

KINESIO CARE CENTER

NEWSLETTER

JUNE 2019 | 605-782-9871



MAY WAS GREAT!!

May was great, indeed. As I look back, I can't help but be filled with joy thinking about the amount of people we helped through chiropractic care in the month of May. All the hard work to get Kinesio Care Center up and running has already been so worth it!

Also, all the events we were a part of in May were so much fun. I'd like to thank the South Dakota Huntington's Disease Chapter as

well as the Feisty Fighters for allowing us to give to and support their amazing causes. It's truly rewarding helping those in need within the Sioux Falls community!

Lastly, our Graston on the Grass event was a success! Although the weather didn't cooperate (typical Sioux Falls) we were able to educate people on the uses and effectiveness of Graston!

- Collin DeWitt DC

MAY RECAP

We had fun in May, check out what happened.

CALENDAR

Make sure to read about the upcoming events in June on page 2.

SPOTLIGHT: Neck pain and headaches

How neck pain relates to certain headaches.

Our Techniques

Get to know more about our techniques on page 5.

FOR YOUR INFO

See what the month of June is all about.

COMMUNITY EVENTS:

JUNE 1st – Cystic Fibrosis Foundation Run/Walk at Riverdale Park

JUNE 2nd – National Cancer Survivors Day

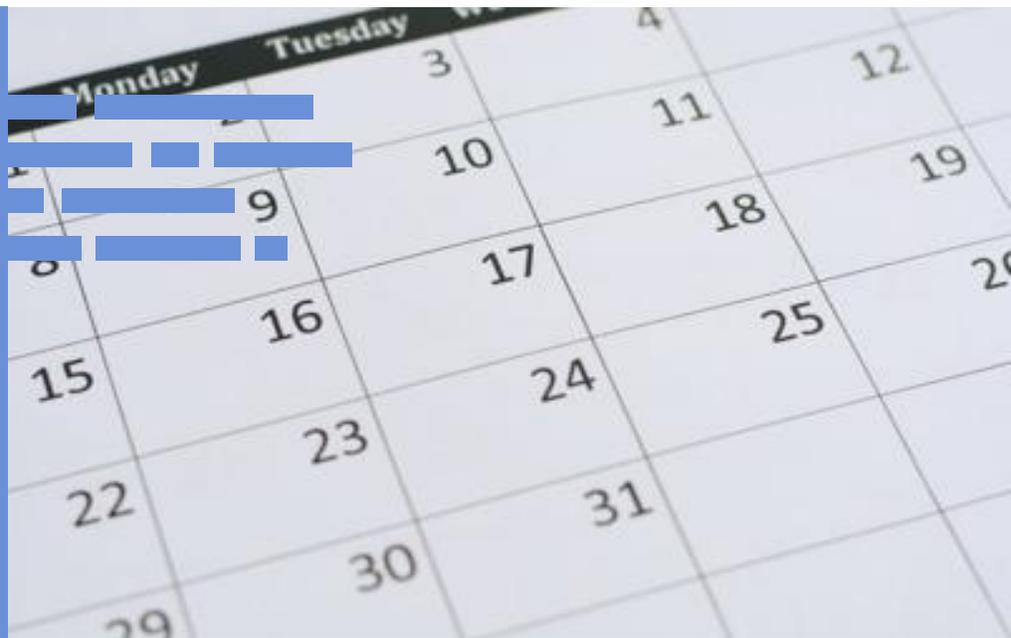
JUNE 8th – Festival of Cultures

JUNE 8-9 – Siouxland Renaissance Festival

JUNE 10-16 – National Men's Health Week

JUNE 15th – Sioux Falls Pride

JUNE 16th – Happy Father's Day!



“The preservation of health is easier than the cure of disease.”

– BJ Palmer (Developer of Chiropractic)

Don't wait for your symptoms to knock you down. Keep your symptoms down by maintaining and building on what you already have!! We're here to help you, give us a call at 605-782-9871.

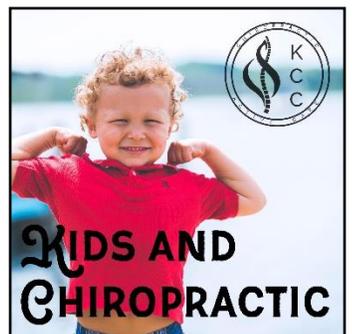
UPCOMING KCC-SPONSORED EVENTS:

11th

19th Annual Business Fair at the Sioux Falls Convention Center.

22nd

Kids and Chiropractic. Come learn from Dr. Kylie about what chiropractic looks like for kids, and how to know when they need care!



RESEARCH SPOTLIGHT: HEADACHES AND NECK PAIN



HEADACHES

Headaches are very common. It is estimated that 47% of the population suffers from a headache every year. There are two broad categories that headaches can fall under, primary and secondary. Primary headaches, like migraines, come on before any other symptoms. Secondary headaches come on after another symptom has been happening for a while.

