

JULY 2011



### 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

## JULY IS BARBEQUE SEASON. STICK TO THESE TIPS TO KEEP YOUR BEACH BODY IN FORM.

Well it is that time of year again. The fourth of July is upon us and you know what that means. Time to get out and enjoy the outdoors. In Pittsburgh it is time to forget about the snow and rain and take part in activities such as hiking, golf and fishing. The summer months also mean something else, barbeques.



From Memorial Day until Labor Day it seems like the number of barbeques we attend are endless. All of those hot dogs, burgers and potato chips can really pack on the pounds. With winter and the holidays around the corner the last thing you want to do is go into the Holiday season overweight. There are some things that you can do to help keep yourself in shape without missing out on the fun of summer cookouts.

1. If you know you are going to be attending a cookout, get a work out in early in the morning. This will help boost your metabolism for the day and if you do over-eat you can feel a lot less guilty about it.
2. Be careful with the condiments: Keep your burgers and hot dogs simple. Stay away from mayo and ketchup. Try adding fresh vegetables and mustard which are low in calories.
3. Use turkey and chicken instead of pork and beef. If you are going to cook beef, use a leaner variety
4. Instead of side dishes such as potato salad which is high in calories, fat and carbohydrates, opt for grilled vegetables.
5. Eat fresh raw vegetables with a little bit of dip and pass on the potato chips.

By sticking to these few simple steps you can attend all of the get-togethers with family and friends without packing on a lot of unwanted pounds. For more information visit

[www.chirowebb.com](http://www.chirowebb.com).

## A THIRTEEN YEAR OLD BOY'S STRUGGLE WITH CHRONIC PAIN. ACTIVE RELEASE TECHNIQUE

Over the past 78 years the staff at Dr. Webb and Associates has seen thousands of patients come through their doors seeking the care and treatment of a wide range of ailments. Since 1933 Dr. Webb and Associates have been practicing the latest techniques and therapies to provide chiropractic care to the community. Being conveniently located in Washington, Pennsylvania has given residents from Pittsburgh, Washington, and the Ohio, West Virginia, and Pennsylvania Tri-State area quick access to the many techniques and treatments available at Dr. Webb and Associates. Over the years, many of these patients have shown up seeking Dr. Webb and Associates care when all other options have failed.

Jacob was just like every other kid his age. He was a thirteen year old boy full of energy. He enjoyed going to school where he was a straight A student and a member of Student Council. He looked forward to spring every year and the coming of a new baseball season. Then in August of 2009 something unordinary happened. Out of nowhere Jacob started to experience excruciating pain in his abdominal region. His parents did not know what was going on. "We took Jacob to multiple specialists to try to find out why he was suffering with this pain and no one could give us any answers," said Jacob's mother.

After months of appointments resulting in no answers, it was finally determined that Jacob's gallbladder was causing the issue. His gallbladder was removed in January 2010. Once Jacob came home from the hospital his pain had subsided. Jacob remained pain free for 10 months. His parents were relieved and thought Jacob was finally back to normal. In the fall of 2010, Jacob started to develop pain in his hips. Both of his parents were stunned. Just when they thought Jacob's condition had been corrected, he took a turn for the worse. They were back in the same situation as before, going from doctor to doctor, specialist to specialist and receiving the same answer every time. Nobody could give them a reason why their son was suffering with this pain. Jacob was in Children's Hospital in December of 2010. He started medication for the pain, but with no relief. He was on medication to address possible neuropathic pain through March of 2011 with a hospitalization again at Children's Hospital in March - still no relief.

