

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN

Keeping YOU on the Leading Edge in Healthcare

Welcome to another edition of our newsletter.

The information that Dr. Silverman has compiled and written is aimed at educating, enlightening, and even inspiring you to a better and healthier lifestyle! This e-newsletter is also intended to keep you updated with the most up-to-date information pertaining to chiropractic care and nutrition, keep you informed about our office's events and happenings, advise you on his seminars, and last but not least, to keep you in the loop with your favorite chiropractor!

PART I WHAT'S HAPPENING AT NEW YORK CHIROCARE

1) Accreditation

Ever on the quest for more knowledge and keeping up with his zest for continuing education, Dr. Silverman has successfully completed a program to attain the title CIISN - Certified Sports Nutritionist from The International Society of Sports Nutrition. Ask him about this degree when you see him next!

2) New Focus in Chiropractic Care

Dr. Silverman is introducing a new chiropractic technique recently gained in a continuing education seminar on *Charrette Extremity Adjusting Protocols*. He received instruction on adjusting the upper and lower extremities by a chiropractor who is an expert in his field. The seminar featured a lecture and hands-on demonstration of how to adjust the most common abnormal patterns found in the feet, knees, hips, wrists, elbows, and shoulders.

3) FirstLine Therapy (FLT)

Due to his success with the FLT programs, Dr. Silverman was selected to instruct other doctors and healthcare providers, as well as sales/technical support teams at Metagenics* on integrating FLT into their practices. Dr. Silverman was a featured practitioner in their November newsletter for achieving outstanding clinical outcomes with his patients.

* Metagenics is one of the few professional nutritional supplement providers that manufacture formulas in their own facility that is independently certified for Good Manufacturing Practices – the ultimate mark of quality manufacturing. They also have one of the industry's most stringent infrastructures for quality assurance and control to ensure the purity and safety of every formula – so you'll receive the health benefits you expect. Metagenics is also the leader in nutritional scientific research. They have established the most sophisticated laboratories and research facilities in the industry.

4) Talk

Dr. Robert Silverman periodically conducts seminars at various organizations on various chiropractic and nutrition topics. The seminars are at no charge to you. What's more, you will have fun learning, and knowing that you will leave the seminars with something to think about. Please join him on:

Tuesday, December 5th, 2006 from 7:00 PM - 8:30 PM

Mount Pleasant Public Library

350 Bedford Road, Pleasantville, NY 10570

(914) 769-0548

Natural Approaches to Prevention of Cardiovascular Disease

Dr. Silverman will give evidence-based information on how to prevent the #1 killer in the US today. Topics to be covered are:

- 1) Blood-sugar, cholesterol and their effects on CVD
- 2) What kinds of exercises to partake in, and the intensity level
- 3) Protocols, Supplements
- 4) Pros and cons of drug interventions for CVD

Thursday, December 7th, 2006 from 10:00 AM - 12:00 Noon (Not open to the public)
Yonkers Firefighter Headquarters on Health and Wellness

Sunday, December 10th, 2006 from 1:30 PM - 2:15 PM
YWCA of White Plains on Personal training

3) Syndicated TV Program - Get Healthy with Dr. Rob

Get Healthy with Dr. Rob is the name of the syndicated television program that Dr. Silverman has been doing. These programs aim to inform and educate the general public about some of the most up-to-date findings, and some of the most talked about topics on nutrition and sports injuries. Dr. Silverman periodically invites doctors and other health-oriented leaders of their fields for interview sessions.

A) **New Castle Channel 75** - Broadcasted from Ossining to Valhalla
Tuesdays, Thursdays and Saturdays from 7:00 - 7:30 PM

B) **Town of Greenburgh**
- **Channel 75** Mondays from 6:00 - 6:30 PM
- **Channel 76** 1st and 3rd Thursdays of the month from 7:30 - 8:00 PM

C) **White Plains Channel 76**
Mondays from 5:30 - 6:00 PM

D) **Scarsdale Channel 75 or 76 (public access channel)**
Wednesdays - multiple showings scheduled throughout the day. Please check for local listing

PART II	ARTICLE
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Many of Dr. Rob's patients are runners and are athletically-inclined, therefore, most commonly suffer from plantar fasciitis. The article below was published in the Westchester track organization newsletter in June of 2005.

SHIN SPLINTS

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN

SHIN SPLINTS

Do you suffer from pain at the front (anterior) or back (posterior) of your lower leg?

Does the pain begin as a dull aching sensation after you run?

