

CHIRO-MEDICAL IN THE COMMUNITY

TEAM IN TRAINING:

Dr. Zachary Greene, Dr. Taylor Rabbetz, and Dr. Daniel Lord attended the Spring kick-off of The Leukemia & Lymphoma Society's Team in Training on the UC Berkeley Campus. Chiro-Medical Group has been a part of this event for many years, and we are excited to be a team member for years to come.



GOLDEN GATE TRI CLUB:

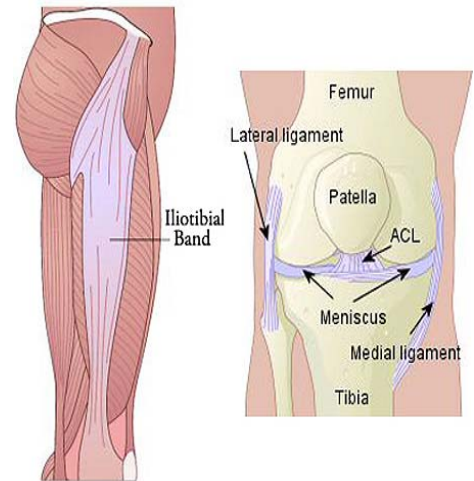
Dr. Hal Rosenberg represented CMG at Golden Gate Triathlon Club's Annual Sponsor Expo. Dr. Rosenberg is a long time competitor, member, and partner of GGTC and he keeps their members racing strong.



The Knee Joint and Injuries

The knee joint is the largest joint in the body. As a result, it is common for many athletes to experience pain or injury to their knees. This article discusses some of the knee injuries we regularly see in our Sports Chiropractic practice.

Knee injuries can be traumatic in nature such as when caused by an impact or twisting; or they can be cumulative where small repetitive stresses lead to an overuse injury. Although cumulative injuries can happen in all sports, we commonly see these in swimmers, cyclists, and runners due to the repetitive nature of these activities. Whatever the sport or the cause of your pain, these injuries can be debilitating and prevent you from both participating in your sport as well as having difficulty in your daily activities.



One of the most common injuries of the knee is Iliotibial Band Syndrome (ITB). The iliotibial band is a series of connective tissue that extends from the hip down to the knee. When people have this condition, they will experience pain on the outer part of their knee when they are weight bearing on that leg while running. The pain is usually worse while running downhill and eases up when you stop running. While pain is felt on the outside part of the knee with this injury, the cause is often due to weak core stabilizing muscles and poor foot biomechanics. Treatment for ITB syndrome involves soft tissue release around the hip and the outside of the thigh, manipulation to restore proper motion to the pelvis, and strengthening exercises of the core to stabilize and retrain the proper movement patterns. Footwear of the athlete must also be considered to make sure your running shoes are giving you proper stability for your running style. Ask your doctor which type of running shoe is best for you!

Another common injury at the knee is tendinosis (previously called tendonitis). This injury can occur above the knee called Quadriceps Tendinosis, or below the knee called Patellar Tendinosis. The mechanism of these two injuries are similar where excessive torque causes irritation to the tendons around the kneecap. These injuries are commonly seen in sports that involve running and/or jumping. We also see this frequently in cyclists who are positioned with their saddle too low and/or too far forward. These injuries around the kneecap are treated with similar protocols as ITB Syndrome that involves soft tissue release, manipulation of the knee, hips, and pelvis, along with stabilization exercises. In the case of knee pain in a cyclist, proper positioning must also be evaluated.

Two common traumatic injuries at the knee include Anterior Cruciate Ligament (ACL) tear and Meniscal tear. The ACL is one of the main ligaments that holds the knee together and it is deep inside the joint. It will commonly tear when the knee is twisted while there is weight on that leg. Patients will often hear a loud "pop" when this happens while also experiencing immediate pain and swelling of the knee. The meniscus is a crescent shaped cartilage that gives shock absorption to the knee. Each knee has two menisci – one inner and one outer. A meniscus can also become injured with a twisting motion of the knee and they can degenerate over time. Patients with meniscal injuries will experience pain in the knee along the joint line and may experience "locking" of the knee. Meniscal injuries will be painful right away but swelling is not usually noticed for several hours after the injury. Both of these injuries require rehabilitation and many will also require surgery.

At Chiro-Medical Group, we are dedicated to treating your knee injuries and helping you heal as quickly as possible. Ask your doctor today what we can do to make your knees stronger!

Expires 05/31/09



Receive 7 Days of Fitness for FREE when you bring in this coupon to 24 Hour Fitness located at 303 Second Street in San Francisco. Ask for Jason Payne the Membership Manager. Call (415) 543-7808 for details.

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THE PREMIER GOLF PROGRAM

Dr. Scott Calzaretta, founder of Chiro-Medical Group can help you improve your golf game. Dr. Calzaretta is TPI Certified (Titleist Performance Institute Medical Professional Level 3), and Golf Injury Certified through the Blanchard Golf Academy. He is the only Doctor in the Bay Area to be certified through Titleist at the top level (Level 3). During the program, you will be put through a 30 point screening that will help to determine your body's limitation and imbalances which are affecting your game. Dr. Calzaretta will then design a tailored workout program with the help of our trainers to help you improve your game, and your overall well being. This is the most comprehensive program that is out there to help improve your body's limitation and imbalances which will then free you up to play at your best on the course.

If you have any questions about the Premier Golf Program, please contact Brian Hanson at 415-892-7560. Or, email your questions to: contact@chiromedicalgroup.com



On The Web: chiromedicalgroup.com/sportscenter/golf

How to Stay Healthy... All Winter/Spring Long

Drink fluids: Drinking plenty of fluids is important in flushing out toxins and in helping get through a cold or the flu. In cold weather, we may not think about drinking fluids, especially water. It is just as important to continue to drink fluids in cold weather as it is in hot weather. How much should you drink each day? Take your body weight in pounds and divide by 2 – that is how many ounces per day you should drink. This could include water, fruits, vegetables, fruit juices, milk, coffee and tea.

Chiropractic adjustments: Regular Adjustments to the spine have been shown to increase white blood cell concentration (improve immunity) in the blood, thereby, giving your body a boost when fighting off a cold. The best time to get adjusted is when you first feel the cold coming on; it can reduce the effects of the cold or even ward it off completely.

Vitamins and minerals: Vitamins B6 and B12 contribute to a healthy immune system. Vitamin B6 is widely available in foods, including potatoes, spinach, turkey, beans, and enriched cereal grains. B12, on the other hand, is only available from animal sources such as meat, milk, and fish. Vitamin C and Zinc have been shown to be most beneficial in reducing severity and duration of symptoms. Vitamin C enhances the action of white blood cells, which are instrumental in mounting an immune response.