

July Newsletter

ACTIVEHealth

Medical . Chiropractic . Physical Therapy .



A Summer Message From

Dr. Marc and Jill

July is typically synonymous with family vacations, beaches and BBQ's. However, this year is a little different and its easy to feel that our summer is not going as planned. So, this month lets focus on staying in touch with our friends and loved ones via zoom and social media, take up a new hobby or even learn a new language. Lets be kind to each other, stay safe and practice social distancing.

We are here for you.

Stay safe and social distance.

A Message From The Doctor's Desk

By: Dr. Adam

Lower Back Pain? How Your Glutes May Be The Problem



Many times common lower back pain can often be attributed to soft tissue impairments in the muscles surrounding the lumbar spine.

The gluteal muscles along with the piriformis muscle, which are located below the pelvis, are many times the cause of lower back pain. The “glutes” are three muscles all layered on top of each other:

the gluteus maximus, gluteus medius, and gluteus minimus. The glutes help support your hips, pelvis, and lower back. When these muscle are inactive they significantly affect the positioning of the pelvis and the forces placed on the lower back. Weak, underactive, or tight glutes can cause biomechanical imbalances in the pelvis and hips, as well as instability in the lower spine. When the glutes are tight it places increased stress on the lower back. The piriformis muscle is a deep muscle that is located in the buttock area. It connects the sacrum, the lowest part of your spine to the hip. It assists in stabilizing your hip and your lower back. A common dysfunctional movement pattern that is prevalent in patients with lower back pain is an overactive piriformis muscle compensating for underactive gluteal muscles. This commonly leads to pain in the lower back area along with increased demand on your lower back muscles to stabilize your pelvis during daily activities like walking. The hip flexors above the pelvis, the muscles that can cause pain in the lumbar area are the hip flexors these muscles sit lateral to the spine and the muscles of the lumbar spine. If you find that you sit a lot throughout the day either at home or at work, a common culprit of your lower back pain can be your hip flexors. Sitting for prolonged periods shortens the hip flexors and lead to tilting of your pelvis. There are many adverse effects that occur when the hip flexors are in a shortened position. For example, the lower spine can become unstable as the muscles of the lower back are heavily recruited to support movement, which results in muscle fatigue. Physical Therapy can help by identifying muscle imbalances in your glutes, piriformis, and hip flexors and restore normal movement through exercises directed at your biomechanical imbalances.

Patient Spotlight

By: Jada



Leah: Began treating at Active Health Center a couple of months after a visit to Seaworld. When visiting, and looking upwards at various sights, she began to experience excruciating pain. Since then, she continued to have pain as well as a noticeable decrease of the range of motion in her neck. After having no relief for months, she was referred to Active Health by one of our patients. Her treatment consisted of using our Multi-Cervical Unit (MCU) as well as having chiropractic adjustments. Since being treated here, she is no longer in any pain! She also stated that she is sleeping much better than before, and the range of motion in her neck is

even better than before the family vacation. She feels that her neck movement is where it was when she was a teenager! She claims that we are all "rockstars" for getting her out of pain and on to having a better quality of life.

Curious about what the MCU does for chronic neck pain?
[Click here to schedule a consult today!](#)

Featuring
Nikken: Arthritis Supplement
By Dr. Marc Weinberg



In the United States, 1 million patients develop arthritis each year. It is estimated 92.1 million people will have arthritis in the year 2020, according to the Arthritis Foundation. The quest for new drugs or nutritional supplements to prescribe for symptom relief has led to the discovery of cetyl myristoleate (CM), an omega-5 fatty acid supplement that may help people with osteoarthritis, rheumatoid arthritis and several other painful joint disorders. Cetyl

myristoleate is a safe supplement and well tolerated by most patients. The late Harry Diehl, a research chemist at NIH, discovered cetyl myristoleate in 1964 after spending two years trying to isolate the substance that protected Swiss albino mice from getting arthritis. Diehl was awarded three patents between 1976 and 1996 for the use of cetyl myristoleate in preventing and treating various forms of arthritis. Unable to garner interest in his discovery, Diehl cloaked his knowledge for 30 years until, on the advice of his physician, he published his findings in the Journal of Pharmaceutical Sciences. By then Diehl himself was suffering from arthritis, and he alleviated his pain in just 10 days by using a topical CM preparation. Some physicians took note of the

published article and began treating arthritis patients with CM. Many patients experienced relief in 30 to 60 days—relief that often lasted for months or even years.

All CM supplements are not the same. Active Heath uses Nikken Pharmaceutical Grade CM Complex Cream and Oral Gel Tabs. It is considered the holy grail by countless patients that have sore muscles and joints from arthritis. Whether you have chronic or acute arthritis, live an active or sedentary lifestyle, the gel tabs give you long lasting relief and the topical cream gives you that instant soothing and calming effect. Talk to our office staff about our Nikken Joint Formula or call to speak to me directly.

Fun Fact July is National Ice Cream Month



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