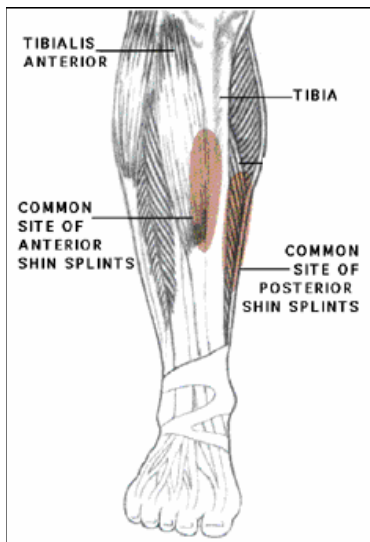
Does the ache become more intense at times, possibly during walking?

If you suffer from any of the above, then you might have a common problem occurring in most runners called shin splints.

What Is It?

There are generally two types of shin splints. The first is the anterior shin splints, which involves the tibialis anterior, extensor hallucis longus, and digitorum longus. These muscles are used for shock absorption. When these muscles are weak, or are placed under increased demand as in walking or running on hard surfaces, or when the shoe has no shock absorbing quality, the force is transmitted to the tibia and its attachments. Anterior shin splints are tender just lateral to the middle tibia.

The second is the posterior type, which includes the tibialis posterior, flexor hallucis longus, and flexor digitorum longus muscles. These muscles act as ankle stabilizers and appear to be overstrained when the patient is hyperpronated (inward rotation of the foot). Pain and tenderness for posterior shin splints is posteromedial to the middle or lower tibia^{1, 2, 3, 4, 5}.



What To Do About It?

Ice, rest, and anti-inflammatories are the most commonly used treatments for shin splints. However, I've found that Active Release Technique® (ART®) is the choice treatment for shin splints. As expressed above, the anterior and posterior tibialis muscles are most often implicated. Fibers from these muscles tear away from the periosteal (outer surface of the bone) attachment surface. As these fibers heal, they often become fibrotic making it difficult for this muscle to lengthen normally. This makes the probability of future shin splints more likely^{3, 6}. With ART® treatments, adhesions are broken down allowing the muscle to lengthen, thereby reducing the probability of future injuries^{3, 6}. You would then incorporate icing the area, reducing mileage (for a short period of time), avoiding running on hills, correcting gait imbalances (i.e., pronation) and stretching as core components that will aid in correcting the problem.



Avoid Re-Occurrence

- 1) Conduct a biomechanical analysis (either by video or watching the runner in person), which finds the soft-tissue structures that are the primary cause of the biomechanical dysfunction as well as affected structures restricting your performance.
- 2) Incorporate a nutritional protocol:
 - a. Bromelain
 - b. Bioflavonoids
 - c. Vitamin C
 - d. Zinc
 - e. Manganese
 - f. MSM (methyl sulfonylmethane)
 - g. Silicon
 - h. Calcium
 - i. Magnesium
 - j. Valerian
 - k. Omega-3 fats (fish oils)

Active Release Technique (ART)®

ART® is a medically patented soft-tissue system - as the name implies, uses motion to fix the problem. Once the injury has been assessed, the provider uses hands-on treatment and patient motion to “free up” the problem areas³.

STRETCH - to reduce tension along the shin.

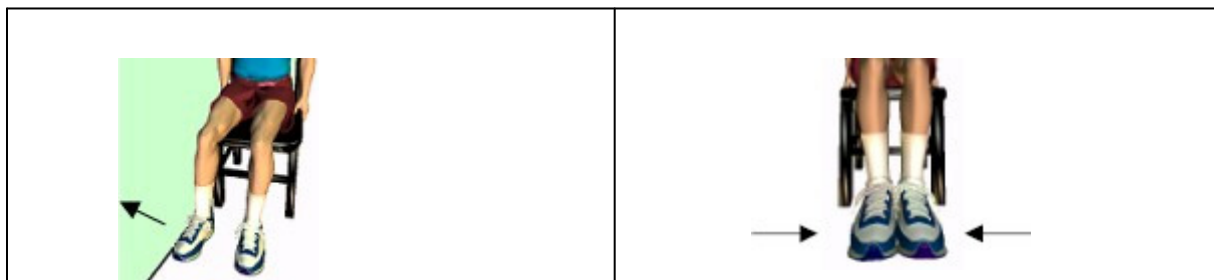
Technique:	Warm up until you start to sweat, stretch to a gentle pull and hold, without bouncing, for 20 seconds.
Frequency:	Do 4-8 repetitions per day, 5-7 days per
	Calf Stretch <ul style="list-style-type: none"> •Stand with your feet pointed forward •Keep your heels down and back leg straight. •Slowly bend the front leg until you feel a gentle upper calf stretch in the back leg.
	Heel Stretch <ul style="list-style-type: none"> •Stand with your feet pointed forward and heels down. •Slowly bend the back leg until you feel a gentle lower calf or heel stretch along that leg.

