

VIENNA CHIROPRACTIC ASSOCIATES NEWS

January-April 2015

www.neurologicalfitness.com

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CALENDAR:

Dec 29 “Catch up” Day, office open
Jan 5 Open, first full day in 2015
17, 31 Saturdays Open
19 Chiropractic Independence Day
Feb 7, 21 Saturdays Open
2 Chiropractic Independence Day
March 14, 28 Saturdays Open
1 Independence Day
April 11, 25 Saturdays Open
20 Chiropractic Independence Day
May 2, 23 Saturdays Open
18 Chiropractic Independence Day
25 Memorial Day, office closed

HOURS:

MWF: 10AM-1PM & 3PM-7PM
T: 10AM-1PM
SAT: 9AM- Noon...Note: We
hold Saturday hours
approximately twice a
month. For the Saturdays
available each month,
please check our calendar.
2nd Note This calendar is
made up months in
advance and is subject to
change to accomodate
seminar dates, etc.

PETS FOR VETS

We'd like to thank those of you who gave so generously to Pets for Vets. You have helped someone to acquire an understanding, non-judgmental friend at a time when that is a huge help (as if it weren't always!)

There are terms we often use in the office that will help you understand what we are looking for in our analysis and care. The following are a few of the most basic. Looks like the kids aren't the only ones going back to school!

WHAT IS AN ADJUSTMENT?

The adjustment is the signature therapy of chiropractic. It is specific and found on careful analysis of your spine and sometimes your extremities. This is in contrast to spinal manipulation which can be a general mobilization. The following definition, and the next one, are from *SOMATOVISCERAL ASPECTS OF CHIROPRACTIC: An Evidence-Based Approach* by Drs Todres and Masarsky:

Adjustment: *A maneuver specific in vector, velocity, intensity of force and point of application that is intended to assist the body in restoring normal tone by correcting subluxation in whole or in part.*

An adjustment may be extremely light force or something a little more intense in speed or force. Since each adjustment is designed to target a specific subluxation, if a segment or group of segments is sitting and moving properly, there is nothing to adjust, though we may apply some form of therapy directly to your muscles.

OK, WHAT'S A SUBLUXATION?

From the same source as the above:

Subluxation: *A complex of functional and/or structural and/or pathological articular joint changes that compromise neural integrity and may influence organ system function and general health.*

When we analyze your spine and the related musculature at each visit, we are looking for the subtle and sometimes not so subtle changes in joint mobility and positioning that can cause your nervous system to react with pain or malfunctioning muscles or organs. The following definition, also from "**SOMATOVISCERAL ASPECTS OF CHIROPRACTIC.. An Evidence-Based Approach**" may help clarify this in terms of day to day health:

Vertebral Subluxation Complex (VSC): *Subluxation at one or more spinal levels resulting from mechanical, chemical or emotional stressors and resulting in functional and eventual pathologic changes in the constituent tissues of the involved motion segments, Functional and eventual pathologic changes may also occur in distant tissues influenced by the resultant neural disturbance.*

In other words, the slide away from good and, as much as possible, pain free health can begin with a physical problem, like a fall or spending too long in one position, exposure to toxins, whether allergens or artificial or natural but noxious substances or stressors that can deplete natural biochemical caches until the individual's system can no longer perform its protective functions. At that point, the nervous system becomes less efficient and requires correction.

MAINTENANCE VS EARLY INTERVENTION

You will often hear people who make regular appointments (monthly, seasonal or other) without having a specific acute complaint say they are coming in for maintenance care. While you may make the linguistic case for "maintenance" based on the fact that you are attempting to maintain a level of health, we think "early intervention" makes even more sense. With "early intervention" you are working toward maintaining your health, but you are catching structural/functional problems while they are still minimal though present. We get to know your spine well enough that it will often tip us off on problems that on another individual might not be indicative of possible problems at all, but on you are an indicator tied to what we've learned about you during previous visits. If you come in for an early intervention visit and we don't find anything, well, then there's nothing to adjust. In the event that we find something, we'll fix what we find. You'll feel better and possibly cut down on the number of visits used in a year, as well as time lost from work and family, since a little problem is easier to fix than a big one. Early intervention is the basis for our multipacks.

ARE YOU ON MEDICARE?

Medicare can confuse the most experienced of us. We hope the following is useful to you, especially if you are approaching 65.

Part A: This hospitalization. You get this on turning 65. It does not include office visits of any kind, but will help if you are injured and need to spend time in a rehab facility or hospital.

Part B: This is what most of us think of when Medicare is mentioned. It covers office visits. You have to register for this and there is a cost (comparatively low) as well as deductibles and co-pays. Standard government Medicare covers very specific types of health care, including chiropractic, at established frequencies and procedure levels. Most people on Medicare also purchase supplemental plans to cover the deductible, co-pays and certain other items not covered by Medicare itself. There is no one party payor, as the government franchises their Medicare policies out to private companies.

Part C: These are the Advantage plans. They are private and vary from plan to plan. Some cover medications, as opposed to the patient purchasing a Part D plan. Many do not cover chiropractic, but do cover a variety of other items not covered by the government directed plans.

Part D: This is strictly a plan to cover prescription medications.

When you begin participating in Medicare, please tell us as soon as you can. Otherwise, please bring your card with you at the first visit after Medicare becomes effective. This prevents confusion as to where you are in the program. Please check www.medicare.gov for full details.

THE ARCADE!

There are things you can do to work on your reaction time. Go to: www.neurologicalfitness.com for a free reaction time workout. We love the baseball game especially and we think you will, too.

HAPPY2015!

As always, THANK YOU FOR YOUR REFERRALS! We are a referral driven practice and appreciate your votes of confidence in us.

News

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Address correction requested