



## Continuing Consistency

A frequently asked question of both new and existing patients regards the length of time one must continue care. A common misconception is that *once you see a chiropractor, you see them once a week for life*. While it may be necessary due to the presenting complaints to have a high frequency of visits initially, it is not the common practice at Back-2-Back Chiropractic to maintain this volume long term. Treatment plans vary dependant upon the presenting complaints, the severity of the conditions, complicating factors, and patient response to care. It is important that patients maintain consistency in their treatment and do not deviate from care in order to achieve maximum improvement and maintain it. Below are some explanations of reasons for the importance of continued care.

- 1) **Continue Your Progress:** Initial chiropractic care focuses on relieving the initial acute pain and symptoms of an injury or condition. However, pain relief does not equate to a resolved condition. Relieving the body of its initial pain and symptoms allows its natural ability to heal to thrive, thus the real healing begins. This makes it of utmost importance that chiropractic care continues throughout the actual healing and tissue repair phase. Studies show that muscles and ligaments take longer to heal than the time for pain to be relieved. Continuing your chiropractic care will encourage more complete healing and ensure a lasting recovery.
- 2) **Prevent a Relapse:** Discontinuing chiropractic care before recovery is achieved can result in your body returning to its unhealthy patterns that may have caused the injury and a cycle of recurrent injuries and flare-ups can ensue. Chiropractic care and rehabilitation retrains your body and strengthens the necessary anatomy to help avoid relapses.
- 3) **Avoid Future Problems:** Continuing chiropractic care not only aids in resolving your injuries and conditions, it also helps to avoid future problems from developing. Regular chiropractic care allows your body to better deal with the everyday stresses that life places on your body. Everyday activities and repetitive motions can result in micro-trauma to your body which can ultimately develop into a larger condition or problem. Dealing with these stresses and micro-traumas is aided by chiropractic care before the compromise of your body and its nervous system.
- 4) **Save Money:** Like regularly brushing and flossing your teeth can prevent a more costly visit to the dentist, getting regular chiropractic care can help reduce the likelihood of a more costly acute series of care due to injury or flare-up. Staying absent from care for more than three months can result in another new patient exam and the associated costs.
- 5) **Feel Good:** Regular chiropractic care means your body doesn't have to work so hard to maintain itself, thus you can feel better overall with more energy.
- 6) **Continue to Learn:** Maintaining your chiropractic care allows you to keep up with the current treatments and latest information. You can become more active in your own health and learn what it takes to be in optimum health for yourself.

## Muscle of the Month

### Upper Trapezius Muscle

The trapezius muscle is a large muscle with various attachments and actions. The upper trapezius portion originates on the base of the skull and goes down the spinous processes. It branches laterally out to the shoulder blades and around the shoulders. This upper portion has two primary actions; it can lift the shoulder blade, and turn the head to the opposite side.

The upper trapezius is commonly a site of muscle spasm and trigger points that can be caused by injury, such as an auto accident, or from stress. Spasm can result in an inability to adequately turn your head and cause pain in your neck and across your shoulders.



## Portland Weather



The rainy season is again approaching, and with the beautiful leaves turning bright orange and yellow, the rain starts as well. With the rain comes more treacherous roads, and drivers must be more careful so as to avoid the accidents that tend to increase during the fall and early winter. Safe driving should always be used during all road conditions, but it is especially important when rain is frequent. Roads are slippery, the sun is bright enough to reflect off of the rain, and people have a difficult time stopping. Below you will find tips to help you keep yourself and your family safe during the rainy season, and what to do if you find that luck is not on your side.



- 1) **Always wear a seat belt:** This is the most important rule of safety. Wearing a seat belt is best for any road conditions, but it is especially important during inclement weather, when accidents are more frequent. Your seatbelt will keep you safer in the event of an accident, and could save your life.
- 2) **Drive after the first 3-4 hours of rainfall:** The first few hours after rainfall are the most dangerous. This is because oil from the cars on the road puddles, and during dry weather, it is less of a problem. However, because oil and rain don't mix, it becomes extremely slippery and can take a few hours before it gets washed away by the rain.
- 3) **Leave early to avoid rushing:** If you have an appointment or have to be somewhere at a certain time, leave yourself a little time so that you don't have to hurry. Keeping at a safe pace is your best bet, as that will help to assure your decreased likelihood of getting into an accident. You may even have to go under the speed limit in order to avoid an accident, but remember that going slower is will still get you there sooner than having to deal with an accident.
- 4) **Increase your following distance:** One of the most common types of accidents during rainy weather is rear-end collisions. The problem for this is because people tend to forget that stopping takes more time on wet roads, and therefore run into the back of the people in front of them. The suggested average stopping time on dry road is 2 seconds. On wet roads, 4 seconds is suggested.
- 5) **Keep your headlights on:** Keeping your headlights on will help you to see the road and other obstacles easier. Keeping them on during the day as well is a good idea, because not only can you see better, other cars will be able to detect you as well.
- 6) **When on the freeway, stay in the center:** Water tends to pool on the outside lanes, so stay in the middle. This will decrease your chances of hydroplaning and losing control of your car.
- 7) **Stay in control:** If you hit a patch of water and your car hydroplanes, don't panic. Hydroplaning is where your tires momentarily have no contact with the ground because of the water on the road. Instead of panicking and being afraid, take control as much as you can. If your car is equipped with anti-lock breaks, break normally. If you don't have anti-lock breaks in your car, pump the breaks lightly until your tires are once again in contact with the road.

Even with safe driving and close attention to your surroundings, accidents happen. If you find yourself in an accident situation, take the necessary steps to assure that everyone involved is safe. Stay calm, assess injuries, call the officials that are needed (police, medical), and trade insurance information. It is crucial that you pay attention to your body and be watchful for any symptoms you might have. Be aware that symptoms don't always occur right away. They can develop for weeks or months, so keep an eye out for anything that doesn't feel right. Oregon mandates that personal injury protection be in effect with every policy in Oregon. Personal injury protection covers necessary healthcare to you if you are involved in an accident, up to a limit. Don't hesitate to contact Dr. Menell if you are involved in an auto accident. Regardless of the presence or absence of immediate symptoms, it is important to be examined by a medical provider for possible injuries.

