

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Paul Milone

" In great affairs men show themselves as they wish to be seen; in small things they show themselves as they are." ~ *Nicholas Chamfort*

Did Dr. Oz Really Say This Tiny Tibetan Fruit Is The "New Miracle Berry?"

DON'T BE FOOLED! Separate fact from miracle claim fiction and discover why one fitness author says Dr. Oz and Oprah have sued over 50 companies...

PLUS...

- Driving tips and suggestions to save money - especially this summer!
- *What to do if your cell phone gets wet.*
- Los Angeles Times Reports: "Ovarian cancer screening does more harm than good"
- *Plus, the incredible story of "NUBS", the Middle Eastern war dog, and the loving soldier whosaved him...*

Marblehead – Miracle this! Amazing that! How many times have you heard about a "magical" plant that will instantly melt 50 pounds off your waistline - or cure you from any disease known to humankind?

There is always "proof" that this magical plant works because some culture or tribe or group of people living in some far off mystical land has been using it for centuries and they are all skinny, healthy and live to be 165 years old!

If this stuff is so good, why hasn't everyone already heard about it? Because... it's been hidden in that far off, mystical land!

Ah... the magic of advertising. You have to love how the magical cures are never found in someone's backyard in Ohio. It's always halfway across the world, usually in a rainforest.

Well, now there is a tiny Tibetan fruit that is claimed

to help people lose weight without any other kind of diet or exercise.

The fruit is the sea buckthorn berry and advertisers are going crazy because it was mentioned on the Dr. Oz show.

Here's what einnews.com had to say about the issue, "Sea buckthorn oil is a helpful antioxidant, but fitness author Rusty Moore warns us to be skeptical of some of the claims websites are making. Buzz was generated online after Dr Oz featured this 'super food' on his TV show. Dr Oz claims that sea buckthorn oil is a healthy supplement that aids in digestion and has antioxidant properties similar to Vitamin C.

"Online marketers have been using the endorsement of Dr. Oz to distribute sea buckthorn oil. In the past 3 years, Dr. Oz and Oprah Winfrey have sued over 50 companies who were using their endorsement without permission. Unfortunately, several companies were

making exaggerated weight loss claims when it came to supplements Dr. Oz simply mentioned on his program."

The same thing happened several years ago when Dr. Oz mentioned the Acai Berry was a good antioxidant and a useful supplement.

That mention was taken by advertisers and used as a personal endorsement for all kinds of wild claims.

What's the bottom line with all this?

Obviously, some foods are better than others. Some are more nutrient dense with building blocks your body can use, while others are not.

You want to eat as many positive nutrient dense foods as possible.

Obviously, comparing Sea Buckthorn to a Chicken Nugget - the Sea Buckthorn is a relative miracle food.

But, so is an apple given the same comparison.

The reality check is this: You must eat good food, exercise and reduce stress **CONSISTANTLY TO ACHIEVE AND MAINTAIN REAL HEALTH.**

This includes losing weight and keeping it off.

There are right ways to do things that work better than others, but there are no shortcuts.

There is no magical plant from a mythical far away land that will turn you into Superman or Superwoman.

Both Acai and Sea Buckthorn are most likely good for you and can help your body get the nutrients it needs to function properly, but don't expect a miracle.

Miracles happen from doing the right thing long enough.

Waist Size Predicts Heart Attack Death Better Than Weight

Doctors have been pointing the finger at obesity as a major cause of many deadly diseases - including heart disease - for a long time. Now, according to an article on Health.com, "Several studies have found a high body mass index is associated with a lower risk of dying from heart disease and other chronic illnesses - a mysterious phenomenon that has come to be known as the 'obesity paradox.'"

Some experts think the paradox is caused because body mass index - or BMI - is flawed. BMI is a ratio of height to weight used to determine obesity. According to the article, waist size provides a far more accurate way to predict a heart patient's chances of dying at an early age from a heart attack or other causes.

"Ovarian cancer screening does more harm than good, study shows"

No matter what many people think, modern medicine is NOT an exact science.

The sheer number of treatments and medications that are abandoned or taken off the market every year makes this point very obvious.