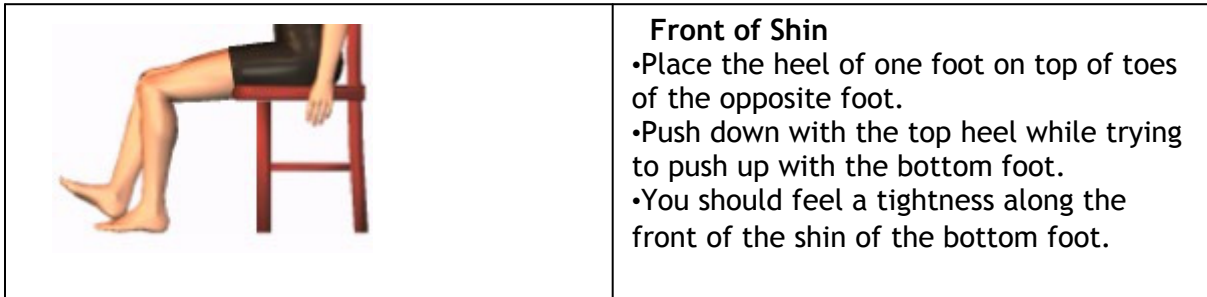
STRENGTHEN - leg muscles to prevent re-injury.

Technique:	Sit with your foot flat on the floor and push it against a stationary object for a 3-5 count (the foot shouldn't move, but the lower leg muscles will tighten), then relax. Stop if this causes shin pain.
Frequency:	Do three sets of 10-15 repetitions, 3-4 days per week.

Outer Shin - Push your foot outward against an object.

Inner Shin - Push your feet in against each other.





Reference

- 1) Souza, T. *Differentiated Diagnosis and Management*, 2001. Pg. 343-44
- 2) Hammer, W. *Soft-Tissue Examination and Treatment Methods*. Pg. 324
- 3) P. Michael Leahy, DC, CCSP. *Active Release Technique, LLC. Lower Extremity Manual*. Copyright 2000
- 4) P. Michael Leahy, DC, CCSP. *Active Release Technique, LLC. Biomechanics*.
- 5) Reber, L., Perry J., Pink M. *Muscular Control of the Ankle in Running*. *Am. J. Sports Med.* 1993; 21: 805-810
- 6) Abelson, Brian. *Release Your Pain: Resolving Repetitive Strain Injuries with Active Release Technique*. 2003

Dr. Silverman would love to hear from you. Feel free to send us an e-mail if you have any suggestions, ideas, comments, or if you have any relevant questions that you would like posted on the newsletter.

Please respond to info@DrRobertSilverman.com

“Creating Health for Future Generations Starting Now”

Dr. Robert G. Silverman graduated Magna cum Laude from the University of Bridgeport, College of Chiropractic. He is a Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. Dr. Silverman is also a Certified Sports Nutritionist from The International Society of Sports Nutrition. He has a full-time successful private practice in White Plains where he specializes in the diagnosis of joint pain and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols. Dr. Silverman is one of the few practitioners in Westchester County who is certified in the highly acclaimed, medically patented, Active Release Non-Force Soft Tissue Technique (ART®), and also the cutting-edge Graston Technique®, which is an advanced form of instrument-assisted soft tissue mobilization technique that has FDA clearance. He serves as a member of the medical team of New York City's Triathlons and Marathons, and the Westchester Triathlon. Periodically, Dr. Silverman gives seminars on injury-related preventions, treatments and nutrition for various organizations and corporations. He also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local and collegiate sports teams, professional tri-athletes, body-builders and martial artists. He appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant and also as a pain-management and nutrition consultant on radio 1460 AM. Aside from his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob", Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert. In addition, Dr. Silverman has been chosen as the national spokesperson for the Vitamin Ester-C, and is the team doctor for Amino Vital pro-cycling team. He is currently enrolled in the prestigious program for a Diploma in Sports Nutrition with the IOC - International Olympic Committee.

Dr. Robert G. Silverman (914) 287-6464 e-mail: info@DrRobertSilverman.com website: www.DrRobertSilverman.com