



Creating Health

Providing knowledge to help you take control of your health and feel better

Brought to you by

Wilmington Clinic

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Both Dr. Fiscella and Dr. Cantrell are committed to helping clients of all ages achieve optimal health utilizing effective chiropractic, nutritional and energetic methods.

With decades of clinical experience as well as several advanced certifications between them, they are pleased to offer evidence-based services which improve the health and lives of those they serve.

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture/Pressure
- Nutritional Counseling
- Spinal Decompression
- Sports Injury/Rehab
- Orthopedic Treatment – Acute and Chronic
- Sinus/Allergy Treatment
- Auto/Work Injuries
- Digital X-rays
- Cold Laser Pain Control
- Weight Management
- Pregnancy & Pediatrics

Most Insurances Accepted

Chiropractic Care and Arthritis

By definition, “arthritis” is the inflammation of a joint with possible degeneration of its cartilage. It can affect one or more joints of the body. There are multiple kinds of arthritis but the most common are:

- 1) Osteoarthritis/Degenerative Joint Disease
- 2) Rheumatoid arthritis

Osteoarthritis or “wear and tear arthritis” is just that, a sort of wearing away of the joint cartilage (the lining between the bones of the joint). It typically shows up as we age after years of excessive use and wear on a joint.

This can affect any joint in the body.

Osteoarthritis of the spine is usually caused by bones in the spine that are not moving properly and/or have postural distortions.

The discs wear away and your body responds to stabilize the area. On X-ray, this reaction looks like little and sometimes quite large bone spurs. It is the body’s attempt to fuse these vertebrae in order to minimize their movement to protect them. Usually, the problem is not noticed until the disc deteriorates and the spurs (osteophytes) start to irritate (“press/pinch”) the nerves, causing pain. The other most common type of arthritis, called

Rheumatoid arthritis, is an inflammatory autoimmune condition that causes pain, swelling and disfiguration.

Many people today have both. Lifestyle has now been shown to have an effect on both.

There are many ways chiropractic care helps those with arthritis. As we grow during childhood and mature into adulthood our muscles tighten from activities, stress, trauma, and repetitive things we do (such as sitting at a desk, work, cleaning the house, picking up the kids, etc.) resulting in an imbalance to the joint producing a loss of mobility making them tighter than they should be. This in turn makes your spine have restrictions which can cause the discs to wear down more quickly (usually between 30-50 yrs. of age). Chiropractic physicians are trained to improve mobility and balance so that joints don’t have restrictions which lead to excessive pressure and wear down.



As your body maintains proper movement, not only is pressure minimized on the nerves, but your posture will improve and normal motion between the spinal bones is restored. This reduces your body’s need to lay down new bone to stabilize your spine. When that happens, your symptoms are reduced, and your quality of life improves. If you maintain that proper alignment, you become stronger and keep your symptoms from coming back.

The other way chiropractic care helps is neurologically. Anyone that has ever suffered from chronic pain, no matter the source, knows that it is made worse by “stress”-physical, chemical and emotional. Chiropractic treatments reduce stress to your nervous system allowing your body to relax, rest, and heal. By taking pressure off your nervous system, your body functions better. When your body is restored to proper function, healing and health happens naturally.

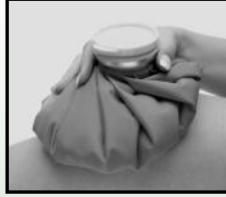
In addition, there are many ways in which proper lifestyle, nutrition and whole food supplements can decrease inflammation and help balance the immune system. Natural health care can help you avoid harmful pain killers and feel great! It can complement or decrease the need of some medical approaches that many of our population default to regularly.

