

In Good Hands

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

"Most of the change we think we see in life is due to truths being in and out of favor."

~ Robert Frost

Got Lingering Holiday Stress?

Learn simple ways to let it go, feel better and maybe even look younger!!!

Fighting For His Dream: After 26 long years in prison for a crime he did not commit, Dewey Bozella makes his professional boxing debut at age 52.

You don't want to miss this incredible story

PLUS...

- **Why George Clooney considered suicide (and why you should never give up hope).**
- ***European Union bans claim that water can prevent dehydration...WHAT?***
- **Research: Meditation improves immune system and reduces blood pressure.**
- ***Overweight people eat fewer meals than non-overweight people.***

Marblehead – The holiday season is one of the most stressful times of the year. Traveling, family visits, shopping, money concerns, etc. can all cause anxiety that is extremely unhealthy.

Increased anxiety and stress can weaken your immune system, allowing you to get sick with illnesses such as the common cold or flu. Who wants to be sick over the holidays, or any time, for that matter? The accumulation of holiday stress and anxiety can last for months after the season is over.

High levels of stress can also cause a wide variety of aches and pains. Some experts believe that stress and anxiety is one of the major causes of back pain. There are even treatments for back pain based around stress and anxiety reduction.

Because high levels of stress and anxiety cause your body to produce very damaging chemicals, many harmful health conditions are possible (even if solid scientific evidence has not discovered the definitive link... YET).

Signs And Symptoms You Are Stressed Out

If you are having difficulty sleeping, feel tired (even when you first wake up and no matter how much you sleep) or are easily aggravated, then there is a good chance stress and anxiety are the culprits. You may even gain weight from stress and anxiety.

One of the best ways to relieve stress and anxiety is through breathing. Controlled breathing is the simplest and most practiced relaxation technique for anxiety. It involves deep and slow breathing that helps the diaphragm expand and contract steadily, which in

turn helps you control your breathing process. Take a deep breath, hold it for a few seconds, and breathe out hardily. Focus on expanding and contracting the stomach rather than the chest. Repeating this empowers one to control the oxygen intake in the body, divert the stress reaction, and regulate the parasympathetic nerves.

Meditation Becoming Mainstream

Meditation is another great way to relieve stress and anxiety. New research suggests that mindfulness meditation can have benefits for health and performance, including improved immune function, reduced blood pressure and enhanced cognitive function.

The study, published in the latest issue of the journal *Perspectives on Psychological Science*, draws on existing scientific literature to attempt to explain the positive effects.

The author of the study, Britta Hazel of Justus Liebig University and Harvard Medical School, pointed out that mindful meditation is not a vague cure-all.

According to the November 22, 2011 issue of *The Telegraph*: *Effective mindfulness meditation requires training and practice and it has distinct measurable effects on our subjective experiences, our behavior, and our brain function.*

Dr. Hazel said: "We hope that further research on this topic will enable a much broader spectrum of individuals to utilize mindfulness meditation as a versatile tool to facilitate change both in psychotherapy and in everyday life."

Here's Something For You If You Put On A Few Pounds Over The Holiday Season...

According to Reuters, new research shows that normal weight adults ate more often than overweight people. This includes people who lost weight and kept it off.

From Reuters: Researchers following about 250 people for a year found that overweight individuals ate fewer snacks in addition to meals than people in the normal body weight range, but the overweight still took in more calories and they were less active over the course of the day.

"Most of the research has shown that people who eat more frequently have a lower weight," said lead researcher Jessica Bachman, Assistant Professor in the Department of Nutrition and Dietetics at Marywood University in Scranton, Pennsylvania.

"But no one knows why."
Bachman also said, "It appears that being extremely physically active and eating more often helps them keep the weight off... Most commonly, they were walking at least 60 minutes a day 7 days a week."

It is theorized frequent snacking keeps people from going into an extreme hunger mode. In other words, when you eat frequently, it keeps you from getting too hungry. When you don't snack - you tend to eat a lot more when you eventually eat.

No matter what the "why it works" is - eating multiple small meals throughout the day seems to work much better than a few big meals.

