

IRONMAN 2010



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

Each year many athletes compete in marathons throughout the world. Millions of spectators watch in awe and wonder how many hours of training that these athletes must have put in to run 26 miles non-stop. Now imagine what it would be like to run 26 miles following a 2.4 mile swim or following a 112 mile bike ride - How about after both? Does this sound intense? Remarkably, this is what takes place each Fall in Kona, Hawaii for the annual Ironman World Championship. The 2010 Ironman World Championship attracted athletes from all over the world to compete in the ultimate test in human endurance. With so many exceptional athletes coming to participate in

this exhausting competition, there are bound to be injuries. The Ironman World Championship has over twenty certified medical professionals on hand to provide support to these athletes as they embark on one of the greatest challenges of their lives. One of the Doctors who made the journey to Kona was Dr. Christopher Webb of Dr. Webb and Associates located in Washington, Pennsylvania. Dr Webb is one of the most respected Chiropractors in Pennsylvania. His practice has been providing back pain relief and chiropractic care since his grandfather opened the doors in 1933. In 2008, Dr. Webb completed his certification in Active Release Technique (ART), an essential skill needed to participate as one of the official providers of treatment 2010 Ironman World Championship. During the event, Dr. Webb would get started at 7:00 AM each morning as he arrived at one of the service tents that were set up along set up along the course



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EMPLOYEE SPOTLIGHT:CRAIG COLDITZ, DC

Dr. Craig Colditz graduated from the National University of Health Sciences in 1997 with a Doctorate in Chiropractic and from California University of Pennsylvania in 1993 with a Bachelors Degree in Biology. He began his career at Easton Chiropractic in Monongahela, Pa., where he specialized in sports injuries. He was also on

the team of chiropractors for California Area High School’s football team. Next, Dr. Colditz practiced in a multidisciplinary clinic in Lancaster, Pa., where he gained experience working alongside other medical specialists. Always knowing that he wanted to be closer to home, Dr. Colditz began practicing in Greensburg, Pa., in 2001, where he worked in a family practice until October 2004.



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in an effort to provide the athletes with necessary treatment. One of the most challenging aspects of treating these patients compared to his normal routine back in the office is the time constraints that he was under to diagnose and treat the athlete and get him back to the course. "You have a very short amount of time to examine the injury, diagnose the problem, and provide relief before the athlete is back into the competition," said Dr. Webb.

This is where Dr. Webb's training in Active Release Technique plays a major role. 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 over-worked muscles, which is prevalent in such a strenuous competition as Ironman. "When an athlete would come into the tent, we would have to break down the injury to the exact muscle that was causing the problem," said Dr. Webb. In the treatment, Dr Webb would use his hands to assess the mobility and the texture of the scar tissue. Dr. Webb would then work to remove or disperse the fibrous adhesions with stretching motions. Dr Webb's treatments using the Active Release Technique provided these athletes with the pain relief needed to get back into the competition quickly.

Dr. Webb plans to continue to participate in the Ironman competitions. The 2010 event was packed full of memorable moments and Dr. Webb continues to enjoy having the opportunity work with some of the greatest, most positive athletes in the world.



## EMPLOYEE SPOTLIGHT: CRAIG COLDITZ, DC

"Dr. Webb and Associates is a cutting edge facility, and I am proud to be a part of the team," Dr. Colditz said. "I am very pleased to be a part of this practice because of its rich history, and also because now I can focus my experience from the past eight years."

Dr. Christopher Webb and Dr. Colditz went to the same chiropractic school and share the same principles and techniques, which made the arrive of Dr. Colditz at Dr. Webb and Associates very successful.

Dr Colditz is originally from Allenport where his parents still reside. He has an older brother Chuck who resides in South Carolina. Dr Colditz lives in Washington and has three children, Arabella, Asalynn, and Logan.

**Dr. Webb and Associates is a cutting edge facility, and I am proud to be a part of the team," Dr. Colditz said.**

## PATIENT SPOTLIGHT: KYLE HEATHER

"I have been going to Dr. Webb's clinic for nearly a year now, and there is not a visit that goes by where the staff isn't as courteous and pleasant as ever. Everyone is always so friendly, happy, and willing to help accommodate your schedule. The recommended course of therapy always works for me, and its fun and easy getting there when you are cared for by such a wonderful group of people. Going to the doctor is never a chore when it comes to Dr. Webb's clinic, and I would, and frequently do, recommend them to anyone who needs chiropractic care." —Kyle Heather

## COLD WEATHER DOES NOT HAVE TO DERAIL YOUR WORK OUT ROUTINE. WORK OUT IN THE WINTER

Well, it's that time of year again. The holidays are over and after a month of over indulging on turkey, cookies, and carbs even the most regular work out fanatics can pack on a few extra pounds. Unfortunately as the snow piles up and the temperature drops, so does our motivation to exercise. Just because the temperature outside has dropped does not mean that your exercise program has to stop or that you need to hibernate until the snow melts. There are many activities to keep you busy and healthy until spring comes rolling around. Even the dedicated runner does not have to put off their regular routine until the temperature rises. There are just some precautions that you must take before stepping out into the cold to begin your workout.

Pay attention to the weather. While running in colder temperatures can be safe and enjoyable, be sure to check the temperature and the wind chill. Running increases the air movement around you and can make sub zero wind chill even worse. A good rule of thumb to follow is if the temperature drops to below zero stay inside and use the treadmill. It is also a good idea to dress in layers. The first layer should be something made out of synthetic material such as polypropylene. These types of materials can help remove sweat away from the body. Avoid fabrics such as cotton which can actually contain the moisture within your clothing. Wear an outer layer that is made of a breathable material such as Gortex. This will protect you against the wind and the elements while still allowing heat and moisture to escape, thus reducing the risk of overheating and chilling. However, avoid over dressing as your body will heat up as you begin your run.

Always be sure to protect your extremities. This includes your head, feet, and hands. When the body is exposed to colder temperatures, its first defense is to deliver heat to the core. Also the majority of your body's heat escapes through your head, feet, and hands. Wear a hat to help your body retain heat, which will allow your circulatory system to distribute more heat to the rest of your body. In extremely cold weather wear a face mask to help warm the air you are breathing. As for your hands, wear mittens. This will allow your fingers to share body heat. To keep your feet warm, wear a thick wool sock. However, be sure to allow enough room in your shoes to accommodate a larger sock.

As with exercising in any conditions remember to stay hydrated. This is especially important in cold weather as fluids still escape through sweat and cold air. The cold air also has a drying effect that can increase the risk of dehydration. When running outside it is very important to pay close attention to your body and the signals it is giving you. If you start to feel numbness that is not going away or if you notice a patch of cold hard skin on your body, get out of the cold immediately. If the condition persist, seek medical attention.

Before starting any exercise routine talk to your doctor to make sure you are healthy enough for exercise. Once your doctor approves you for your physical activity and recommends a fitness routine that works for you, get out there and enjoy the fresh air and reap the health benefits of exercise. Remember the warm air of summer is right around the corner, but that's no reason to hibernate this winter. For more information on cold weather running or to schedule an evaluation contact Dr. Webb and Associates at (724) 225–2225 or go to our website at [www.chirowebb.com](http://www.chirowebb.com).



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## DR. WEBB AND ASSOCIATES



Address:

42 East Maiden Street  
Washington, PA 15301

Contact us:

Phone: 724- 225 -2225

Fax: 724-225-5746

E-mail: [Info@chirowebb.com](mailto:Info@chirowebb.com)

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

## “ 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.

