

The Atlas Times

Issue #5

Baker - Borski Chiropractic, S.C.

May 2015

Happy May Day!



Welcome to the following New

Patients

Ronnie G.	Hasan M.
Nikki O.	Jess W.
Mary Lou Z.	Phyllis S.
Hannah P.	Erin H.
Peggy C.	

Thank you for your referrals

Sharon G.	Brad Z.
Sheri P.	Dr. Blahnik
Hillary Z.	Carol B.

Welcome back!

Paula K. Kurt K.

Dr. Borski will be out of the office May 15-19th. Dr. Baker will be seeing his patients on those days.

"Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifice." President Harry S. Truman



We will be *closed* Monday, May 25th for the holiday! We will be open Tuesday, May 26th from 8:30-1, 3:15- 5:30 p.m.

Happy Feet??!!

We are seeing more and more pediatric patients with foot problems: over-pronation, collapsed arches and pain into the ankles, legs/shins and hips/spine. What is different today than say, 20 years ago?

Here are some of my theories:

- 1. Overtraining.** I believe this to be the number one problem in children's sports today. Well meaning but overzealous coaches and trainers, ill equipped with physiological education on the facts of a pediatric neuromusculoskeletal system are inadvertently leading to long term damaging effects of intensive sports training including weight training. Children (children!!) are being told to work through the pain, toughen up, and no pain, no gain. **HOGWASH!**
- 2. Shoes.** Why were we able to go barefoot or just wear flip flops and Keds while children today are wearing Crocs and having foot problems? Again, some of it may be that some kids are more intensively involved in sports

now at younger ages (rarer when I was a kid). Their feet are getting a more intense workout all of the time. I would also guess that many kids today are proportionately heavier. So their free time spent barefoot or in Crocs is aggravating overworked feet by offering no support. Some kids are wearing their Crocs all of the time. Not a good idea. They're fun, casual, and summery. But they do little to support the primary arches of the foot. Don't let your kids wear their shoes until they're worn out completely. Look at the bottoms and sides of the shoes. If they are showing serious wear, replace them. Look for uneven wear. That indicates more serious problems that may require more invasive treatment: taping and/or orthotics.

- 3. Genetics.** Genetics may determine a predisposition toward foot problems. Reasons #1 and #2 will exacerbate bad luck/genetics.
- 4. Trauma:** obviously trauma and accidents will affect the foot structure accordingly.

What is the solution?

Making sure your children are receiving regular adjustments helps the spine and related structures stay in alignment so they have a normal gait and balanced posture. Make sure your child wears good, supportive ergonomically correct shoes. If the wear is uneven, or your child continues to complain of foot, ankle, leg, hip and/or spine pain then more intervention is needed besides adjustments, such as taping, and/or orthotics. The price of orthotics can

be money well spent if the other problems are circumvented and/or stopped. We do provide custom orthotics in our office through **Foot Levelers, Inc.** We have used them for years and feel they are a superior product and they are reliable.

May is Mental Health Month

Most people are unaware that the profession of chiropractic had a mental health facility in Davenport, Iowa. In the fall of 1922 a psychiatric hospital was opened, later known as Forest Park Sanitarium. Several years later a second institution opened – Clear View Sanitarium. Today it is an alcoholic rehabilitation center. After a fire devastated Mercy Hospital in Davenport, the psychiatric patients went to Forest Park and that institution eventually became Davenport Psychopathic Hospital. Hospital records show that patients found great improvement in mental illness conditions. The facility was closed by the end of 1961 due to restructuring at Palmer College of Chiropractic which owned it.



From actual church bulletins:

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help!

For those of you who have children and don't know it, we have a nursery downstairs!

Potluck supper Sunday at 5 p.m. - prayer and medication to follow.