



MONTHLY WELLNESS BULLETIN

INTRODUCING Rehabilitation Chiropractic: **Your Wellness is in Our Hands!**

Patients with musculoskeletal pain often seek relief from general practitioners, physical therapists or orthopedic surgeons, medication, injections, and/or surgery. Current scientific research, however, shows that Chiropractic and Rehabilitation Chiropractic often facilitate more pain relief than these traditional approaches by restoring simple joint and muscle motion first. **Rehabilitation Chiropractic** is a specialty branch of Chiropractic, which focuses on a patient's unique injuries and conditions, as well as promoting physical fitness from the inside out. These rehabilitative exercise programs focus first on stabilizing posture by addressing issues like balance and core strength. We then work to correct any existing problems by stretching tightened postural muscles and strengthening reciprocally weakened muscles. This approach to rehabilitation has typically been used with sports injuries, but we are learning that the techniques can be successfully applied to any injury.

The functional goal of the human body is to produce motion and maintain stability. The musculoskeletal system has been called the "primary machinery of life." Using this machinery, the body incorporates control (central nervous system), passive (ligaments), and active (muscular) components. A dis-ease or dysfunction of any or all of these components results in "adaptation" and eventual instability. Modern management of musculoskeletal disorders involves activity modification to promote stability, pain control, and rehabilitation of physical performance/functional capacity.

InMotion Health Center has developed a newly focused Rehabilitation Chiropractic program, facilitated by Dr. Chris Utrup, with the goal of helping our patients take control of their lives. We see functional fitness as a perfect way to help patients with disabling or activity-limiting musculoskeletal pain to reclaim their normal activities. Our focus is on identifying which tissues require stabilization and which require mobilization. In this way, an individualized, patient-centered approach can be prescribed. To this end, we have designed a Rehabilitative Exam that performs 5 different assessments:



1. Functional Postural Assessment--this gives information about your posture from two different views and tells us what muscles are facilitated (tight) or inhibited (weak). This is important because muscle imbalances develop from the overuse of postural muscles in our largely sedentary lifestyles. Certain muscles may eventually shorten and lose endurance. Other muscles, which work under other dynamic situations, tend to become inhibited and eventually weaken from disuse.

2. Movement Pattern Analysis--this test takes your body through 6 different movements to find the facilitated and inhibited muscles through the performed movement.

3. Functional Performance Test--here you perform three common repetitive exercises while we look for asymmetry or misuse of muscles.

4. Balance and Coordination--simple standing exercises to determine your body's ability to shift weight from side to side.

5. Range of Motion--general body rotations, lateral bending, and flexion and extension of specified regions.

From these five assessments, we can compile the results and write a report of findings to decide what Rehab program is best suited to you. **The goal of Chiropractic Rehabilitation is to stabilize the spine and have the spinal adjustment "hold." By finding the key muscle imbalances, adjustments are easier to achieve and last longer; the lasting result is on the entire musculoskeletal system. Activity should not hurt when performed by healthy muscles within the functional range appropriate for the task at hand! CALL TODAY TO SCHEDULE YOUR ASSESSMENT 314-644-2081.**