



The Dr. Glenn Report

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Shocking results from a Temple University Study find a link between hunching over a tiny electronic device for long periods and neck pain. Read on to protect yourself and your loved ones from this totally unexpected problem...

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I figured in this season of festivity and goodwill towards all, you could use a little sarcasm.

So, I came across the following on the web a few days ago. In a nutshell, it says that some researcher actually used money to determine that spending too much time texting can cause neck pain. Wow! Who knew?

Here's a little summary I copied from Livescience,.com written by Andrea Thompson.

Texting long messages can be a pain in the neck — literally. The repetitive action of working your fingers across the (keyboard) of your cell phone can cause some of the same chronic pain problems previously confined to those who'd spent a lifetime typing, a new study suggests.

The possible connection is particularly worrying given how much teens and young adults — and increasingly those in professional settings — are texting nowadays, said Judith Gold of Temple University in Philadelphia, who carried out one of the first studies on the potential connection.

Text messaging is a fairly new technology, Gold says, so this is a new area of research for those who study ergonomics. But the links between carpal tunnel syndrome, bursitis, and tendonitis for office

workers and others who spend much of their day typing are firmly established, and "given the similarities in body position, findings from research on overuse injuries from computers could be applicable" to texting, Gold said.

"The way the body is positioned for texting — stationary shoulders and back with rapidly moving fingers — is similar to the position for typing on a computer," Gold explained.

To look for a broader link between texting and chronic pain, Gold and her colleagues sent a questionnaire to 138 college students asking them to report the number of text messages they sent per day...

The research showed an association between number of text messages sent per day and shoulder discomfort. The effect seemed to be particularly pronounced in males, though Gold says she doesn't know why that would be.

"That suggests that there is something going on," Gold told LiveScience

Yes, something is going on alright. But there's nothing worth studying here unless you have grant money to waste by the end of the year. Temple is a public school in Philly, where I'm from, so it's a good bet that the money here ultimately came from us, the taxpayers of the United States, but I digress. Texting and typing and sitting are all

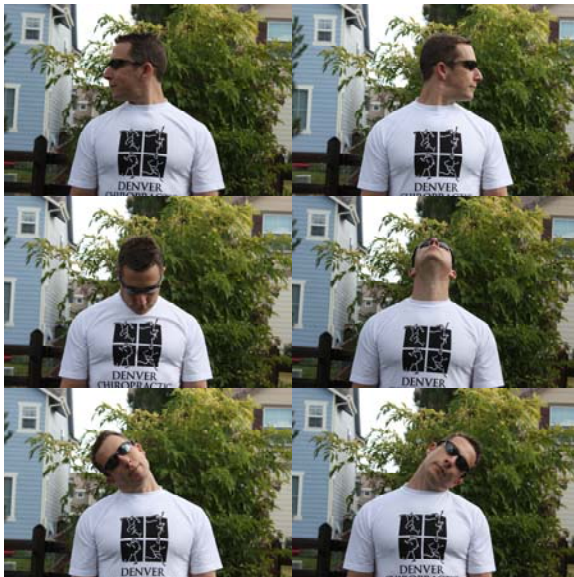


problematic for the same reasons. They keep the muscles in your neck actively contracting for hours on end. When that happens, these muscles get tight and don't get adequate circulation. Too little circulation means too little oxygen, and this is what causes scar tissue to accumulate in muscles. The muscles get tighter and they start to hurt. Incidentally, this same process causes back pain in cyclists, and knee pain in runners, etc.

Movement and stretching are the cures for this problem. Maybe Temple University will announce *that* startling finding soon. Movement and stretching bring more blood to the muscles. In that blood is oxygen.

So, in the interest in controlling health care costs in this great country of ours, here are a few very basic stretches and one simple exercise that you can perform to help keep your neck muscles happy. Because, let's face it, texting is kind of awesome and we're all going to keep doing it anyway, right?

If you find yourself spending a lot of time typing or texting, make sure you take hourly breaks for stretching. All you need is about 5 minutes. First take your neck through the cardinal directions 3 times (side to side, up-down, and ear to shoulder.)



Then, do the rhomboid stretch shown here. Reach your right arm across your body. Turn your head to the left so it's looking down the line of your arm. Tuck your chin and gently pull your head to feel the stretch down the right side of your neck and into your right rhomboids.



Finally, do the following exercise, either on the floor or in a chair (if in the chair, sit up straight and look up at the ceiling):



Dynamic Sweepers. 1. Lying on your abdomen, come up into the "cobra" position. Pinch your scapulae (shoulder blades) together and bring your hands to your sides with your thumbs pointing toward the ground (internally rotated).

2. Simultaneously sweep your arms over your head and externally rotate.

3. In the finish position, bring your arms all the way in front of you with your thumbs pointing towards the sky. Then, while maintaining the cobra position and keeping your scapulae pinched, return to the starting position.

Of course, if you do have neck pain or shoulder pain, I can help you with that. 303.300.0424

Update on the kids

A lot of you have very kindly taken an interest in my family, so I thought I'd let Meredith give you an update on each of the boys and what they're up to as of November– December, 2009



Little Zachary is about 11 weeks old as I write this. He's smiling, almost sleeping through the night, and eating a lot.



Jason turned two in August. He's doing a whole bunch of talking, and absolutely loves football, hockey, and baseball. His favorite food is macaroni and cheese.



