



Joints

JOINTS AND WHAT THEY DO...

We would be pretty hard-pressed to waltz gracefully across a ballroom floor, throw a baseball or bend over to pick up our kids if it weren't for the movement that our joints allowed us. Motion and stability are the two things that the joints of our body offer us. That being said, not all joints are created equal.

There are different types of joints that make up our skeleton, each with a different purpose. While the shoulder joint is called a ball and socket joint allowing for a large range of motion, the knee joint is a hinge joint and allows movement in only two directions (flexion and extension). The hip joint, like the shoulder, is a ball and socket, however it does not have the same amount of free movement. More importantly it offers stability in an area that holds a lot of weight.

The uniqueness of joint ends with their different shapes. From there, their surrounding structures are mostly the same. It is here that both muscles and ligaments cross the joint to strengthen and stabilize them.

Ligaments attach one bone to another and

have a strong tensile strength. Muscles although more elastic still help to hold the joint in place because the strength of the tendon when it contracts will pull it into place.

Also within the joint is fluid that supplies nutrients to the structure and acts as a lubricant to keep the bones from creating too much friction. In addition, the discs between the vertebrae of the spine and the menisci of the knee act as shock absorbers to displace the load that we place on them everyday.

It is without wonder when one looks at the make-up of a joint, how much can go wrong with it. Sprains and strains, degeneration, subluxations and dislocations are only a few. Ankles are the most frequently sprained area of the body while shoulders are the most frequently dislocated. Many of you are familiar with subluxations (misalignments) of the back or neck and others may be experiencing disc degeneration. Some are preventable, other treatable and still others manageable. Either way, the team at Back to health are here to set you right and keep you properly connected!

Subluxations...helped with chiropractic and massage

When a joint is said to be "subluxated" it means that two articulating bones that form a joint are out of alignment. It isn't dislocated (completely out of joint) but it isn't quite in the right place.

When bones move, the structures that surround them are forced to compensate. Muscles are both stretched and shortened at the same time, as are ligaments. Nerves can become irritated, or impinged which can

cause debilitating effects.

Once out of alignment bones vary rarely go back into place on their own. The skilled hands of a chiropractor have learned through knowledge and experience where the bones are supposed be but more than that they can tell you when they are NOT in the right place. Chiropractic adjustments help to keep the body naturally healthy by maintaining a healthy nervous and immune system.

Massage can also help to complement chiropractic by relaxing the muscles that hold the bone out of place. By virtue, the body goes back to what it is used to and often times the muscles may pull the bones just slightly out of place again as the muscle returns to the position that it is accustomed to being in.

If you think that you might benefit from either of these treatments talk to your health practitioner today and see if they might be right for you!

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TM (temporo-mandibular) Joint Disorder

TM disorders develop for many reasons. You might clench or grind your teeth, tightening your jaw muscles and stressing your TM joint. Or, you may have a damaged jaw joint due to injury or disease. Whatever the cause, the results may include a misaligned bite, pain, clicking or grating noises when you open your mouth, or trouble opening your mouth wide.

Treating your TM joint disorder.

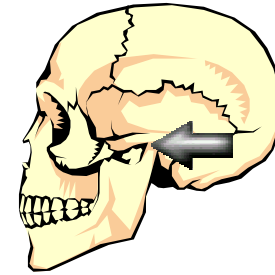
TM (temporo-mandibular) disorders are a family of problems related to your complex jaw joint. If you've had symptoms like pain or a clicking sound, you'll be glad to know that these problems are more easily diagnosed and treated than they were in

the past. Since some types of TM problems can lead to more serious conditions, **early detection and treatment are important.**

Disorders of the TM joint are treated effectively by chiropractic. The jaw and neck are evaluated for the amount of flexibility. The soft tissues, muscles, are checked to determine the degree of tightness in the individual muscles surrounding the neck and jaw. The amount of movement of all joints in the TM and the neck are checked and if a loss of movement is found the joints are adjusted to restore movement.

Massage therapy is another treatment that is effective on the TM

joint. Techniques are used to decrease tone, tenderness and trigger points and may vary depending on the patients needs. Once this is achieved, effleurage is again used to bring optimal nutrition to the affected structures and flush out unwanted metabolic wastes.



Arrow indicates where TM joint articulates with the skull.

Acupuncture for Joints

Sprains, strains, dislocations, partial dislocations, and repetitive strain are all types of injuries that can affect a joint in some way or another.

Acupuncture is an effective way of decreasing pain and swelling and of accelerating the healing process of the body.

Often time, after an injury, the limb is too painful to allow any type of movement. Acupuncture is great as you can start the healing process without increasing the level of pain. The limb can remain immobile but the inflammation can be treated

"Acupuncture is an effective way of treating areas that are too painful to move"

immediately without the risk of injuring the area further.

Dr. Rodwin is a certified acupuncturist. She chooses the needling points based on your condition and on the Chinese meridian system, a belief that energy flows through our body in a systematic pattern.

Swimming decreases the load on joints.

Exercise helps to keep joints healthy by:

- Encouraging the flow of synovial fluid into and out of the cartilage
- Strengthening the supporting structures (muscles, tendons, ligaments), as well as bones
- Increasing the range of motion, shock absorption and flexibility of the joint

- Prevents joint deformities
- Enhances sleep; reduces stress

Swimming and water exercises are an excellent overall body



Swimming is an excellent workout for all your joints!

workout and are especially recommended when non-weight bearing activities are needed.

