One of the most exciting techniques that has been developed to help patients alleviate their back pain is the McKenzie Method.

The McKenzie Method was developed in the late 1950's by Robin McKenzie, a physical therapist from New Zealand for the treatment of lower back pain. The McKenzie Method is a technique of assessing, classifying, and treating patients based on their response to repeated movements. At the beginning of the treatment there is a thorough testing of movements to identify patterns of pain responses that can reflect the fundamental cause of the pain. By completing this evaluation the doctor can classify the patient's issue as Postural Syndrome, Dysfunctional Syndrome, or Derangement Syndrome and determine the best treatment approach. The Postural syndrome occurs as a result of prolonged poor posture that can affect joint surfaces. The Dysfunctional classification implies that there is some sort of adaptive shortening, scarring of adherence of connective tissue causing discomfort. The most common classification is the Derangement Syndrome and its trademark is sensitivity to certain movements and a preference for particular movement patterns. Based on what classification the patients falls into, the doctor will determine what McKenzie exercises will be most effective for relieving the patient's pain.

The most important philosophy of the treatment is that it accentuates education in the causes and self management of pain, how to avoid reoccurrences, and the importance of posture and maintaining a healthy lifestyle. By performing McKenzie exercises, patients can minimize or put an end to their localized pain. Patients are often encouraged to perform daily prescribed McKenzie exercises.

The McKenzie Method is one of the many techniques that are used at the Pittsburgh chiropractor office of Dr. Webb and Associates. Dr. Chris Webb and Dr. Craig Colditz have both completed their McKenzie Lumbar Certification and are certified to provide this effective treatment to patients to help relive their lower back pain. For more information on the McKenzie Method or to schedule an appointment contact Dr. Webb and Associates at 724-225-2225 or visit 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. You can also follow us on Facebook and Twitter.

