

# DOCTOR'S CORNER

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 “Creating Health for Future Generations Starting Now”

## 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 abreast 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 and nutritionist!

### **PART I      WHAT'S HAPPENING AT NEW YORK CHIROCARE**

#### 1) In-House Seminars

**When:** June 17<sup>th</sup>, 2009: 7:00 PM - 8:15 PM (a different topic every 3<sup>rd</sup> Wednesday of the month)

**Where:** 280 Dobbs Ferry Rd., Ste. # 204, White Plains, NY 10607; ph: (914) 287-6464

#### **What: *Ultra Prevention***

Join Dr. Silverman in learning how you can take advantage of this revolution in the science of natural medicine to prevent and cure the most common diseases.

**Wow!:** Take **10% off** all nutritional supplements and **10% off** all nutritional programs when you start

#### July 15<sup>th</sup> topic: KettleBells 101

Find out what the all-in-one workout tool is all about. Learn how to use the kettlebells properly and perform the 8 movements that can be done anywhere. Learn the science of American's latest fitness craze. This will be a hands-on seminar.

#### 2) Neuromuscular Massage Therapy

Our office offers neuromuscular massage by a licensed massage therapist 2 Fridays a month. Please call the office if you are interested in booking a massage with Tom Kleinman, LMT. Try it as a complementary therapy to Dr. Silverman's treatments!

#### 3) Video Analysis

Ever wanted to know how your golf-swing, or your gait is throwing you off and may be causing injuries? With the use of video analysis, Dr. Silverman can assess walking, running, and performing an activity, to determine muscle imbalances and the biomechanics of the movements.

#### 4) Open Seminars

i) May 28, 2009 - Dr. Silverman held a webinar on “3 Phases of Care” for doctors worldwide.

ii) May 21, 2009 - Appeared on the Frankie Boyer Show on WPIX 1060AM as a nutritional expert.

iii) May 16, 2009 - Conducted a continuing ed. class at the University of Bridgeport, CT, titled: “Helping your athletic patients reach higher: from treating sports injuries to performance enhancement”. This was attended by peer chiropractors, fitness instructors and nutritionists.

#### 5) Syndicated TV Program - *Get Healthy with Dr. Rob*

*Get Healthy with Dr. Rob* is the name of the syndicated television program that Dr. Silverman is 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** 1<sup>st</sup> and 3<sup>rd</sup> 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**

**FYI**

## Core Power

“Absorb what is useful, reject what is useless”. - Bruce Lee

Core training has taken the exercise world by storm. This is evident in the variety of books, articles, and videos available on the subject. You can walk into almost any health-club facility today and see individuals engaged in some form of core training.

This article will look at what the core is, how it works, and most importantly, how individuals can activate their core properly.

### What is The Core?

The core is essentially where our center of gravity is located and where movement begins.

Core musculature consists of 29 pairs of muscles, and they support the lumbar/pelvic/hip complex in order to stabilize the spine, pelvis, and kinetic chain during functional movement.

The core can be divided into two categories of muscles:

- 1) local - stabilization oriented;
- 2) global - movement oriented. The local muscles are further broken down into primary and secondary categories.

### Local Muscles

Think of local muscles as the deeper muscles, the ones close to your spine and responsible for keeping your spine stabilized. The primary local muscles are the transverse abdominis and multifidi (the two most critical muscles for providing stability), and the secondary are the internal obliques, quadratus lumborum, diaphragm, pelvic-floor muscles.

### Global Muscles

The global muscles are superficial and are responsible for controlling your body's movement. They are made up of the following muscles: rectus abdominis, external oblique, erector spinae, psoas major, and iliocostalis.

### The Difference Between Local and Global Muscles

The local muscles are made-up of slow-twitch fibers, while the global muscles are made-up of fast-twitch fibers. Local muscles are active in endurance activities, while global muscles are used in power activities. Local muscles are activated at low-resistance levels (30-40% of maximal contraction) while global muscles are activated at higher resistance levels. (About 40% of maximum contraction).

That last point is the most important because it is the main reason why many people have weak core muscles. In most people, global muscles take over and dominate the local muscles in jobs that should be done by the local muscles (see Core Injury).

### Core Function

The core operates as an integrated functional unit (where the local and global muscles work synergistically to allow movement). When working optimally, each component distributes, absorbs, and transfers forces. Therefore, allowing the kinetic chain to function efficiently during dynamic activities.

### Core Injury

After the first episode of back pain, the deep stabilizers (local muscles) change how they function in that they have delayed action and are only turned on after you move. Because deep stabilizers do not function as they should, the brain recruits global muscles to compensate. The result: pain in back, pelvis, glutes.