Now, according to an article in the Los Angeles Times, "An 18-year study from the National Cancer Institute has found widespread screening for ovarian cancer doesn't save lives but does set up many women for needless surgery and avoidable complications. "The results, published Wednesday in the Journal of the American Medical Assn., were not a complete surprise, according to study co-author Dr. Christine Berg of the National Cancer Institute. Still, experts are disappointed that yet another attempt to catch cancer early has failed to help patients beat the disease."

Ovarian cancer ranks in the top 5 cancers that kill women. An estimated 21,880 American women will be diagnosed with the disease this year and 13,850 will die from it, according to the American Cancer Society. Five years after diagnosis, fewer than half -- 46% -- will still be alive.

The article stated women should be aware of certain symptoms associated with ovarian cancer, including persistent bloating, abdominal pain, and changes in bladder or bowel function (for more information, go to <http://www.cancer.org> and search for ovarian cancer symptoms). Although such symptoms are not specific to cancer, they should still be checked out.

And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.

Inspirational Story Of The Month
(Names And Details Have Been Changed To Protect Privacy)

"Nubs"

The Greatest Acts Of Love And Kindness Often Happen During The Worst Possible Circumstances

War is hell. It would be hard to find anyone to disagree with that.

But, there must be some people who enjoy them - or they would cease to exist.

As history has shown us... over and over again... some of the most beautiful acts of kindness and compassion have come from the most brutal of circumstances.

They say great athletes need great competition to really show the world how great they are.

Well, Brian Dennis needed the Iraq war and Nubs to show the world how great he really is.

You see, Brian Dennis is a Major in the United States Marines.

While in Iraq, he came across a dog wandering the desert.

He named the skittish dog "Nubs" because his ears had been chewed off and looked like little nubs.

As the story goes, Brian and Nubs clicked right away.

Animals... especially dogs... know a good person when they meet one.

Brian shared his dinner with Nubs. Nubs returned the favor by staying with Brian on his post, helping keep his patrol safe.

The next day, Brian had to leave.

As he drove away, Nubs chased furiously after his Humvee for as long as he could. Nubs was left behind. When Brian and the Marines came back months later, they found Nubs severely injured.

The Marine medics worked on Nubs and patched him up.

The next day, when Brian and the Marines left again, an injured Nubs chased after them as long as he could, but again, was left behind.

Two weeks later, Brian came back and worked on Nubs some more, but once again he had to leave.

This time Nubs didn't give up.

Nubs, still injured and limping, walked 70 miles across the desert and found where Brian was stationed.

It took him two days, without food or water.

Brian broke the rules and kept Nubs. He even built him a dog house at the Command Post.

Then, the dream ended. Two soldiers who were not part of Brian's group reported him for having Nubs. Brian had four days to get rid of his dog.

Brian came up with a plan to ship Nubs to his family in San Diego, but needed \$2,000. He emailed his family and friends and they all chipped in and saved Nubs!

Now, Nubs lives like a king with Brian in San Diego, California. Nubs has been on several talk shows and is a real celebrity.

It's hard to tell who is the real hero - Nubs or Brian.

Maybe it's best to call it a tie!

We wanted to introduce to you how great Brian and Nubs are, but to hear the full story and show your love and support for them, go to www.thestoryofnubs.com.

We highly recommend you buy the book. It is very inexpensive and it is an investment in a wonderful cause. Long live Brian and Nubs!!!

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. :)

Did You Know?

One of the pitfalls of pursuing a healthy diet is that we can eat well and easily miss an important nutrient. In the world of healthy eating, one of the most common nutrient deficiencies is Vitamin B-12, a crucial nutrient for nerve health and the construction of red blood cells that carry oxygen throughout your body. Vitamin B-12 deficiency is especially common among vegetarians and vegans, but it's also common in meat eaters, too. Why? Because Vitamin B-12 can only be absorbed in the small intestine, and due to common intestinal ailments, even many meat eaters who consume high levels of B-12 are unable to absorb it in their gut.

This leads to a series of "mystery" health symptoms that actually have a simple common cause: Vitamin B-12 deficiency!

Here are some of the most common symptoms of deficiency: *Chest pain or shortness of breath * Fatigue or unexplained weakness * Dizziness, trouble with balance, and fainting * Confusion, memory loss or dementia * Coldness, numbness or tingling in the hands and feet * Slow reflexes or diminished nervous system function * Pale skin or yellowing of the skin * Sore mouth and tongue.