CERVICOGENIC

Recent research has found that 15-20% of all headaches are cervicogenic. Cervicogenic headaches are characterized by unilateral pain that starts at the base of the skull and wraps up and over the head.

Since a cervicogenic headache is a secondary headache, that means there is primary issue causing it. For cervicogenic headaches, the primary cause is locked up neck joints and muscular imbalance.

MIGRAINE/CLUSTER

Migraine and cluster headaches are primary headaches. Although most are accompanied by neck pain, that's not

QUICK TIPS

Cervicogenic:

Unilateral.
Secondary to neck pain.
Can be relieved by chiropractic care.

Migraine/Cluster:

Unilateral and severe.
Primary with associated neck pain.
Can be lessened through chiropractic care.

Tension-Type:

Bilateral.
Primary cause is muscle tightness.
Can be relieved and prevented through chiropractic care.

What Works:

Chiropractic + muscle care + postural care

their true cause. Migraine and cluster headaches are caused by an underlying chemical or vascular issue. Although these headaches aren't caused by issues in the neck, chiropractic care to the head and neck area has been shown to reduce the frequency and severity of the symptoms associated with them.

TENSION-TYPE

Similar to cervicogenic headaches, tension-type headaches are caused by muscular tightness. The main difference is that tension-type headaches are bilateral, affecting both sides of the head. Tension headaches are considered primary headaches because the underlying cause is regional spasm of the head and neck muscles.

WHAT TO DO

Research has shown that joint mobilization, muscle stretching and strengthening, and postural reeducation can help relieve the symptoms of all headaches. And in cervicogenic and tension type headaches, those three interventions in combination have been shown to completely relieve sufferers of all symptoms.

FOR YOUR INFORMATION, MAY IS THE MONTH OF: NATIONAL SAFETY PRIDE MONTH



NATIONAL SAFETY MONTH

Injuries are the leading cause of death for Americans ages 1 to 44. The good news? Everyone can get involved to help prevent injuries.

During National Safety Month, Kinesio Care Center is working with community members to help reduce the risk of injuries.

This June, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

- **Poisonings:** Nine out of 10 poisonings happen right at home. You can be poisoned by many things, like cleaning products or another person's medicine.
- **Transportation safety:** Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 6 crashes where someone is injured involves distracted driving.
- **Slips, trips, and falls:** More than 1 in 4 older adults fall each year. Many falls lead to broken bones or head injuries.



“Since 2000, The Center for Equality has been working to protect and support the rights and well-being of LGBTQ South Dakotan’s and their families. For the past several months, we have been working to reshape our focus to what our community has been most engaged in – Sioux Falls Pride. Sioux Falls Pride’s mission has been to celebrate our diversity and shape a community to be more welcoming and supportive of LGBTQ people.

Last year, we saw a turning point in Sioux Falls: businesses throughout the city widely embraced LGBTQ pride by actively getting involved in the occasion. These businesses saw the importance and value of building a diverse and accepting city. As a result, Sioux Falls Pride moved beyond the park festival and could be felt across the entire city. We feel it’s important to build off this momentum to make Sioux Falls more than just a safe place for LGBTQ people, but a welcoming place.”

- Sioux Falls Pride

LEARN ABOUT OUR CHIROPRACTIC TECHNIQUES



Diversified Technique

Diversified Technique was developed in 1897 by the founder of chiropractic, DD Palmer, and further refined in 1947 by Otto Reinert DC. This technique involves the use of a gentle (low-amplitude), quick (high-velocity) impulse over a restricted joint in order to restore normal range of motion in that joint.

Diversified Technique is different from other techniques in that the impulse needed to correct restricted joints comes from the doctor's own hands. Another characteristic of this technique is the use of the patient's body mechanics to aid in producing the most effective adjustment.

Thompson Drop Technique

Thompson Drop Technique was founded in the early 1950s and later patented in 1957. This technique utilizes drops within the chiropractic table to aid in the adjustment by further reducing the amount of force the patient experiences.

A key feature of Thompson Drop Technique is the use of leg length checks. By assessing a patient's leg length, the doctor can find which area of the body contains restrictions. However, leg length checks don't tell the whole story, and further tests are needed to pin-point which specific joints are restricted.

Activator Method

Activator Method was founded in 1967 and later patented in 1978. In 1997, the Activator was approved by the FDA for chiropractic care of the spine and extremities. This approval came after multiple studies found the Activator to not only be effective, but also safe.

The Activator is a small handheld device that delivers a faster and more gentle impulse than any other technique. By being so small and fast, the Activator can deliver a precise adjustment while reducing the likelihood of muscles tensing during the adjustment.



Kinesio Care Center

Move | Feel | Live Better