George Clooney Considered Suicide?

That's right. According to new reports. George said he contemplated suicide when he was struggling to cope with back pain while filming the movie *Syriana* in 2005.

He was doing his own stunts and ended up in the hospital. He told *Rolling Stone* magazine, *"I was at a point where I thought, I can't exist like this. I can't actually live.*

"I was lying in a hospital bed with an IV (intravenous drip) in my arm, unable to move, having these headaches where it feels like you're having a stroke, and, for a short three-week period, I started to think, I may have to do something drastic about this.

"You start to think in terms of, you don't want to leave a mess, so go in the garage, go in the car, and start the engine. It seems like the nicest way to do it."

There is no doubt - back pain can be crippling. But, like most things, there is almost always a light at the end of the tunnel. Seeking proper treatment for back pain and thinking positively is the answer.

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)

He Never Lost Sight Of His Dream...

Even After 26 Years In Prison For A Crime He Didn't Commit

The year was 1977. 92 year old Emma Crapser came home from playing bingo and was brutally murdered in her apartment located in Poughkeepsie, New York.

That same year, Dewey Bozella was 18 years old, and a suspect with a troubled past.

When he was 9 years old, Dewey saw his father batter his pregnant mother. His mother died from the beating, and his father ran away and never came back. Dewey and his nine siblings grew up in a series of foster homes. One of his older brothers had a knife stabbed through his heart and out his back. Another brother would be shot dead. A third would die of AIDS. As a teen, Dewey had a reputation for fighting, getting high and committing petty crimes. He'll be the first to admit he was no saint.

There was no physical evidence linking Dewey to Emma Crapser's murder but Dewey was arrested. The case against him was dropped for lack of evidence. Dewey used this as a wake-up call. He enrolled in community college and started working with the mentally challenged.

Six years later, in 1983, Dewey was arrested again in relation to Emma Crapser's death. This time he was charged with the murder. Prosecutors took the word of two inmates who said Dewey did it so they could cut a deal. One of their brothers also lied to help out his family member. During the trial, Dewey was advised by his attorney not to take the stand. His attorney said the prosecution had no case and he didn't want Dewey's past brought up in an attempt to sway the jury.

But, on the word of convicted felons who had cut a deal with the prosecution, the jury came back with a guilty verdict. Dewey went to Sing Sing a bitter man. He started boxing while in prison and became the light heavyweight champion of the prison.

In 1990, the brother of the inmate came forward and admitted he lied. Dewey was retried.

The District Attorney came to Dewey's attorney and offered a deal. He said if Dewey would take the stand and admit he did it, he could walk out a free man. Out of pride and the truth, Dewey stood by his principles and would not lie and say he did it.

The jury sentenced him to 20 years to life.

While in prison, Dewey continued to box and also earned a bachelor's degree from Mercy College. Then, he earned a master's degree from New York Theological Seminary. He got married too.

Then, the legal firm of Wilmer Hale took his case pro bono. The lawyers tracked down the arresting officer, who had since retired. After 22 years on the job, the officer took home only one file: the case of Dewey Rader Bozella. Something just didn't smell right about it.

The lawyers quickly found that evidence had been withheld during the trials. They put in nearly a million dollars worth of work and found evidence that proved Dewey had nothing to do with the murder and that another suspect had confessed to the crime.

In 2009, 26 years after first being sent to Sing Sing, the chains were taken off Dewey and he was set free. He was 50 years old. Two years later, at age 52, Dewey became the oldest man to compete in an officially sanctioned professional boxing match.

Dewey won that fight against his 30-year-old opponent. When his hand was raised, so was his soul. Dewey had accomplished a dream and did so against the worst possible odds.

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? Water Doesn't Prevent Dehydration?

Common sense tells you water prevents dehydration... right?

Well, not according to the European Union (EU). As reported in the *Telegraph*, "EU officials concluded that, following a three-year investigation, there was no evidence to prove the previously undisputed fact. Producers of bottled water are now forbidden by law from making the claim and will face a two-year jail sentence if they defy the verdict, which comes into force in the UK next month."