The proper form of Vitamin B-12 to supplement your diet is methylcobalamin. This is a form that exists in nature, and it is pre-methylated, meaning it's ready for your biochemistry to put to immediate use.

Tip Of The Month - Driving Tips And Tactics To Save Money, Especially This Summer.

It's extremely painful. We're not talking about a root canal gone bad. Not even close. It's another visit to the gas pump... When it costs over \$60 to fill up a Honda Accord - you know things are bad. The price of gasoline is draining bank accounts and many experts say there is no relief in sight. Some say the answer is to get a new, fuel efficient car. That sounds all fine and dandy, but you have to do a little math to see if it works. For example, one of the new high mileage economy cars will cost you \$20,000 - \$25,000. How long is it going to take you to make your money back with your Miles Per Gallon (MPG) savings? Probably years. So, here are some money saving tips from Popular Mechanics: (1) Coast to a stop - Popular mechanics tested and found the less you use your brakes, the better your fuel economy. They said anticipating a red light and coasting vs. hitting the accelerator and then using your brakes at the last second made a huge difference. (2) Do not accelerate too slowly! This goes against what most of us believe. Cars get poor gas mileage in low gears and tests showed taking 15 seconds to get to 50 mph got better gas MPG than taking 30 seconds to reach the same speed. (3) Use your air conditioning!!! Another urban myth gets destroyed. When you drive on the highway, roll up your windows and use the AC. The wind resistance caused by the open windows causes MPG to decrease and the faster you go, the worse it gets. There are 3 more tips waiting for you at: <http://autos.yahoo.com/news/6-driving-tactics-to-save-gas-this-summer.html?page=all>

What To Do If Your Cell Phone Gets Wet...

Do not turn it on. Pull out the battery and SIM card. If you dropped it in salt water, rinse it in fresh water. Dry your phone using compressed air - the kind used to clean computer keyboards. Cover your phone with uncooked rice for at least 24 hours (this draws out the moisture). Turn your phone back on. You might want to say a little prayer first :)

Remember, we're always here to help your body heal and maintain the health you deserve.

This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 781-639-0808.

Health Update: Low Back Pain

Low Back Pain: An Unusual Cause?

There are many causes of low back pain (LBP). Most of us can think of the time we bent over to lift a child, the heavy tongue of a trailer, a 5-gallon pail of water, or maybe simply sneezed too hard and threw out our back. These causes are common and most often associated with LBP. But, one unusual cause of LBP (not so unusual once you know about it) involves Vitamin D deficiency. Yes, you heard me - a VITAMIN DEFICIENCY!

One study reported on a 360 patient (90% women, 10% men) group being treated at spinal and internal medicine clinics over a 6-year time frame for LBP of 6 months or greater with no obvious cause. Doctors tested these patients for blood levels of vitamin D (25-hydroxy vitamin D), as well as calcium and alkaline phosphatase (an enzyme found in bone). Then, they administered Vitamin D supplements and the same tests were repeated. Their results are VERY INTERESTING! The findings showed 83% of the group studied (299 patients) had abnormally low levels of vitamin D before supplementation and after treatment of ONLY vitamin D, clinical improvement was seen in ALL the groups that had low vitamin D levels and in 95% of all 360 patients! THAT'S AMAZING! They conclude "Vitamin D deficiency is a major contributor to chronic low back pain," and recommend screening for vitamin D deficiency and treatment with supplements which they say, "...should be mandatory...", especially in areas that are "endemic" for vitamin D deficiency. They also conclude that bone softening diseases like osteomalacia may occur as a result of vitamin D deficiency, while many other studies have linked vitamin D deficiency with osteoporosis.

Another question then arises, what geographic regions are most susceptible to low sunlight and hence, vitamin D deficiency? One study showed that during the 8 months centered around summer in the US (March-October), for all locations from the southern tip of Texas to just south of Portland, OR, no difference was found in the vitamin D levels. But, in the winter months (November-February), a significant difference was seen where as latitude increased northward, the amount of vitamin D decreased "dramatically." However, in lower latitudes (<25 degrees), no difference was found between summer vs. winter months. What about sun block? Does using it reduce vitamin D absorption from the sun? The answer is, YES. On "The Peoples Pharmacy" website (<http://www.peoplespharmacy.com/2011/06/13/sunscreens-block-vitamin-d/>), it was reported that the typical dose of vitamin D of 400 IU "...is probably inadequate to overcome a deficiency." They recommend 10-15 minutes of time in the sun without sunscreen a few times a week or a higher dose of vitamin D3 ("...closer to 2000 IU of vitamin D").

