



BACK IN MOTION

SPORTS INJURIES CLINIC, LLC

11385 SW Scholls Ferry Road
Beaverton, Oregon 97008

HANDS ON CARE OF SPORTS INJURIES



BACK IN MOTION **SPORTS INJURIES CLINIC**

Celebrating 20 Years of Excellence



Newsletter

March 2010



Dr. Forcum Goes To Washington

On February 25-28, 2010, Dr. Forcum was in Washington, D.C., as the ACA Sports Council's representative at the National Chiropractic Legislative Conference.

This meeting marked Dr. Forcum's second appearance, whereby he presented educational lectures as well as met with a variety of political figures including presidents of several colleges and a handful of senators and representatives from around the country.

His primary meeting was held with intentions to broker a merger between two international organizations. This work will continue on for quite some time and will have a significant influence on future gains in how chiropractic is represented. At the center of attention is the current debate on capitol hill on a healthcare bill.

Now is the time to make your voice heard on this issue before it is too late. Please join ChiroVoice today at www.chirovoice.org to send your message to Washington.

Next Stop, Chile

On April 16-26, 2010, Dr. Forcum will visit Santiago, Chile to present an educational program for the International Chiropractic Sports Science Diploma (ICSSD) for the Fédération Internationale de Chiropratique du Sport (FICS). The ICSSD is the minimum qualification required to be part of a FICS chiropractic delegation for a national or international event such as the Olympic and World Games.

By now most are aware that this region has been shaken by the largest recorded earthquake in history and remains affected by hefty after-shocks. Fortunately, the local doctors' in the region have assured Dr. Forcum that Santiago holds well-structured buildings that were not significantly impacted by the earthquake and the program will continue as planned. Dr. Forcum will teach on injuries to the leg, ankle and foot, as well as athletic and kinesiology taping techniques.



Just How Important is Milk for Strong Bones?

By Dr. Minarik

In working with patients with digestive problems, or when initiating an anti-inflammatory diet, I often get the question, "Well, if I cut out dairy, how will I get enough calcium?" Conventional wisdom has taught us that milk builds strong bones, and many people trust that their daily dose of milk, daily yogurt or cheese will help stave off their risk of osteoporosis.

I have never really bought into this, as calcium is but one of 11 key nutrients to bone. Also, many vegetables and other common ingredients of our diet contain calcium, a quite abundant mineral, and most calcium supplements advertised or recommend by doctors are poorly absorbed. My education and research has further led me to believe that the need for dairy has been overstated.

Trust me, I enjoy the taste of a good smoked gouda or even a simple grilled cheese sandwich. And whey, a protein found in milk, is an excellent source of detoxifying amino acids as well as a superb nutrient for building muscle. However, many adverse reactions can be a result of not being able to break down the sugar in dairy (lactose intolerance) or having protein sensitivities that may cause problems such as skin rashes, fatigue, headaches, joint pain and more. Further, dairy foods have an acidifying effect on the body and can be quite inflammatory. Cutting them back or out altogether can have profound effects on energy, digestion, and chronic pain.



In a new book, *Building Bone Vitality**, the authors reviewed every large scale study done on milk, dairy, and calcium supplements and the effects on fracture rates and osteoporosis. They did a compelling job of not only debunking the calcium myth, but also outlining the true keys to maintaining healthy bone mass, with 1536 pages of study abstracts to support them. I'll outline some key facts here:

-Four world-wide studies done since 1985, comparing fracture rates with calcium and dairy intake all show countries with the highest intakes of dairy had the highest incidence of fractures.



Continued.....

.....*Milk continued*

-Out of 140 scientific studies done in the last 3 decades, a full two-thirds of the studies showed no benefit to taking calcium supplements or dairy for preventing fractures.

-Some studies have actually shown an increased risk of fractures with increased dairy intake.

The mechanism of calcium balance, and the body's regulation of bone density is a subject for another article. But a key point to note is that *high meat, dairy, and bread diets have an acidifying effect on the blood.*

The body uses calcium to buffer this effect, and 99% of the body's calcium is stored in the bones. So, if you like to enjoy a bit of cheese, or the occasional bowl of ice cream, have at it. But forget the concept that you are doing any major favors for your bones and unless prescribed for a specific reason, you can probably forget the calcium supplement as well.

If worried about your bone density or future risk, make an appointment to discuss mineral deficiency testing, dietary modifications that have a bone-saving effect, or proper mineral supplements that have a full range of nutrients to support the bones.

* Building Bone Vitality, by Amy Joy Lanou, PhD and Michael Castleman.

**Dr. Hohensee
Addresses TMJ
Disorders (TMD)**



TMJ or tempromandibular joint is often incorrectly used to refer to TMD or tempromandibular disorders. TMD spans a wide variety of symptoms in the face, head, neck and upper back.