WOW! Two years in jail for saying water can prevent dehydration!!! Critics are up in arms, saying the law defies both science and common sense.

Conservative MEP Roger Helmer said: "This is stupidity writ large... The euro is burning, the EU is falling apart and yet here they are: highly-paid, highly-pensioned officials worrying about the obvious qualities of water and trying to deny us the right to say what is patently true... If ever there were an episode which demonstrates the folly of the great European project, then this is it."

The *Telegraph* reported, "NHS health guidelines state clearly that drinking water helps avoid dehydration, and that Britons should drink at least 1.2 liters per day. The Department for Health disputed the wisdom of the new law. A spokesman said: 'Of course water hydrates. While we support the EU in preventing false claims about products, we need to exercise common sense as far as possible.'" This issue probably needs no further comment.

Tip Of The Month - An Apple A Day?

Studies are constantly proving that what you eat can be as powerful and more potent than a prescribed drug. Recently, it was proven that the presence of fresh apples in your diet could improve your memory and sustain brain health. Apples are becoming increasingly associated with brain health after more recent studies have proven the effect of antioxidants and flavonoids present in apples on reducing brain-cell inflammation and oxidation that naturally occurs due to the presence of free radicals.

The consumption of as much as two apples a day heightens levels of acetylcholine, a specific neurotransmitter that greatly influences brain signals responsible for movement and sensory perception.

Not only that, but regular consumption as such was discovered to diminish accumulations of toxins in the brain, particularly one type of toxin called beta-amyloid, which is thought to be one of the main culprits that cause Alzheimer's disease.

While apples are now being proven to aid, halt, and reverse Alzheimer's disease, enhance cognitive functions, prevent memory loss and help in other brain-related matters, there are still a multitude of studies being vigorously conducted to prove that apples are the perfect food for diabetics, patients with heart disease, cholesterol, obesity, and constipation.

While the old proverb said one apple a day was enough, studies suggest increasing that dosage to two apples is a good idea for optimum health benefits.

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 & Adolescent Idiopathic Scoliosis

Scoliosis is a curvature of the spine that is shaped like a "C" or an "S" when looking at the person from behind. I'm sure you've noticed when you're at a beach, at a swimming pool, or walking in an airport, some people have a high shoulder, walk with a bit of a limp if one leg is short, and may have a shoulder blade that sticks out more than the other. Scoliosis often develops for unknown reasons (hence the term, "idiopathic") during the adolescent age range between 10 or 11 years old and can progress, not change or less often, improve up to age 16 to 18. During these 4-6 years, the time when the adolescent is growing quickly, the curve often worsens without any intervention but few studies have looked at what types of treatment or combinations of treatment work the best, especially non-surgical methods.

A recent study was conducted that looked at the response to non-surgical treatment using conventional medical treatment (MT) vs. conventional MT plus chiropractic, as well as conventional MT and "sham" (fake) chiropractic treatment. This is a pilot study using a small population of patients in order to determine if a larger scale study would be important to run (which was determined to be the case).

The conventional medical treatment approach included two groups - observation (a "wait and watch" approach) in a braced group versus a non-braced group. The chiropractic treatment group received spinal manipulation using "diversified technique" which is widely used where the patient is treated while lying on their stomach, sides, and back and the type of manipulation used was the thrust type where the "cracking" sound occurs (which is caused by the release of gas from the joint capsules and is technically called cavitation). This was applied to the regions determined by the chiropractor as requiring the treatment by using palpation (touch) methods, postural examination, range of motion, and x-ray and all chiropractors involved had 6-hours of training to assure consistent and similar approaches were used. Treatments were administered (determined by a survey of many chiropractors) at 3x/week for a month, 2x/week for a month, 1x/week for a month, and 2x/month for 3 months or as needed for a total of 6 months. The "sham" or fake chiropractic treatment used the same treatment frequency and similar positioning of the patient but purposely did not obtain a joint cavitation or "crack" but still seemed "real" to the patient.