There are MANY other benefits - not just in terms of LBP - from taking vitamin D that have good scientific support. In fact, a PubMed search for "benefits of vitamin D" resulted in 554 studies, some of which included conditions such as, HIV, heart conditions (many), chronic illness in the elderly, osteoporosis, cancers (colorectal, prostate, breast and others), kidney disease, autoimmune diseases (celiac disease, MS, rheumatoid arthritis, many others), types I & II diabetes, and more! You get the picture, I'm sure.

We realize you have a choice in who you choose to provide your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future. If you, a friend or family member requires care for low back pain, call 781-639-0808.

**YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR LOW BACK PAIN!
FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808**

Health Update: Neck Pain

Neck Pain and Arthritis

When we say the word "arthritis," many images pop up in our heads. Some people think of crippled hands or perhaps Mr. Smith who talks about his bad hip being, "...bone on bone!" Or, how about the neighbor who has a bum knee and walks with a limp and a cane? Rarely do we think about the neck being associated with "arthritis."

Before we go too far into this discussion, we should define the term, "arthritis," which means joint ("arth-") swelling (-itis). Simple enough, right? Wrong! Without getting too complicated, we must realize there are MANY different types of arthritis such as osteoarthritis, rheumatoid arthritis, lupus, gouty arthritis, psoriatic arthritis, etc. To narrow this down a bit, we will limit our discussion to osteoarthritis, also known as degenerative joint disease.

Degenerative joint disease or DJD, is the most common type of arthritis that EVERYONE eventually ends up with - whether we like it or not. That's because, over time, our joints wear out and become "arthritic." While it's true that weight bearing joints wear out quicker (like hips and knees more so than elbows and shoulders), DJD can affect any joint. There are many causes of DJD, including a genetic or hereditary tendency but the most common cause is wear and tear over a long period of time. Of course, the rate of acquiring DJD in the neck (or anywhere else for that matter) is directly related to how "nice" we have been to our body, in this case, the neck. For example, after a car accident, a common injury to the neck is whiplash. This occurs because we literally cannot control the speed of the head as it rapidly moves forwards and backwards upon impact and it's all over within 600-800 milliseconds! Since we can't voluntarily contract a muscle that fast and when joints move beyond their normal stretch length, the ligaments - those non-elastic, tough tissues that securely holds bone to bone - will only "give" so much and then tear, which is technically called a "sprain." This leads to an accelerated rate of degeneration.

Blood tests are negative with DJD (unlike many of the other types of arthritis), and an x-ray can help determine how "arthritic" the joint is and whether the smooth, silky ends of the joint (called hyaline cartilage) are worn down and if bony spurs are present. In the neck, DJD can create a lot of symptoms which may include pain and stiffness, especially in the mornings after laying still and not moving during the night. After we get up and move around, "...it loosens up." As the condition advances, neck movements become tight and restricted with pain, which further limits movement, and sooner or later, the patient must rotate their whole body to look to the side. If the arthritis hits or bumps into a nerve as it exits the cervical spine, neck soreness, and numbness/tingling may radiate down an arm, at times to the hand, usually only affecting certain fingers. Headaches, especially in the back of the head, can also occur from the reflex muscle "splinting" due to the pain associated with arthritis. As Dr. Peter Ulrich, MD points out (<http://www.spine-health.com/conditions/arthritis/cervical-osteoarthritis-neck-arthritis>) chiropractic adjustments, "...help control chronic symptoms or provide relief for more severe episodes of pain from osteoarthritis."

We realize you have a choice in where you choose your healthcare services. If you, a friend or family member requires care for neck pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

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Health Update: Whiplash

Whiplash: Which Treatment Method Is Best?