Andrew's the big brother, and he's 4 & 1/2. He loves superheroes, particularly Spiderman and Ironman. He's been learning to write the alphabet and is looking forward to ski lessons this year.. His favorite food is chicken nuggets.

The unheralded wisdom of arm training...

For a long time, I turned against the idea of arm training because some of the gurus I was following said it wasn't "functional." Then I started mountain biking. Screaming down steep rocky trails and holding on for dear life certainly seems to seriously tax the triceps. And holding small, squirming, and sometimes screaming kids can do a number on the biceps. As a result, I re-introduced arm training into my workout life.

Here's what I discovered. Most of us here in Colorado are involved in sports that use the whole body. We ride, we run, we ski, we hike, we climb, we snowshoe. These activities are taxing. Mixing in some arm training, sort of like a bodybuilder would, is a way to give your body a break and get a workout in.

So throw an arm day into your routine every once in a while. I do it when the rest of my body feels a little fried but I still want to do something. Here are my favorite arm exercise. Do them circuit style, 3 times through, about 8-12 reps for each exercise.

Of course, check with your doctor first....

1. Cross-body hammer curls. Start with the weight at your side and curl up in the 'hammer' position (thumb toward the ceiling). Curl across your body, return to the start position and switch sides.



2. Lying triceps extensions. Make sure you don't bonk yourself in the face on this one. Start with two dumbbells on the floor just above your head. Make sure your elbows are pointing at the ceiling. Straighten your elbows by bringing the weights up towards the ceiling. Lower slowly to the starting position.



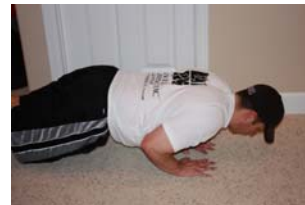
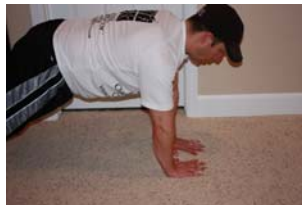
3. Standing dumbbell curls. I prefer to go heavier with this exercise. Make sure you slightly flex your knees and curl the weights WITHOUT using your back.

The unheralded wisdom of arm training, continued...

Close-hand pushups.

Start with your hands about an inch apart in the top position. Lower slowly until you're about an inch from the ground.

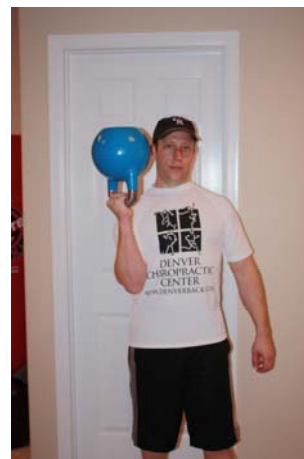
Come to a full stop and push yourself back to the start position. Make sure you move deliberately and don't bounce as this is a lot of stress on the elbows.



Kettlebell bottoms-up cleans (do one-arm dumbbell curls if you have no kettlebell).

Start with a relatively light kettlebell in one hand. Hang clean it to the bottoms-up position by squeezing the handle and looking at the bell. Try to hold this position for about 3 seconds before lowering.

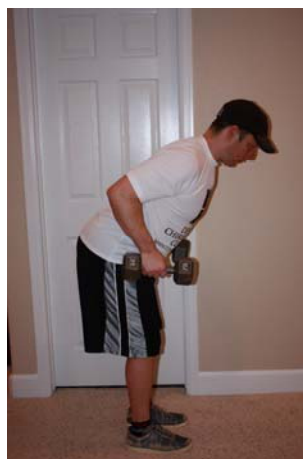
This works both the biceps and the forearm muscles and is yet another unique exercise that you can't do with dumbbells.



Standing tricep kickbacks.

Stand with two dumbbells in your hands, arch your back and tilt your body forward to about 45 degrees. Keep your back arched as you straighten your arms back behind your body. Then return to the start position. Make sure you looks straight ahead.

Again, maintain control as opposed the throwing the weights back wards.





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Thank you.

In closing, I just wanted to thank all of you for the last year. In this tough economy we've had our best year ever. We'd like next year to be even better. We've added more insurance plans to make our care more accessible to everyone and kept our out-of-pocket fee the same for those without insurance.

I am an in-network provider for these insurance plans:

Aetna, Blue Cross, Great West, Humana, Pacificare, United Health Care, Kaiser PPO, and Mail Handlers. We're trying to get into Cigna's network. Next year, we will not raise our out-of-pocket prices. We also continue to offer massage therapy.

Our holiday vacation schedule is as follows:

Regular schedule through December 23rd. From December 24 – January 3, we're closed. I know that's inconvenient for some of you, but I like to take a little extended time with the family and relax. Robyn will check messages throughout the holidays. We'll be back in the office January 4, 2010, ready to serve you. I hope all of you have safe and happy holidays.

Take care,
Glenn Hyman

Do you have FSA money that you need to spend by the end of the year?

Chiropractic care, Active Release, and Massage Therapy are all covered expenses under Flexible Spending Accounts (FSA's). We can provide you with the necessary documentation for reimbursement. If you need documentation for visits you've had, let us know. If you still have money to use up by the end of the year, call to make an appointment. In most cases, you lose that money at the end of the year, so you may as well use it. It's yours!