The primary outcome used to determine "success" was a reduction of the scoliosis curve measured on x-ray at a 6-month point. Using the standard medical model, those with curves of 20-25 degrees require careful observation, curves 26-40 degrees are potential candidates for bracing, those greater than 40 degrees are potential candidates for surgery and, an increase in curve by more than 5 degrees measured twice a year or every 6-months is considered failure. The results are interesting. Of those receiving only conventional medical treatment, none improved and one failed. The same occurred in the conventional MT plus sham/fake chiropractic. **NO ONE failed and one improved** in the chiropractic treatment plus MT group making it the only successful non-surgical treatment approach in the study. The preliminary findings from this study are huge! Chiropractic treatment in this group of adolescent children was determined to be **THE ONLY** non-surgical approach that had the ability to maintain (not allow the curve to progress) or even better, improve the curve!

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.

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

Health Update: Headaches

Headaches, Neck Pain and Concussion

Have you ever "banged" your head from falling? For those playing backyard football, soccer, hockey, or baseball as kids or adults, it's really quite common. So, how can we tell when the "bang" is dangerous vs. not? And, how does a concussion occur?

What is a concussion? A concussion is "traumatic brain injury" (TBI) where the brain is "jarred" and literally bruises as a result of some sort of trauma (a "bang").

What causes a concussion? Causation is usually from some sort of trauma either by being hit by a moving object (like a ball), from hitting the head during a fall, and even without a direct strike if the head is violently moved back and forth (such as in a "whiplash" injury resulting from a car accident). When there is no direct strike of the head and in the absence of being "knocked out," the person may not be aware that they have a concussion.

What are the symptoms associated with concussion? Immediate symptoms usually include a headache and a reduced level of alertness or consciousness. A concussion temporarily interferes with the way the brain works and as a result (depending on the specific location and degree of the "brain bruise") it can affect memory (short term the greatest), levels of awareness, judgment, feeling "spacey," reflexes, speech, balance, coordination and sleep patterns. Other symptoms may include nausea and/or vomiting. Most people describe the experience as an abrupt injury where a bright flash of light occurs in the visual field that blocks the vision temporarily. Many do not actually become unconscious but may say they "blacked out" for a second or two. When unconsciousness does occur, the length of time they are "out" may be a way of determining severity. Symptoms can vary from mild to severe and the following are EMERGENCY symptoms where immediate health care provision is necessary: significant changes in alertness and consciousness, convulsions or seizures, muscle weakness on one or both sides, persistent confusion, persistent unconsciousness (coma), repeated vomiting, unequal pupils, unusual eye movements and walking problems. Neck injury is often associated with a head injury, which is why the injured person is stabilized on a board before being transported. Symptoms during recovery include being withdrawn, easily upset, confused, having a hard time with tasks that require memory and/or concentrating, having mild headaches and sensitivity to noise.

What tests are commonly performed on the post-concussive patient and, what is the treatment? A physical exam can include a careful evaluation of the cranial nerves such as pupil size and eye movement, as well as assessment of one's thinking ability, coordination and reflexes. Special tests may include an EEG (brain wave test), especially when seizures are involved. A head CT scan or head MRI. Treatment may require a hospital stay if severe signs are present. A "wait & watch" approach is often practiced but prompt gentle chiropractic approaches often facilitates healing and should strongly be considered. Refraining from rigorous sports is strongly advised.

We realize you have a choice in where you choose your healthcare services. If you, a friend or family member requires care for headaches, 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: Carpal Tunnel

Carpal Tunnel Syndrome and Sleeping

Have you ever woken up in the middle of the night and noticed your hand sleeping to the point where you had to get out of bed and shake or flick your fingers to alleviate the numbness? If the numbness was primarily on the thumb-side half of your hand, it may have been carpal tunnel syndrome that woke you up. So, the question is, why is it such an issue at night?