Whiplash, or better termed, cervical acceleration-deceleration disorder (CAD) is primarily an injury to the soft tissues of the neck - that is, the muscles, their tendon insertions, and the ligaments that hold the joints firmly together. Neck pain is a very common health problem that affects between 10-15% of the population and drives people to all types of health care providers. We have previously discussed the reasons why whiplash /CAD injuries occur, the examination process and the prognosis aspects but the argument continues as to what treatment methods work the best when managing patients with CAD.

In the May 21, 2002 issue of the Annals of Internal Medicine, a group of medical doctors and PhD's reported on neck pain treatment comparing traditional medical and physical therapy approaches verses spinal manipulation. In the study, they compared three common neck pain treatment approaches in a group of 183 patients with chronic neck pain (patients who had neck pain for more than 3 months). The 3 methods included traditional medical care which included medication utilization and rest, manual therapy (chiropractic adjustments) and physical therapy (active exercise training). After 7 weeks of treatment, the percentage of patients who felt either totally resolved (cured) or much improved were 68.3% receiving manual therapy / chiropractic care, 50.8% receiving physical therapy, and 35.9% receiving medical care. The author, Jan Lucas Hoving, PhD reports that manual therapy / chiropractic was found to be more effective than the other 2 methods "...on almost all outcome measures! , " not just a few! Further, although PT scored better than traditional medical care, "...most of the differences were not statistically significant," meaning, not that much better. The authors appropriately reported that further study was needed to better understand the differences between methods.

In 2008, the "Decade Task Force" reviewed 10 years of studies on the treatment of neck pain and found similar results and referenced many studies that indicated spinal manipulation for neck pain, headaches, whiplash, and other neck related conditions was one of the most effective methods and that patients with neck pain should be given the option of receiving manual therapy / chiropractic before other approaches as it was found to be less expensive, faster in obtaining satisfying results (shorter course of disability), and most effective in terms of long-term benefits.

This comparison discussion is by no means meant to minimize the importance of medical and PT care. However, there appears to be a bias among patients with neck pain to seek medical care first when the studies clearly show chiropractic care is the preferred method. Hence, the purpose of this article is to educate the reader that their choice in treatment for neck pain should favor chiropractic care FIRST, not last. In fact, the sooner manipulation can be applied to the injured joints of the neck, typically the faster the results. For example, long term disability and chronic neck pain can occur from prolonged use of a cervical collar as the structures tighten and stiffen up from being immobile - unable to move because of the collar. Unless there is some unstable condition to the neck (fracture, grade 3 ligament tear, progressive neurological loss, etc.), studies support manipulation / early mobilization of the neck joints after injuries like whiplash verses wearing a cervical collar and rest.

We realize you have a choice in where you go for your health care needs and we truly appreciate your consideration in allowing us to help you through that potentially difficult process.

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Health Update: Carpal Tunnel

Carpal Tunnel Syndrome: Why Braces Work

When patients present for treatment of carpal tunnel syndrome (CTS), one of the most common treatments rendered is the use of a wrist brace, often referred to as a cock-up splint. The focus of this article is to explain the reasons why these braces are so commonly included in the management of CTS and, why they work.

CTS is caused by anything that applies pressure on the median nerve (see #9 in C, D & E below) in a tight space called the carpal tunnel (see A & B below). The tunnel is made up of 8 bones that form the "U" shaped part of the tunnel while the floor or bottom of the tunnel is made up of a ligament (the transverse carpal ligament). There are also 9 tendons (tendons are structures that attach muscles to bones) and their coverings or sheaths are needed to reduce friction as the tendons slide back and forth, such as when our fingers type on a computer, open the lid of a jar, lift a suitcase, hold a pen or pencil when writing, open a door knob, button a shirt... the list goes on and on! If the tendons didn't have a sheath to slide in, the friction would build up too quickly, causing swelling and pain from tendonitis. The sheath provides lubrication as it creates an oil-like substance called synovial fluid which allows for the smooth slip and slide property of the tendon inside the sheath.

