

DOCTOR'S CORNER

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

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
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1) FLT Patient of the Month

Congratulations to Bruce Hayes! Bruce is in his 11th week of the 12-week First Line Therapy Program and is achieving successful results even though he has encountered some obstacles. He has so far lost 21.5 lbs or 7.1% of body fat, and has lost 20 lbs of body weight. Keep up with good work, Bruce!

2) 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:

Wednesday, October 25th, 2006 from 7:00 PM - 8:30 PM

Yonkers Public Library Grinton I. Will Branch

1500 Central Park Ave., Yonkers, NY 10710

(914) 337-1500

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

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

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 May of 2004.

Plantar Fasciitis

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

Do you feel pain on the sole of your foot that is often localized to the front of the heel?
 Do you experience heel pain with the first few steps in the morning?
 Is your heel pain further aggravated by standing, walking, or running - with running being the most painful?

If you've answered yes to any of these questions, then you may suffer from one of the most common injuries experienced by joggers - plantar fasciitis⁽¹⁾.

What Is It?

The plantar fascia is a thick, broad, inelastic band of fibrous tissue that courses along the bottom of the foot. It is attached to the heel bone (calcaneus) and fans out to attach to the bottom of the metatarsal bones in the region of the ball of the foot. Plantar fasciitis occurs when these tissues are irritated and inflamed. Plantar fasciitis is the most common cause of heel pain^{(2), (3), (4)}.

What Causes It?

- 1) Biomechanical flaws due to physical activity/training errors
- 2) Excessive pronation
- 3) Weight gain
- 4) Changing running surfaces
- 5) Sudden increases in training mileage
- 6) Soft tissue restrictions ranging from the foot through the hamstring

The most common restriction is a tight Achilles tendon. The Achilles tendon is at the back of the ankle and connects to the calf muscles. When the Achilles tendon is contracted or tight, so is the plantar fascia. With each step the patient takes, the tightness of the Achilles causes irritation at the attachment of the plantar fascia into the calcaneus⁽⁵⁾.

What To Do About It?

Various treatments have traditionally been used to treat plantar fasciitis (i.e. ice, rest, orthotics, anti-inflammatories, ultrasound). Another alternative would be a medically patented soft tissue technique (ART®) that is quite effective in "freeing up" the soft tissue restrictions to allow normal function/movement to the affected areas. To fully resolve plantar fasciitis, the following additional structures need to be evaluated and treated as well:

- 1) plantar aponeurosis (in the center of plantar fascia) and two of the most commonly ignored muscles deep in the plantar aponeurosis:
 - a. quadratus plantae^{(6), (7)}
 - b. flexor digitorum brevis
- 2) hamstring restrictions in the biceps femoris, semitendinosus and semimembranosus muscles (can cause excessive pronation)^{(6), (7)}

- 3) small intrinsic muscles of the foot:
 - a. flexor digiti minimi^{(6), (7)}
 - b. abductor hallucis
 - c. flexor hallucis brevis
- 4) further up the kinetic chain, structures such as the internal and external rotators of the hip can also cause problems with the biomechanics of the lower extremities^{(6), (7)}

To Avoid Re-occurrence

- 1) Incorporate stretching and strengthening exercises for the plantar fascia, Achilles tendon complex and other involved structures
- 2) Conduct a biomechanical analysis, which finds the soft tissue structures that are the primary cause of the biomechanical dysfunction, as well as affected structures that restrict your performance^{(7), (8)}.
- 3) Incorporate an anti-inflammatory nutritional protocol:
 - a. Bromelin
 - b. Papain
 - c. Trypsin
 - d. Chymotrypsin
 - e. Tumeric rhizome extract
 - f. Avoid saturated fats
 - g. Omega-3 fats (fish oils)

References:

- 1) Phy and Sports Med, August, 1991
- 2) American Family Physician, April, 1999
- 3) Hammer, W. Soft tissue examination and treatment methods, p. 590, 1999
- 4) Greenfield, B. Evaluation of overuse syndromes. The Biomechanics of the Foot and Ankle, 1990
- 5) Hammer, W. Soft tissue examination and treatment methods, p. 590-591, 1999
- 6) Active Release Technique, LLC, Lower extremity manual. P. Michael Leahy, DC, CCSP, Copyright 2000
- 7) Abelson, Brian. Release your pain: Resolving repetitive strain injuries with Active Release Technique, 2003
- 8) Active Release Techniques, LLC, Biomechanics, P. Michael Leahy, DC, CCSP

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. 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.

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