Some of the common symptoms of TMD are pain in the jaw, neck, face and shoulder, inability to open the jaw, clicking, popping, headaches, toothaches, dizziness and earaches to name a few. These symptoms can result from both trauma and overuse from chewing gum, etc.

Treatment for this condition is not always obvious. There are many treatment options available for TMD from medication to surgery. In patients with TMD there is often an imbalance between the muscles that open and close the mouth. This is partly due to the strength of the muscles that close the mouth. Posture and stress can also play a role in TMD either indirectly through muscles of the neck and upper back or more directly by activities like clenching your jaw.

So how does chiropractic fit into your TMD symptoms relief? Here at Back in Motion care is taken to relax tight muscles, improve neck and jaw motion, and develop more efficient muscle motor patterns of the face and neck.

Tough Angel

By Margaret Linn



Ask any staff or patient alike and Stefan Furst will be described as not only an exceptional provider but also a skilled athlete and a philanthropic fund raiser.

Whenever I ask Stefan what he did over the weekend, his answer always involves something action-packed, (with family in tow) from biking a "casual" 35 miles to hitting the slopes of Mt. Hood. He could be seen training for his annual LIVESTRONG® Challenge; a 100 mile bike ride championed by Lance Armstrong to raise funds for cancer care and research.

"Stefan is amazing" says Dr. Hanson, who described a time when they organized a relay team for the Nautilus Challenge. When one team member called in sick, Stefan ran her relay in addition to his own. "He's like Superman."

Additionally, his time is dedicated to coaching a team of acrobats and dancers that make up the many classes around the DO JUMP Physical theater.

Last fall brought a new test for Stefan when he injured his shoulder while windsurfing. This serious and painful injury threatened to slow his active schedule down, and worse, at the point of evaluation he was told he needed surgery. Though Stefan has been plenty strong enough to treat his patients, getting to top shape again would mean months away from his job. The costs of surgery hung heavily as well.

His extended family of acro-dancers and friends decided to do something about it: A "Stefanefit". Quick organization and planning led to an Echo Theater event that included music, acrobats and dance performances to raise funds on his behalf. Just a week before the event, a massive earthquake struck Haiti, and left us all to wonder what horrors awaited a country with such devastation and limited resources. Stefan heard the call.

"These people have nothing but heartache and death around them" said Stefan in his appeal for attendance to the event, "I am going to send the funds I raise to them." And that is exactly what he did, generating a check for \$2,000 for Doctors Without Borders Haiti relief program.

Thus paints the picture of a reluctant contributor to this article, except for the fact that it's time to ride again and raise funds.


"This will be my 5th LIVESTRONG Challenge, and my son Paul's 4th, held June 19th in Seattle. I feel committed, now more than ever, to help to beat Cancer."

Stefan is trying an alternative to surgery that holds much promise. Prolotherapy provided by our naturopath Dr. Minarik is already giving him more strength and range of motion. Stay tuned as the tough angel plans his next attack- against cancer.

Office Hours:
Monday thru Thursday
7:00am - 8:00pm
Friday 7:00am - 7:00pm
Saturday 8:00am - 2:00pm
Gift Certificates Available

Sports Chiropractic Physicians
Dr. Ted Forcum
Dr. Tamara Lovelace
Dr. Steve Hanson
Dr. Drew Hohensee
Licensed Massage Therapists
Michael Collins, LMT*
Stefan Furst, LMT*
Molly Verschingel, LMT*
Naturopathic Physician & Licensed Acupuncturist
Ryan Minarik, ND, LAc*
Exercise Physiologist
Mike Boggs, BS, MBA, CSCS*
*Independent Contractors

TO HELP US BETTER SERVE YOU:



When making a chiropractic appointment, please inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If it has been over six months since we last treated you, or if you wish to be seen for a new condition, please let us know as we will need to set aside 45 minutes to make sure we have enough time to examine you properly. We appreciate your understanding and cooperation.

ABOUT BACK IN MOTION

Back In Motion Sports (BIM) Injuries Clinic, LLC, is located in Beaverton, Ore., specializing in diagnosing injury and understanding its cause to prevent future reoccurrences. Established in 1988 by Ted Forcum, DC, DACBSP, BIM provides chiropractic treatment, massage therapy, Acupuncture, Naturopathic and exercise physiology.

Chiropractic care of sports injuries includes manipulative therapy, physiotherapy, Active Release Technique® (ART), Graston Technique®, Exercise, Diet and Nutrition, and Orthotics and Supports.

Our goal is to provide the finest in alternative and complimentary care with an emphasis on athletic care, thereby achieving a long-term solution to return the patient to an active lifestyle.

Receive your monthly newsletters electronically. Visit our website below, select "Newsroom", and scroll to "Subscribe to BIM Newsletters".

**11385 SW Scholls Ferry Rd.
Beaverton, Oregon 97008
(503) 524-9040
www.bimsportsinjuries.com**