

December 2009



DowntownSeattleChiropractic.com
(206) 623-2225

Thank You for another Wonderful Year!

I'd like to say "Thank you," to you, my dedicated patients who have entrusted your care to me over the past year. "Thank you" for allowing me to lead you on a road to better health, inspiring me, and enriching my life. I learn from all of your questions and all of your experiences. I'd also like to say "Thank you," to my devoted and loyal staff. Every time a patient thanks me or writes a testimonial, it is because you are standing behind me. I could not accomplish what I do without your support! Dr. Devine

Detox anyone? Join us on Jan. 4-13

We had such positive feedback after our June detox, that we are doing it again, just in time to shed those extra holiday pounds. Join the staff of Devine Chiropractic and other interested patients on a 10-day detoxification program January 4-13. We will be using Metagenic's UltraClear Plus Medical Food Program along with a specialized eating plan and Dr. Devine will blog about his detox experience nightly, sharing recipes, tips, and providing inspiration. Please join in!

Why? Each year over 6 billion pounds of chemical pollutants are released into the environment in which we eat, breathe, and live. Many of these chemicals become deposited in fat cells in our bodies. A diet that lacks certain nutrients may also impair our natural ability to detoxify chemicals, which further leads to their build-up in the body. Over time, our bodies build up toxins and natural waste products. Detox cleanses the internal system, to help rid the body of harmful chemicals that may be contributing to fatigue, illness, pain, and poor digestion. Detoxing can lead to improved energy, clearer skin, regular bowel movements, improved digestion, and increased concentration and clarity. Many people will also lose a significant amount of weight when detoxifying.



Dr. Devine Introduces Graston Technique®

I recently completed advanced training in Graston Technique® and am pleased to add Graston Technique® to the services I provide. In a very short amount of time, Graston helped me rehabilitate a shoulder injury that I have suffered from for the past six years, and I can attest that the results are indeed incredible. I was so impressed with my own rate of recovery that I now consider Graston absolutely

invaluable in the treatment of many chronic and painful conditions.

This remarkable procedure allows me to detect and treat areas of “scar tissue” or adhesions in muscles, tendons and ligaments that can reduce range of motion and cause pain.

During the healing process, the body attempts to repair damaged areas by creating “scar tissue,” much like the scar that forms on the skin when you have scraped your knee. In time, this leads to a build up of this fibrous scar tissue, particularly in muscles, tendons and ligaments that get a lot of use. Since this replacement tissue lacks the strength and flexibility of healthy tissue, it can lead to pain and dysfunction.

The Graston Technique® allows me to better detect and treat these areas. By using a stainless steel instrument that glides along a patient’s muscle, tendons or ligaments with the right amount of pressure, I can detect just where the scar tissue or restrictions are located. When I come across bands of scar tissue, I can sense a restriction. To my patient, it feels like I hit a speed bump or has a granular feeling. I then use the Graston instrument to “break up” this restriction or adhesion and help re-align the fibers into the normal pattern of healthy tissue.

The greatest benefit of the Graston Technique® is the amount of improvement that takes place in a short amount of time. All of our body parts are connected in what is referred to as the kinetic chain. We’ve all heard that the “the leg bone is connected to the shin bone; the shin bone is connected to the ankle bone, etc.” What is anatomically connected is functionally interrelated. If you lose movement in your ankle you will compensate at the knee and hip or vice versa. Graston allows me to follow the kinetic chain, effectively uncovering the cause of the problem, then treating the cause and the area of pain or restriction. My unaided hand would be hard pressed to detect and break up as much scar tissue, or follow the kinetic chain as effectively or efficiently as stainless steel instruments can.

Graston sessions are quick, lasting between 2-10 minutes. A few minutes of Graston feels like an hour of deep tissue massage. Best results are achieved when treated two days a week for 4-5 weeks, and most patients notice a positive response by the 3rd and 4th treatment. To view a slide show about Graston, visit <http://www.downtownseattlechiropractic.com/treatments-offered.html>.

If you are experiencing pain and loss of motion and function following surgery, injury, repetitive stress syndromes, or tendinitis you will likely benefit from the Graston Technique. Other conditions which have responded well to the Graston Technique® include overuse injuries such as shin splints, tennis elbow, rotator cuff tendonitis, Achilles tendonitis, plantar fasciitis and carpal tunnel syndrome.

Have a Happy – and Healthy New Year!

The ball drops, streamers fly and resolutions are made. Each year, January 1st prompts us all to declare lofty goals of what we'll be striving for in the coming year. And just as regularly, we've almost all forgotten them by the 14th! This year, **don't just strive for a lower number on the scale.** Instead of saying “I want to lose 10 pounds,” **make a concrete goal** to attend an extra Spinning class each week or to start packing a healthy lunch twice a week for work. These are things you can undoubtedly do and check off as you go, which will keep you motivated. Even if the goal in the back of your mind truly is to lose 10 pounds, having tangible intentions will help you get there. **What are you 2008 health goals?** Consider posting them on Facebook (find me there) or sharing them with your friends and family. Your loved ones and I will hold you accountable and cheer you on as you head into the New Year healthier and happier. - Dr. Devine