

ADVANCED INJURY REHABILITATION

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Do you suffer from Computer Stork Neck?

By Dr. Boothe

Have you noticed that after sitting behind the keyboard of your computer the tension in your shoulders and neck are at a high? Do you end the day with a headache thinking it must be from the lights or straining your eyes? Is Advil part of your daily vitamins? If you answered yes to any of these questions, you might be suffering from Computer Neck.

Although this is not a true diagnosis, it is a real condition called Cervical Postural Strain and it affects the lives of millions of people every day.

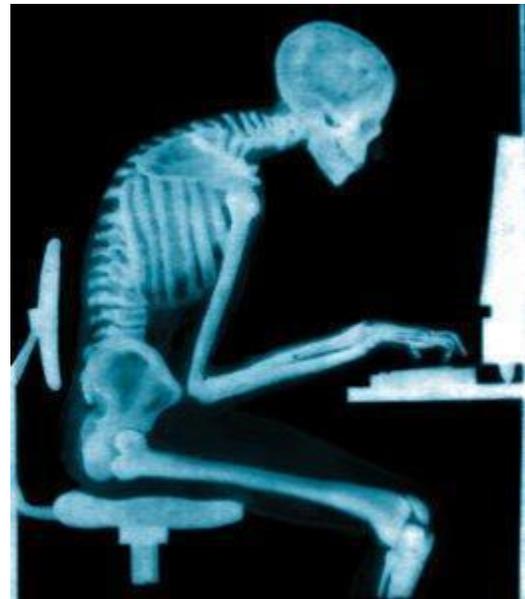
Cervical Postural Strain is so common that you are probably suffering from it at this very moment. Reading this newsletter while at your computer has probably put you into the posture that begins to cause muscle tension in your neck. With this increased muscle tension the other supporting muscles are also beginning to tighten and become uncomfortable. The forward rounding of the shoulders, the head tilted back to see the screen and the neck held into the same bend of that of a stork.

So, if you are suffering right now, take a quick assessment. Ask yourself, "What does my posture look like?" If you are slouching in your chair, propped up in bed or leaning over your tablet you are only adding to the problem.

Correct posture is probably the key ingredient in reducing and even eliminating computer neck and thus reducing frequency of headaches, muscle fatigue and strain.

So how do you correct this issue?

First, the problem is in the spine and the muscles around it. Chiropractic therapy has shown to be extremely beneficial in correcting this problem and giving you lasting relief from headaches and muscle strain. With the muscles being tight and the neck "bent out of shape", so to speak, the joints of the spine begin to pinch down on the nerves at the back of your neck. This creates those nasty headaches that medications only temporarily take care of.

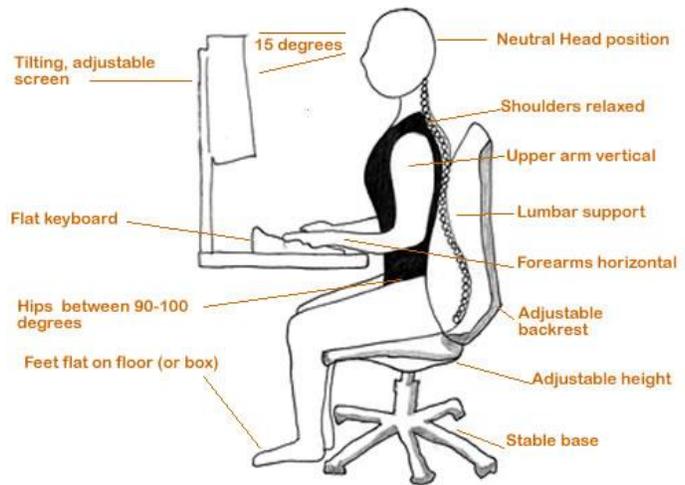


With proper care, the joint motion is restored and the muscles are now allowed to relax. You can reduce those daily headaches to something more pleasant or even be rid of them all together, so make your appointment today to begin your days of headache free living.

Second, proper computer and chair ergonomics are an essential part. Your eyes should be nearly level with the top of the screen, elbows bent to near 90 degrees and hips and knees also bent to 90 degrees.

Third, remember to take frequent breaks away from your computer. Use this time to stretch the muscles of your neck. Simply rest one hand on top of your head and let the weight of your arm move your head to where you get a stretch in your neck. Don't pull as this could cause more pain in the small muscles that hold up your head, you only want to get a stretch.

Visit us on our [website](#) or call us at 801-317-4757



PI Corner – No Talkie

By Dr. Shelton

As some of you know, although we treat many conditions obtained in various ways, we specialize in injuries sustained in car accidents. So we are going to have one article in every newsletter dedicated to that subject.

For my first installment in our PI (Personal Injury) Corner, I want to start with what **to** do and **not to** do after you are in an auto accident.

First, let me tell you that **every day** thousands of Americans and about an average of 145 Utah residents are involved in auto accidents and they aren't lucky enough to have this information in front of them. As a result, they either receive inappropriate care for their injuries or never get their injuries diagnosed properly, and often settle their case too soon.

Don't Talk or Speak To Anyone About Your Case/Injuries Except Your Doctor and/or Your Attorney

That means don't talk to your friends about the details, for goodness sake don't post all the details on Facebook, and never talk to the insurance adjuster.

Most insurance adjusters know all about the kind of injuries people like you and me can experience in an accident. They know sometimes you don't feel injured right away and that's why they try to settle as quickly as possible while your medical bills are low or non-existent. They'd rather see you in pain after they settle with you so that **you** can pick up the tab for you own treatment later.

Make no mistake, insurance is a business like any other, and the less they spend on appropriate care, the more money they make for their shareholders.

Even if you were involved in a minor fender bender, studies have proven you could suffer from severe injuries that are not even noticeable for a few days to a week or two.

If you have told people, Facebook, or the insurance adjuster that you are “fine” and a week later you develop headaches or low back pain or whatever(all very common), you have just weakened or killed your case...so best not to say anything and to come in immediately and get examined by us. Your car insurance pays for the treatment and using that insurance never raises your rates!!

Until a recognized and reputable doctor who has experience with low impact, soft tissue injuries says “you are 100% okay”, don’t make the decision to settle too soon!

P.S. Come in and ask for our FREE glove-box guide that you keep in your car and fill out when in an accident. It helps you not to forget anything in that stressful situation.