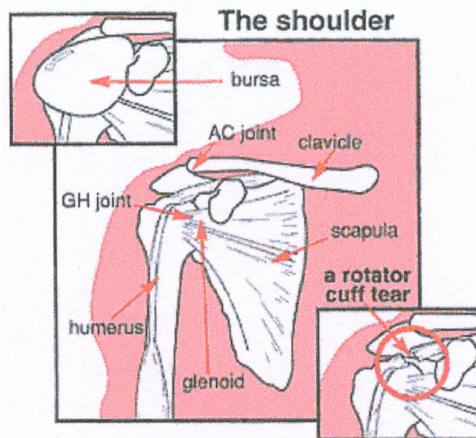
Deep water running is a great way to get a cardiovascular workout but without the stress of pavement on your joints.

Any exercise plan should be designed or approved by a health care professional.

Shoulder Anatomy 101

The shoulder has three joints; the glenohumeral (GH) joint, the acromioclavicular (AC) joint, and the scapulothoracic (ST) joint. When people refer to the **shoulder joint** they are usually referring to the **glenohumeral joint**. This is where the rounded head of the humerus meets the scooped-out glenoid fossa of the scapula.

Working in conjunction with these three joints to make the shoulder fully functional are an intricate system of bones, muscles, tendons, ligaments, and bursa sacs. Together they permit the greatest flexibility and range of motion of any joint in the human body. However, in this same respect, it also



makes it one of the most unstable.

To help stabilize this structure our body has developed a complex of four

muscles, collectively called the **rotator cuff muscles**. In as much as they allow movement of the arm, they also provide a large amount of muscular stability. It is these muscles as well as the components aforementioned that are prone to weakening, tears, nerve impingements and repetitive strain injuries of the shoulder.

There are several factors that contribute to shoulder disorders;

- the aging process, including disuse and atrophy
- strain and overuse
- trauma

Helping to heal dislocations

There are 3 bones that comprise the shoulder joint: the scapula (your shoulder blade), the humerus (your upper arm), and the clavicle (your collar bone). Although there is a large range of motion in this joint it in turn means that it is less stable, and in sports, is prone to injury and dislocation. The shoulder is most prone to dislocation in the anterosuperior direction. This

occurs when you fall on an outstretched arm or elbow.

Both chiropractic care and acupuncture are viable options to help restore range of motion of the joint and to ensure that the bones are healing in proper alignment.

Acupuncture can be applied right away whereas chiropractic care would be indicated after about

10 days.

Possible consequences of not being treated can include nerve impingements and “frozen shoulder” whereby the capacity of the shoulder is restricted in movement.

If you have had a shoulder injury in the past ask Dr. Rodwin or Dr. Moore to check your glenohumeral joint!

Glucosamine

Glucosamine is a **natural substance** found abundantly in the human body. *It is one of the major building blocks for the synthesis and maintenance of healthy joint tissue.* The body uses glucosamine to produce more cartilage components within the joint such as glycosaminoglycans, hyaluronic acid (natural lubricant found in synovial fluid), and collagen.

Research has suggested that the use of glucosamine may be beneficial in preventing overuse injuries to joints as well as aiding in the recovery of damaged connective tissue.

Promising research has shown that **glucosamine may help the body actually regenerate cartilage** in addition to easing the pain caused by insufficient lubricants and poor shock absorption.

Glucosamine is not an instant “pain reliever” and may initially take approximately 3-6 weeks before results are evident. So be patient, it is recommended that this supplement be taken for a minimum of two months before deciding whether or not it is beneficial. Remember that this is a supplement and changes may occur more slowly than would be expected with a drug compound.

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Where the athletes go!

We're running for the Cure on
Sunday, October 5. Thanks to all
those who have supported us!

BOOKING ON-LINE APPOINTMENTS

Having trouble getting an appointment via phone or even at the front desk? Why not e-mail us?

The health practitioners hours are all posted on the web. Let us know what would be convenient for you within those hours and we will return your e-mail either confirming that time or offering other availabilities. Make sure you specify the treatment you are coming in for so that we book the proper amount of time!

Visit our website at www.back2health4you.com and look for the link to "Book an Appointment".

What's the SIJ you ask?

And a good question that is! The SIJ is otherwise known as the *sacroiliac joint*. It is where the vertebral bodies of the *sacrum* join the *ilium* of the pelvic bone. It is one of the three joints that make up the pelvic girdle to allow both stability and mobility. The SIJ's help to transfer the weight from the spine to the lower limbs and act as buffers to decrease the force of jars and bumps to the spine when the lower limbs touch the ground (i.e. walking or jumping).

There is very little movement in this joint yet it remains an area, along with the entire pelvis, that can cause much discomfort.

Mechanisms of injury can range

from unexpectedly stepping of a curb or stair to landing on the side of your body with much of the force placed on your hip.

Rotations in the pelvic girdle can cause one hip to be slightly higher than the other. This means that more weight is being transferred onto one leg and the muscles are not working in balance. One side of the body will have its muscles in a shortened (or contracted) state

while the other side will be in a lengthened (and therefore weaker) position.

Picture also that the spine is now in a slightly curved position and the vertebrae are forced together on one side where they will have more pressure exerted on them.

All of this to say that a slight displacement of the sacroiliac joints or pelvis on the whole can result in much greater consequence to the rest of the body.