As an example, the following is a sample case study. A 60+ patient presented themselves with a history of 2 low back surgeries, multiple injections and presently the chronic use of pain modulating drugs over the past decade which left them with residual pain 7 out of 10 daily and a moderate amount of dysfunction as it pertained to everyday activities (Activities of Daily Living). After an examination, the patient underwent a 3-month treatment plan with a combination approach of CMT (Chiropractic Manipulation Therapy), Myofascial Trigger point (Acupressure), Spinal Decompression, E-Stim, Cold-Laser-Light Therapy, Graston and Asian Cupping procedures, Rehabilitative Exercises and Food Supplement Support. Upon completion of said plan, the patient has eliminated their dependency on pain medicines, and they can participate in any and all their daily activities with pain levels 1-3 out of 10. Currently, they are following a supportive care treatment program.

Ice or Heat - How to Decide

When to use heat (warm) or ice (cool) for a musculo-skeletal injury is extremely important because improper use can do more harm than good.

The first rule is to **ICE AN ACUTE INJURY** and **HEAT A CHRONIC INJURY**. When you are first injured, your body's natural response is swelling and inflammation. Your blood vessels expand in order to rush more blood to the area and immediately start the healing process. You **DO NOT** want to use heat at this time. Heat will only cause even more swelling and inflammation -- and more pain. You want to use **ICE** within the first 24 hours of an injury. Ice causes the blood vessels to contract, reducing inflammation and bringing down the swelling, in addition to relieving pain by calming irritated nerves. To prevent frostbite, ice or cold packs should be wrapped in a towel, or just use a bag of frozen peas. Apply for 10 to 20 minutes every two hours during the first 72 hours.



HEAT is most useful for chronic injury/conditions, as it increases blood flow. Heat should **NOT** be used immediately after an injury, as it may ultimately increase pain and swelling. Sitting in a tub of hot water may feel good, however, the next day you will likely feel more pain and stiffness due to the increased inflammation it has caused.

Applying moist heat at a minimum of 72 hours after an injury, could be appropriate for healing, but be aware that **cool applications indefinitely is not a bad thing** either. Apply a warm, wet towel or submerge yourself in a tub for 10 to 30 minutes two to five times a day are commonly used methods. **Warm** rather than hot should be used to avoid the risk of burns, and heat should **NEVER** be applied for an extended period or when you are sleeping. Heat is also useful in cases of chronic injury, such as overuse injuries in athletes, shoulder impingement syndrome, bursitis and tendonitis.

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Mon, Wed, Thurs 11am -6 pm
Tuesday 8-11 am
Friday 6-11 am
Select Saturdays from 9-12
(by appointment only)

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Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health!
Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:
www.thewilmingtonclinic.com

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

Stay Hydrated...Your Fascia Will Thank You!

Throughout your entire body and wrapped around every bone, muscle, organ and tissue is a continuous web of soft tissue known as fascia. It connects every part of the body to another, gives support and stability, and allows for flexibility and motion.

When fascia is tight and dehydrated, it constricts your blood flow, makes your joints and muscles feel stiff, painful and inflexible and decreases your ability to perform daily activities. It also interferes with your nerves—which are controlling many functions in your body!

There's a vicious cycle regarding fascia... injury to the fascia can cause the fascia to dehydrate and become tight AND dehydration can cause tightness and injury to the fascia. Mild dehydration is more common than you think so it's important to take steps to stay hydrated.

Here are a few tips to help you stay hydrated:



- Don't wait until you are thirsty. Thirst is one of the last signs of dehydration so take sips throughout the day, before thirst hits. Side note: Mayo Clinic recommends a minimum 16 oz. of H₂O within the first 10 minutes upon waking up!
- Throughout the day drink small amounts frequently rather than large quantities all at once. The body utilizes water best in smaller quantities - around 4 oz every 30 minutes. Drinking a lot all at once may just run through you!
- Eat 2-4 servings of fruits and 6-8 servings of vegetables per day. Both have high levels of H₂O. Water in healthy food is taken in by your cells more readily because of the organic minerals in the food.
- Always drink filtered water when available. In addition, some have found adding a "pinch" of high-quality salt (Himalayan, Celtic, etc.) beneficial.
- Infused water with cucumbers, oranges, lemons, limes, and/or berries has become popular. It will add health benefits and it tastes great!
- Carry a water bottle with you. If it's handy, you'll drink more.