To properly answer this question, let's get familiar with the anatomy of the wrist. There are 2 bones that make up the forearm - the ulna (on the pinky side) and the radius (on the thumb side). Just beyond that, there are two rows of four bones each called the carpal bones for a total of 8 small bones that make up the wrist joint. These carpal bones are arranged in a horseshoe or tunnel shape. When you look down at your wrist and wiggle your fingers quickly, you can see all the movement that occurs on the palm side of the wrist. That's a lot of movement! You can also see the muscles on the upper half of the forearm moving rapidly as the fingers wiggle.

There are 9 muscle tendons that travel through the carpal tunnel, as well as some blood vessels and most important, the median nerve sits on top of all those moving tendons. Just beneath the floor of the tunnel is a ligament called the transverse carpal ligament. The tendons inside the tunnel are surrounded by lubricating sheaths that make it easier for the tendons to slide back and forth as we wiggle our fingers, grip to open a jar, type on a computer, play a musical instrument, or so on. Without the tendon sheaths, the friction between the rubbing tendons would quickly build up heat, resulting in swelling, pain and numbness. However, in spite of the lubricating function of the sheaths, when we work our fingers and hands too much, swelling and inflammation does occur.

So, why do we have numbness at night when we aren't working, gripping and moving our fingers repetitively? The answer lies in how we sleep. Since we are asleep, we cannot control where we position our hands and wrists. Most of us curl up in a ball and tuck our hands under our chin or someplace cozy. Normally, when we bend our wrists, the pressure inside the carpal tunnel doubles. However, a carpal tunnel patient already has a higher level of pressure in their wrist. So, when a carpal tunnel patient bends their wrist in the exact same way, the pressure goes up even more - that is, 3, 4, 5, or more times than a normal person without their wrist bent. That is why a wrist "cock-up" splint works so well at night! It keeps the wrist straight so we can't bend it. Often, this allows the CTS patient to sleep through the night instead of waking up 2, 3, or more times with numbness, tingling, and/or pain on the thumb half of the hand.

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

Health Update: Whiplash

The Whiplash Syndrome

The term "whiplash" was coined by Dr. Harold Crowe in 1928 during an interview on car collision related neck injuries but he reportedly "...regretted it later." The term "whiplash" quickly became a household word and relates to a sudden movement of the head producing a neck sprain. It is now accepted that not only forward/backward movements during motor vehicle collisions (MVC) result in neck injury but also side to side and angular movements at the time of impact. In the past, we've discussed the number of milliseconds that takes place during the whiplash process after impact (~500 msec.) and the fact that voluntary muscle contraction takes longer (~800 msec.) making it next to impossible to adequately "brace" prior to impact, even when the collision is anticipated. Today, we're going to look at the symptoms and complaints that are commonly described by whiplash patients.

"Early whiplash syndrome" is defined as the condition where immediate or very close to immediate symptoms are noted. One study reported symptoms commonly described after a MVC include the following: neck pain (93%), headache (72%), shoulder pain (49%) and back pain (38%) and, 87% of patients had multiple symptoms. Others reported nausea (48%) and dizziness (38%) as initial symptoms. For some, many of these symptoms resolve within days, weeks or months leaving a smaller percentage with symptoms that last beyond 6 months, which is then referred to as "late whiplash syndrome." In one study of 52 patients, symptoms improved over a 2 week to 12 month time frame but then remained static or unchanged for the following year. Another study of 117 patients at the 2-year point, reported the following symptoms (the frequency of occurrence is in parentheses): Neck pain (17%), headache (15%), fatigue (13%), shoulder pain (13%), insomnia (12%), anxiety (11%), concentration loss (10%), and forgetfulness (10%).

Reasons for the continuation into a late syndrome are supported by two possible causes. 1. It is due to a high level initial symptom, including severe neck pain and headache often with radiating arm pain (radiculopathy). 2. It is caused by the stressful events that are present either at the time of the motor vehicle collision or soon thereafter. These stressors could include work loss, marital stress, financial stress, and/or depression or anxiety issues associated with being injured. It was also reported that the specific type of headache suffered in the late whiplash syndrome in a 47 patient study, 74% had tension-type headache, 15% had migraine and 11% had cervicogenic headache. Some authors have reported that the type of headaches that occur as a result of an MVC are similar to almost identical to those seen after head trauma from other causes including sports injuries such as football, hockey, and boxing.