To illustrate this, turn your palm upwards and look at your wrist. Move your fingers as if you were typing on a computer or playing a piano. Look at all that movement that is occurring at your wrist! Keep doing that and look at your forearm between the wrist and elbow. Do you see all the movement that is going on? As the muscles located in the upper part of our forearm contract and relax (jump around as we move our fingers), the tendons slide back and forth inside their sheaths and pull our fingers into our palm. In CTS, the smooth back and forth action of our tendons inside their sheaths is disrupted by too much pressure and swelling inside the tunnel (see B, D, & E below). The nerve passes through the carpal tunnel between the floor (transverse carpal ligament) and the bundle of tendons and sheaths and as a result of the swelling, gets squeezed between the ligament and the tendon/sheaths. When any nerve is pinched, numbness or tingling occurs and/or muscle weakness is noticed. When pinched, the median nerve (#9 in C, D, & E below) creates numbness in the 2nd-4th fingers and eventually, weakness in grip and pinch strength.



A. Normal B. Collapse of the bridge C. Normal D. Tenosynovitis E. Mass (arrow)

The brace or cock-up splint allows the wrist to stay in a neutral / straight position so the pressure on the nerve is minimized. This allows the CTS patient to sleep through the night without waking up with numb, tingling fingers that require shaking or flicking to "wake them up." The brace is usually only worn at night since it's too clumsy to wear during the day and frequently creates more problems when worn while working. Of course, there are many other treatment approaches used by chiropractors which have been previously discussed in prior articles (please refer to prior issues for a list of the many chiropractic treatment approaches).

We realize you have a choice in who you consider for your health care provision and we sincerely appreciate your trust in choosing our service for those needs. If you, a friend or family member require care for CTS, we would be honored to render our services.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR CARPAL TUNNEL SYNDROME! FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808

Fibromyalgia and Exercise (Part II)

Last month, we started the conversation about the importance of exercise, and how it improves the quality of life for everyone, especially those with Fibromyalgia (FM). We listed specific recommendations about how to go about implementing an exercise program safely and successfully but never finished the subject. Hence, here are some additional tips for getting started with exercise:

1. **Walk:** Start with 5 minutes at a slow pace to determine your tolerance level. Gradually add speed and distance to a point where you might even consider alternating between a slow jog and walking. Who knows, maybe you'll get so good at it, you can work up to a 1, 5, or 10 mile run/walk! Entering "fun walk/run races" is a great way to meet people!
2. **Stretching:** Though perhaps not as rewarding as aerobics, stretching feels good so intersperse it into your day - learn different stretches that can be done standing, sitting, as well as on the floor so you can do some of these in public places without being too conspicuous! Certain yoga poses work well!
3. **Water aerobics:** Consider joining a water aerobics class - there is a lot to be said about working out in a group - it's motivating, fun to share, and engaging! It takes the boredom away that some feel when working out alone. Also, when we exercise in water, we're more buoyant and actually weigh less so there is less pounding on our joints, making it possible to do more strenuous exercises when compared to land-based exercises. A warm pool (around 88°) works well because it's more relaxing on the muscles! If that's not available, look for a gym or health club with a hot tub you can relax in before and/or after the water exercise session.
4. **Muscle strengthening:** At one time, this was not recommended for the FM patient but research has again proven that strengthening helps! When muscles are strengthened, function improves. Using light hand weights like from 1-3# vinyl covered dumbbells work great, as does TheraTube or TheraBand resistance exercises. Choose some daily activities that are currently difficult and make them into an exercise, eventually adding hand and/or ankle weights such as when rising from sitting or when taking a walk.
5. **Flexibility exercises:** Choose exercises that address specific areas where you don't have a lot of mobility. For example, if your knee bothers you, sit in a chair and slowly straighten out your leg to a full, locking position and then twice as slow, release the straight leg back to the knee bent starting position. Or, if raising the arms is hard, start with some pendulum exercises, swinging a weight in circles, like the pendulum of a clock. We can help design a program that is specific for you.
6. **Stay motivated!** It's easy to talk yourself out of exercising, especially when FM is rearing its ugly head! Stay inspired, knowing exercise is like a drug - instead of popping a pill that may cause confusion or fatigue, go for a walk! Look for a FM support group, a partner to exercise with, set small realistic goals (write them down and check them off once accomplished). If you're musically inclined, listen to your favorite symphony or jazz standard - sing or play along! Treat yourself - go to a movie, give yourself reading time, and get treatments as needed.

If you, a friend or family member requires care for FM, we sincerely appreciate the trust and confidence shown by choosing our services!