

# Adjustments

Spring Edition, 2001

Published by Brookdale Chiropractic & Physical Therapy Center

## Clinic Notes by Dr. Erickson

“ We've been busy...we've been working to improve all phases of our patient services. We are adding new staff, working on adding new, expanded space, and reorganizing existing space to improve our patient flow. You will continue to see changes throughout the year and we'll keep you updated.

Legislative issues are also on the forefront of my activities. Recently, while attending a legislative hearing on protecting consumer access and choice to health care, I was interviewed by the Pioneer Press for their Citizens' Voices segment. Below is a copy of the photo taken at the Capitol.

”



## The Accidental Motorist

What to do when you're in an accident.

According to the National Highway Traffic Safety Administration (NHTSA), there were more than 6 million car crashes in the United States in 1998—one for every 22 cars on the road. Recently Mercedes Benz, known as a leader in the automotive industry for safety, provided their customers with this expert advice about what to do in the event of an accident:



1. Don't leave the scene.
2. Pull off the road.
3. Provide reasonable assistance to victims.
4. Call the police.
5. Exchange information.
6. Alert your insurance company.

They also state “You should also be seen by a doctor as soon as possible, even if you don't feel any pain at the time of the accident, since some injuries don't manifest themselves immediately. And while no legal action may ensue, it's always wise to notify your attorney.”

## Did You Know??? Miscellaneous Facts and Statistics

### Cost of Care vs. Coverage

Recently we came across these staggering numbers comparing insurance premiums paid, what we receive for benefits and the difference (i.e. what the insurance company takes in).

Total Insurance Premiums Paid:	\$81,357,656
Total Insurance Benefit Claims for Care:	\$36,013,807 (44%)
Difference:	\$45,343,849 (56%)

Source: Summary Annual Report for the SIGNATURE BENEFITS PLAN, 1999. Disney Worldwide Services, Inc.

These statistics are evident here in our own state. Minnesota Attorney General, Mike Hatch, in a 43-page brief filed with his March 20, 2001 lawsuit, outlined a series of high salaries and lavish perks—golf outings and golf lessons, ski trips and condominium rental payments—that Allina provided to employees and consultants, and sometimes to brokers who sell the health insurance policies of its Medica subsidiary. The brief's most serious allegation was the assertion that Medica policy holders receiving care at hospitals and clinics operated by Allina may see up to 47% of their health insurance premiums spent on administrative costs. Hatch on Friday, March 30th, said he believed that some Allina spending, even if legal, was inappropriate for a company chartered as a “charitable organization”.

Source: Pioneer Press Online, “HMO and Hatch Reach Agreement”, March 30, 2001

### Prescription Drugs

Now at 12-15% of the total health care costs, spending for medications is expected to increase 18-23% annually. With 2.8 billion prescriptions dispensed in 1999, the consumer price index (CPI)—a national gauge of consumer spending—for prescription drugs is three times higher than the CPI for spending on health care services.

Marketing directly to consumers has risen dramatically. In 1991, drug manufacturing companies spent \$55 million to entice consumers. In 1999, \$1.8 billion went into TV advertising and marketing. By 2005, an estimated \$7 billion will be spent to whet the consumer's appetite for traditional, designer, and emerging medications.

Source: Information presented by Registered Pharmacist, Lisa Coe, a speaker at the employer seminar, “Healthcare and Prescription Drugs” (Mpls, 11/00)

A study designed to calculate the cost of drug related morbidity and mortality among outpatients in the U.S. claimed: “Drug related problems accounted for 116 million extra visits to the doctor per year, 76 million additional prescriptions, 17 million emergency admissions to hospitals, 3 million admissions to long term care facilities, and 199,000 additional deaths. The total cost was estimated to be \$76.6 billion.”

Source: Article #42-00 from Dr. Daniel Murphy, ICA, December 27, 2000

# New Disc Herniation & Low Back Pain Equipment

We continue to receive many low back disc herniation with radicular (leg) pain referrals. To better treat these conditions, we are adding this state-of-the-art equipment that may eliminate the need for surgery and decrease long term pain and disability. This therapy system can be used separately or in conjunction with our regular chiropractic adjustments and active exercise program, depending on the patient's particular needs. Contact us in the near future to schedule a consultation or to request more information about our new 3-D Active Trac.

