

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN
"Creating Health for Future Generations Starting Now"

Keeping YOU on the Leading Edge in Healthcare

Happy New Year 2008! and 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: March 19th, 2008: 7:00 PM - 8:15 PM (and on every third Wednesday of the month)

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

What: *The Latest Natural Solutions for Fibromyalgia*

You hurt all over, and you frequently feel exhausted. Even after numerous tests, your doctor can't seem to find anything specifically wrong with you. If this sounds all too familiar, then this talk is for you.

Wow!: All day on Talk Days - take 10% off all nutritional supplements, and 10% off all nutritional programs when you start on this day

2) Seminars

i) Dr. Silverman attended a seminar on Feb. 10, 2008, in NYC titled, "*Gain the Competitive Edge in Working with Elite and Amateur Athletes*". This seminar included the advancements in biochemistry, nutrition science, and innovations in clinical sports that have reached new levels. Insights and protocols that are unique to the physiological needs of athletes were disclosed.

ii) Dr. Silverman is scheduled on March 30th, 2008, to teach (attended by doctors only) on:

1) *Clinical Breakthroughs in the Treatment of Acute and Chronic Pain*

3) FirstLine Therapy (FLT) Patient of the Month

Congratulations to Anthony Gentile! In the 12-week program that Anthony implemented, he not only dropped 19.6 lbs. of body weight, Anthony had also dropped 20 lbs. of body fat - that's 7% of total body fat! Keep it up, Anthony!

4) 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

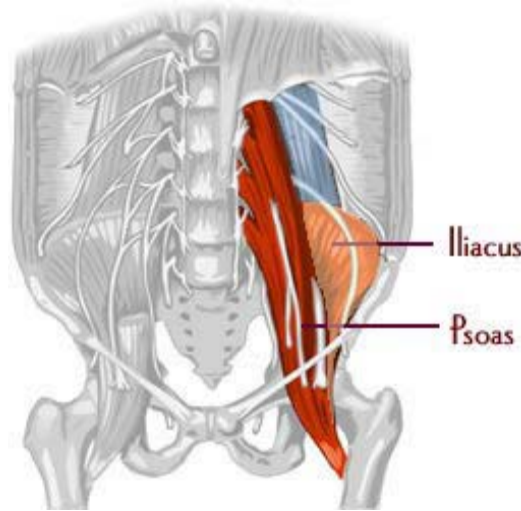
D) Scarsdale Channel 75 or 76 (public access channel)

Wednesdays - multiple showings scheduled throughout the day. Please check for local listing

PART II ARTICLES

This article was published in the Westchester RoadRunners magazine

I) PSOAS SYNDROME



The psoas and iliacus muscles provide powerful flexion of the thigh, the ability to flex and bend the lumbar spine laterally, and assist in maintaining the balance of the trunk. When the spine is fixed, the psoas/iliacus flexes the thigh and aids in lateral rotation of the hip and torso. When reversed (thigh is fixed), the psoas/iliacus laterally flexes the lumbar spine or increases lumbar lordosis (curvature).

A shortened, fibrotic, or weakened psoas can impact the biomechanics of a broad range of physical activities including walking, running, and cycling, figure skaters, and jumpers.

Problems with this structure may manifest biomechanically as:

- Weak hip flexion
- Limited, or poor, hip extension during gait
- Stressing and overwork of the rectus femoris - causing it to perform most of the hip flexion
- Poor posture with the pelvis tilted forward
- Hip may be externally rotated with the foot everted

The patient may complain of:

- Facet syndrome
- Strain of the rectus femoris
- Low back pain
- Difficulty rising from a seated position
- Chronic quadriceps strain
- Hyperlordotic lumbar spine

FYI

Patients who do sit-ups from a supine to a full-flexed position are really strengthening their iliopsoas rather than their abdominal muscles. They are creating an increased lordosis during the sit-up. The crunch method of sit-ups with the spine flat on the ground and the knees flexed over a chair is the recommended method.

II) CUTTING-EDGE TRENDS IN CHIROPRACTIC CARE

More often than not, the soft tissue (muscle, tendon or ligament) component of any condition is overlooked or under appreciated. Whether there has been a traumatic injury or a slow growing condition due to overuse, abuse, the normal aging process, or post surgical pain/swelling; the soft tissues go through their own

degenerative changes that must be treated very specifically. Damage to these tissues result in adhesions, trigger points, muscle cell inhibition, weakness, ligament laxity, reduced blood & lymph circulation, and compensatory changes in the regional and remote structures.

Soft-tissue injury can cause, but not limited to, the following conditions:

- 1) Chronic and acute back and neck pain
- 2) Carpal tunnel syndrome
- 3) Tennis-elbow
- 4) Rotator cuff syndrome
- 5) Post-surgical pain
- 6) Headaches

Just like no one single pill treats every kind of disease and illness, there is no one single approach to a chiropractic treatment that treats every kind of injury. One particular soft-tissue technique, known as Active Release Technique (ART), has grown to be widely popular in the sports community, extending to those who are injured in their day-to-day activities.

ART is a soft-tissue technique applied successfully to find and treat the specific tissues that are restricted. It is successful, where other traditional methods fail, because ART practitioners:

- Locate the true, root cause of the problem. An experienced ART practitioner can successfully resolve many soft-tissue problems within 6 - 8 treatments.
- Locate the restrictive adhesions that have formed, *identify the direction* in which these adhesions are aligned, and *remove* these restrictive adhesions.
- Work along the entire kinetic chain.
- Consider the body to be one complete, dynamic, functional unit - they do not restrict their attention and treatment to just the area of complaint.

Active Release Technique provides two levels of care - Injury Care and Performance Care. In performance care, ART can provide patients with a means to *enhance* their performance, i.e., sports and day-to-day activities, by identifying and releasing restrictions that reduce their performance in that activity, and in restoring full function and performance to those soft-tissues. This process can result in significant increases in sports and day-to-day performance - power, strength, and flexibility.

“Good health begins with prevention” Smart patient

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

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 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. 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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