One mistake many people make is to try to train the movement system before, or in place of, the stabilization system. Always train stability before mobility.

Performing traditional abdominal exercises without proper internal pelvic stabilization has been shown to increase pressure on the disks and compressive forces in the lumbar spine. In addition, performing traditional low-back hyperextension exercises without proper internal pelvis stabilization has been shown to increase pressure on disks and ligaments in the lower back.

### Best Exercises for Preventing Low-Back Pain

As seen in the Journal of Orthopaedic Sports Physical Therapy, 38, p. 596-605, 2008 - abdominal brace, curl-up, side-bridge and bird-dog.

The abdominal brace allows all the contracting muscles in the abdominal wall without drawing in or pushing out to activate (obliques and rectus). These aforementioned muscles along with the transverse abdominis, allow for a co-contraction via their attachment to the lumbodorsal fascia with the multifidi. These bracing allows for an increased spinal stiffness.

### How to Brace

- You'll have to reach behind your back and press your thumbs into your lower back extensors while you slightly bend from your hips.
- Feel the extensors contract
- Then extend to an upright posture to the point where they feel flaccid again
- Without moving, contract abs and feel the extensors contract again
- This is called a brace

### Dr. Rob's 3 Favorite Exercises for Core Activation

#### 1) Curl-up for Beginners

- Trains the rectus abdominis
- Starting posture is lying supine with your hands supporting lumbar spine
- Bend one leg
- Do not flatten back to floor
- Head and neck unit locked onto the ribcage
- Elbows remain on the floor while elevating the head, with shoulders slightly off the floor
- Rotation focused on the mid-thoracic region
- For those with neck discomforts, place tongue on the roof of the mouth. This helps stabilize the neck muscle patterns



Curl-Up Beginner



Side-Bridge Beginner

#### Curl-up for Intermediate/Advanced

- Pre-brace abs (only advanced)
- Lift elbows (intermediate and advanced)
- Push tongue to roof of mouth
- Raise head and shoulders slightly

**2) Side-Bridge for Beginners**

- Training quadratus lumborum, lateral obliques and transverse abdominus
- Above mentioned muscles are spine stabilizers
- Abdominal bracing at all levels
- Starting position is on the side
- Use down-side shoulder and elbow to elevate upper body (see pic.)
- Top leg is in front of bottom leg (heel of lead foot to toe of bottom foot)
- The free hand caps the opposite shoulder



Front-plank



Curl-up for Intermediate/Advanced

**Side-Bridge for Intermediate/Advanced**

- Upper body same as beginner
- Hip-hinge to bring lower body off floor (see pic.)
- Advanced - ability to roll into other positions (i.e. front plank - see pic.)

**3) Bird-Dog**

- Training back extensors (including longissimus, iliocostalis and multifidii)
- Ab brace
- Raise opposite arm and leg simultaneously (see pic.)



Side-Bridge for Intermediate/Advanced



Bird-Dog

**Conclusion**

The core is a compilation of many muscles that can be divided into two categories, for ease of explanation. One category is the stabilization (local) group that has little ability to move joints and is best suited for stabilization. The second category is a movement (global) system that is designed to produce enough forces to move joints.

Both group must work together to produce efficient and effective human motion. Since the core is the center of all motion, it is a critical part of any individual exercise routine. So, brace up and train for core power!

**Dr. Rob's "Hot & Not" List of Ab. Workouts**

Hot	Not
Curl-up	Sit-up
Side-bridge	Leg raises
Bird-dog	Hang-leg lifts

*“A good doctor is your partner along the path to optimal health and well-being” Mel Zuckerman*

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](mailto:info@DrRobertSilverman.com)

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*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, and is a Certified Kinesio Taping Practitioner and a NASM-certified Corrective Exercise Specialist. He specializes in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care, while incorporating proper nutrition protocols. He is board certified in Active Release Technique® (ART®), Graston Technique®, and cold-laser therapy. Dr. Silverman is a nationally known speaker, and has published numerous articles on treating and preventing sports injury, joint pain, and on nutrition, in addition to giving seminars on injury-related preventions, treatments and nutrition for various organizations and Fortune 500 corporations. He is a post-graduate instructor at the University of Bridgeport, College of Chiropractic. Dr. Silverman also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local, collegiate, and professional sports teams, professional tri-athletes, body-builders, martial artists and acted as the team doctor for the Amino Vital pro-cycling team. He serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon, multiple international Iron Man events, and local sports venues. Dr. Silverman appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant, and as a pain-management and nutrition consultant on radio 1460 AM, and as a health expert on 1230 AM "Ask the Expert". He has his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob". In addition, Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert and was also chosen as the national spokesperson for the Vitamin Ester-C.*

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