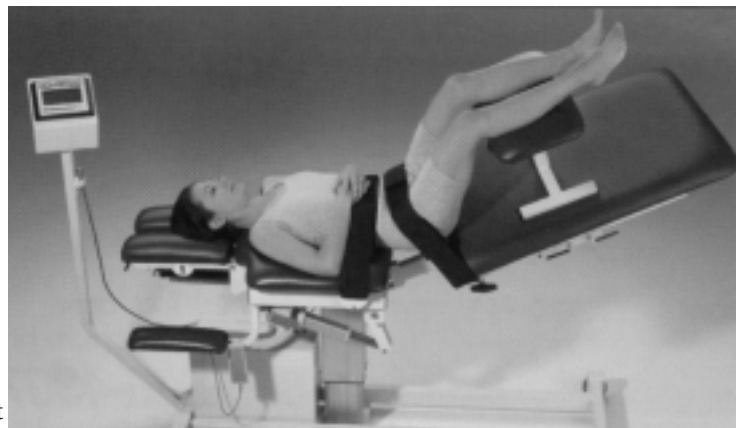
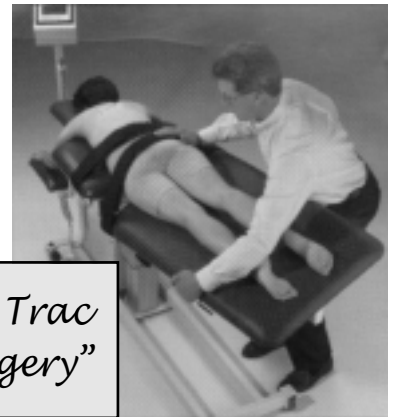
## **Primary Features and Benefits of the 3-D Active Trac**

- Actively powered cervical and lumbar traction.
- Pneumatic air cylinders are very durable and provide smooth, even traction force without jerking.
- Offers the widest variety of cervical traction treatment angles available to accommodate every patient's needs.
- Lumbar traction is more efficient and direct because the pull is in a horizontal plane, instead of at an angle. There is no need for ropes, pulleys or other attachments.
- Allows for accommodation of postural abnormalities that are typically very difficult to treat with traction. Makes treatment more comfortable. Allows traction treatment for the very acute or irritable patient.
- Ability to firmly stabilize most patients with less constriction of the ribcage and pelvis.

### ***Arnold Schwarzenegger Stars at Chiropractic Association Symposium***

Arnold Schwarzenegger was the headline speaker for a chiropractic symposium in Columbus, Ohio held March 2-4, 2001. A strong supporter of chiropractic and a patient himself for years, "Arnold" told the group "I depend on chiropractic and so does my whole family. I have been making a movie in Mexico and all of us on the set saw the chiropractor to keep us going. All of the crew, electricians, stunt people, actors, all of us, were adjusted regularly by this great woman chiropractor who worked around the clock to take care of us all. That's what chiropractors do, take care of people like no other

*"Try Our New 3-D Active Trac Therapy Before Back Surgery"*



## ***Cervical Traction FAQ's***

### **What are the indications for cervical traction?**

Cervical traction is most beneficial in these cases: 1) herniated disc; 2) any condition in which mobilization and stretching of soft tissue is desired; and 3) any condition in which opening the neural foramen is desired. Cervical traction can also relieve headaches and soft tissue stiffness if done correctly—with the force pulling from the occiput and not the chin.

### **Why is the supine position for cervical traction preferable?**

1) The key to traction being effective is to provide the patient with a position that promotes relaxation during the traction. This is easily accomplished in the supine position, not so in the seated position. 2) Force can be more easily and effectively provided while in a supine position rather than in a seated position.

### **How much force is needed to be effective?**

Patient comfort and clinical response should be the guide to determining the force needed. Studies indicate that 25-40 lbs is typically an adequate and effective force.

### **What is the optimum angle for cervical traction?**

Traditional cervical traction has been done with the head and neck in some degree of flexion. The manufacturer of the 3-D Active Trac recommends that a 15° angle of pull

for nearly every clinical indication. In some cases, a greater angle may be necessary for patient comfort or to accommodate severe postural deformities.

**Why Should Head Halters that Contact the Chin be Avoided?**

Even when the utmost care is taken to minimize the force on the chin, there often exists enough force to cause an undesirable effect on the temporomandibular joints (TMJ). Another undesirable effect of the head halter is that the force applied to the chin tends to cause cervical extension. Since many patients with cervical problems have a forward head posture, it is almost always undesirable to increase upper/mid cervical extension.

**Lumbar Traction FAQ's**

**What are the Indications for Lumbar Traction?**

Traction is the most beneficial in these cases: 1) herniated disc; 2) any condition in which mobilization and stretching of soft tissue is desired; and 3) any condition in

which opening the neural foramen is desired. Herniated disc is one of the most significant indications for lumbar traction. There is evidence that spinal traction can reduce disc protrusion and can relieve spinal root compression symptoms. Studies indicate lumbar traction creates a suction effect caused by a decrease in intradiscal pressure.