Jacob's parents had one last option in which they placed all of their hope. They had heard about Dr. Webb and Associates and how they specialize in helping patients with chronic pain. They had nowhere else to turn. "When they came to our office, they were showing up out of desperation. They felt that they had nothing to lose and there was no one that could help them," said Dr. Christopher Webb. Dr. Webb took the approach of looking at Jacob as a whole and not just focusing on the area that was thought to be causing his pain. In the first visit, Dr. Webb did a thorough evaluation and was able to identify that Jacob's pain generator was his iliopsoas muscle and his diaphragm. He also discovered that because Jacob was compensating for this pain, his gate was off and this was causing the pain in his hips. Dr. Webb began to treat Jacob using Active Release Technique, in which he invested a great deal of time going through intensive training to become certified in 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. Dr. Webb had to travel all over the world to receive this training, studying in cities such as Sydney, Australia and Toronto, Canada. Dr. Webb has witnessed the remarkable results that have been achieved first hand from ART. Due to the incredible results that Dr. Webb has seen, all members of the staff at Dr. Webb and Associates are certified in ART.

After just two treatments from Dr. Webb, Jacob's parents finally got the answers and the results that they had been trying to obtain for so long. Jacob was pain free! During the time that he was suffering through his pain, Jacob had to take multiple medications just to get out of bed in the morning. Today, Jacob is happy and active once again. In the summer, Jacob can be found on the baseball diamond or volunteering at the local hospice agency. Thanks to the treatment that he received from Dr. Webb and Associates, he does it all without the help of any medication.

## USING PROPER FORM WILL HELP YOU GET MORE OUT OF YOUR WORKOUT WHILE DECREASING THE RISK OF BACK PAIN AND OTHER INJURIES



Over the past few years more and more people have started to pay greater attention to their health and fitness. As the obesity rate rises in the United States, it is causing people to reevaluate the way that they eat and the way that they take care of their bodies. One of the most effective ways to burn fat, lose weight, and stay healthy is to build more lean muscle. You do not have to be an athlete or a body builder to enjoy the benefits of proper weight training. When done properly, weight lifting can help you to successfully burn fat, lose weight, improve bone density, and increase muscle tone and strength. When weight training is done incorrectly, you will not receive the full benefits and will put yourself at risk for joint and back pain as well as other serious injuries.

When beginning a fitness routine, many people will try to learn exercises from a friend or by going to the gym and watching others. Sometimes what you are watching and learning is not the proper way to perform these exercises. Improper form while lifting can lead to a wide range of injuries such as sprains, strains, and fractures. Not only can improper form lead to injuries in the short term, but if it is continued over time it can cause degeneration in the joints leading to arthritis and other conditions.

Before starting a routine it is in your best interest to work with a knowledgeable weight training specialist such as a physical therapist or athletic trainer. Even if you have been using weights for a while but have never worked with a trainer, it is wise to schedule time with a professional to demonstrate proper form and make sure that your form is correct. This simple step can save you years of pain and therapy.

### Do's and Don'ts:

- 1. DO** use the right amount of weight. Start out by lifting weights that you can do 12-15 reps comfortably with proper form. There is no need to overdo it. By using proper form you will get much more benefits out of your workout.
- 2. Don't** skip your warm up. Muscles that are cold are more prone to injury. Do five to ten minutes of stretching or aerobic activity before beginning your routine.
- 3. DO** balance your workout. Make sure to work all of your major muscle groups.
- 4. Don't** work through the pain. If an exercise is causing pain, stop immediately or try to use less weight. Continuing the workout when you are in pain can lead to injury.
- 5. DO** remember to properly rest your muscles. Avoid exercising the same muscle group two days in a row. Have a proper workout plan and stick with it.
- 6. Don't** speed through your workout. Going too fast and rushing can cause you to lose proper form and lead to injury. Set time aside for working out and commit to using all of the time.

By sticking to these simple rules you can greatly reduce the risk of injury to your joints, back, and muscles. Proper form also helps you to get the most out of your routine. Before beginning any exercise routine, seek the advice of your doctor. For more information visit [www.chirowebb.com](http://www.chirowebb.com).

“Don't skip your warm-up. Muscles that are cold are more prone to injury.”

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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.