Because "whiplash" results in a mechanical type of injury to the small joints of the neck, muscles and ligaments, the only logical choice for management and treatment is chiropractic. This is because chiropractic addresses the mechanical injury with a manual, hands-on approach specifically aimed at restoring function in the injured area. Studies are clear that whiplash patients make a faster, less painful recovery, return to work and desired activities faster and are the most satisfied when utilizing chiropractic when compared to covering up the symptoms with medications that have negative side effects that interfere with being able to think and ultimately, reduce productivity.

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: Fibromyalgia

Fibromyalgia: "Why Won't The Pain Stop?"

Fibromyalgia (FM) is a chronic condition that does not limit itself to just one area but rather, it manifests as a generalized, whole body condition where basically, everything hurts. The diagnosis is typically made by exclusion or, by eliminating all other possible conditions as there is no single blood test for FM and unless other conditions that are test sensitive are present at the same time, most tests come back negative. Of course, this leaves the FM patient upset because, "...no one can figure out what's wrong with me." We all seem to want a test to prove what we have is "real."

Unfortunately, in the real world, no blood test, x-ray, or exam procedure is 100% accurate (sensitive and specific), so even when tests return positive, there can be "false positives" that are caused by many things such as drug induced test alterations and/or other conditions that alter the same test. On the other hand, there are "false negatives," so even though the test came back negative, it's still possible that the problem one is present but the test may just not be sensitive (accurate) enough to detect it. FM is one of those conditions where only after a myriad of tests have been run and come back negative, can the diagnosis of FM be made with some degree of confidence.

Essentially, we have to prove that you don't have something else causing similar symptoms before we can confidently (or at least more confidently) diagnose you with fibromyalgia. To complicate this further, in "secondary FM," the cause of FM is known and is due to an underlying condition such as rheumatoid arthritis, lupus, hypothyroid, HIV, cancer, as well as physical trauma such as after a car accident or a work injury. When an accident is involved, the symptoms may be more confined to one area (then called "regional FM") making the diagnosis even more challenging as the classic 11 of 18 tender points may not hold up in these cases.

Finally, there are doctors out there that simply don't "believe in" the condition and may say to the FM patient, "...there is no such thing, it's all in your head, you simply have learn how to live with it. There's nothing that can be done." Well, they actually may be partially right - that is, the "...it's all in your head" part (don't get mad... just wait!). Another finding that is well-published in peer review literature is the concept called central and peripheral "sensitization." This occurs when increased incoming sensory information from injured skin, muscles, and/or organs, in a sense bombard areas in the central nervous system (spinal cord and brain) leaving it "sensitized" or, more sensitive to "normal" incoming information. This is because the threshold or tolerance to normal incoming sensory stimuli is reduced and results in increased muscle pain commonly described by patients with FM.

To better illustrate this, hypersensitivity or central sensitization was found in people after a whiplash injury. They recruited 14 whiplash patients and 14 "normals" to compare their responses when stimulating the leg (the non-injured area) as well as the neck (injured area). Theoretically, if central sensitization didn't exist, the responses to the exact same stimulus on the healthy leg of both the whiplash patients and the normal subjects would be equal. Instead, what was found was that the whiplash patients had significantly lower pain thresholds for 2 of 3 tests (a single electrical stimulus in the muscle, repeated electrical stimulation in the muscle and on the skin, but not from heat when applied to the skin). Each pain threshold was measured at the neck and leg before and after local anesthesia was applied to the painful, sore neck muscles. In the whiplash cases, the lower pain threshold was found when stimulating both skin and muscles at the healthy leg and at the injured anesthetized neck equally. That proves that the central nervous system (brain and spinal cord) has a "pain memory" which lowers the threshold so the whiplash patients feel pain more intensely and quicker than the non-injured people. This can help patients understand the answer to the question, "...why won't this pain go away?" This pain memory or hypersensitization is similarly found in FM patients.

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

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