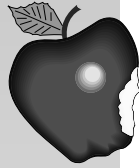
**How Much Force is Recommended for Lumbar Traction?**

The traction force must be great enough to effect a structural change (movement) at the spinal segment.

**What are Decompression Devices and How Do They Differ from Lumbar Traction?**

The VAX-D is an example of a relatively expensive traction device that is marketed as a "decompression" device. Decompression is an "unweighting due to distraction and positioning" and is essentially a synonym for traction. The manufacturers of this device recommend specific treatment protocols which can be simulated on other commercial traction machines available.

**Nutrition and Diet and Dr. Erickson**



If you've been to our website, [www.brookdalechiropractic.com](http://www.brookdalechiropractic.com), you know we have a section dedicated to anti-aging / longevity information. I started a longevity program and we will be updating the system periodically with before and after pictures and statistics. One important component of my program is diet and nutrition. I have considerably limited my intake of carbohydrates-flour and all types of sugar. I've been on this program for about one month and am finding that I have a lot more energy and have lost about 17 pounds. This program has allowed more protein (such as chicken, fish, yogurt, cottage cheese, and cashews) into my diet to maintain muscle tissue and to help function better and feel younger. Fat from foods such as olive oil and flaxseed oil, contain omega-3 fatty acids, which keep arteries flexible and supply the raw materials for hormones. These "good" fatty acids also promote healthy skin. To provide a balance in blood sugar and clean out the colon, I am eating more salads, at least 5 servings of vegetables (excluding corn, beets and carrots) per day, snacking on fruits (excluding pineapples, bananas, dried fruits-raisins, watermelon, mango and any fruit juice) and limiting the amount of red meat. The key to this program is to maintain a low glycemic diet which results in lower blood sugar / insulin levels.

**Low Insulin = Fat Burning =  
Lipolysis = Reduced Artherosclerosis  
= Decelerated Aging**

<b>Comparison with the Popular VAX-D Decompression Therapy</b>	
<b>3-D Active Trac</b>	<b>VAX-D Decompression Therapy</b>
Lumbar traction mechanism available with lower half of table actively powered (no rope or pulley needed)	Lower half of table actively powered for lumbar traction.
Cervical traction mechanism is integrated into the table with angle adjustability up to 30°.	No cervical traction mechanism available.
Table position adjusts in all dimensions.	No table position adjustability.
Electric control of hi/low table height adjustability.	No table height adjustability.
3-D has two types of patient stabilization systems including standard thoracic/pelvic harness system and a slim-line stabilization system which are more comfortable and less restrictive for most patients.	Pelvic harness only available- <b>patient uses hand holds to stabilize their upper body.</b>

# Department and Staff Directory

## Chiropractic Department

Kent Erickson, DC, Clinic Director  
Dave Lutz, DC  
Sara Reiser, DC  
Danielle Buske, DC  
Kate Lee, Clinical CA

## Physical Therapy and Massage Therapy Department

Steve Spoolman, RPT, Director  
Sarah Burski, PTA/MT  
Jess Cook, MT  
Natasha Karchevsky, PTA/MT  
Cathi Mich, MT  
Stacy Ridge, MT  
Colleen Roskowiak, MT

## Patient Services Department

Carolyn Chavez, Director  
Dana Johnson, CA  
Mai Vue, CA  
Lavaine Young, CA

## Billing Department

Amy Perunovich, Director

## Records Department

Jennifer Robinette

## Interpreting Services

Kate Lee, Hmong and Laotian  
Natasha Karchevsky, Russian and Ukrainian

## Accounting Department

Michele Doebbeling

## Data Processing and Efficiency Consultant

Anthea Johnson

## Transportation Services

Karen Kalanges  
Tou Yang

*Look for features on Acupuncture and the  
benefits of Shoe Orthotics in our next newsletter!*

Contact Us At:  
Brookdale Chiropractic  
& Physical Therapy Center  
5740 Brooklyn Boulevard, Suite 100  
Brooklyn Center, MN 55429

General Line: 763/561-4045  
Business Office: 763/566-1862  
Facsimile: 763/561-8690



Patient Services: chavez@brookdale-chiro.com  
Billing/Insurance/Records: aperunovich@brookdale-chiro.com  
Doctor Inquiries: kjerckson@brookdale-chiro.com  
Website Address: www.brookdalechiropractic.com

