

# 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: May 21<sup>st</sup>, 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: **ENERGY!**

What does the Energizer Bunny has that you don't? Energy! Learn the top ten things that you can incorporate into your daily habits to increase your energy. Tired of people who are always cheerful in the morning and have energy throughout the day? If you can't beat them, join them!

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) Updates

i) Dr. Silverman attended a Masters course in Active Release Technique (ART<sup>®</sup>) on March 2<sup>nd</sup> to achieve the highest level in this Technique and master the newest treatment protocols

ii) Attended the Kinesio Taping Fundamentals on March 8<sup>th</sup> & 9<sup>th</sup>, and April 5<sup>th</sup> & 6<sup>th</sup>, on *Advanced and Dysfunctional Movement Patterns*. Dr. Silverman has now added "CKTP" - Certified Kinesio Taping Practitioner - to his certifications

iii) Attended the *Emerging Therapeutic Target. Improving Therapeutic Outcomes by Treating the Intersection of Osteoporosis, CVD, type-2 Diabetes, and Arthritis*

iv) Dr. Silverman was the featured guest as the health and wellness expert on radio 1230 AM, April 24<sup>th</sup> on "Ask the Expert"

#### 3) Accreditations Added

CKTP - Certified Kinesio Taping Practitioner

#### What is Kinesio Taping<sup>®</sup>?

The Kinesio Taping<sup>®</sup> method has taken the Rehabilitation and Sports Medicine world by storm. This amazing taping method was developed by Dr. Kenzo Kase over 25 years ago in Japan. Kinesio Taping<sup>®</sup> has quickly become the gold, or should we say "platinum" standard, for therapeutic rehabilitative taping. The proprietary method of taping uses a uniquely designed and patented tape for treatment of muscular disorders and lymphedema reduction.

This Method involves taping over, and around, muscles in order to assist and give support, or to prevent over-contraction. The first technique gives the practitioner the opportunity to actually give support while maintaining full range of motion. This enables the individual to participate in their normal physical activity with functional assistance. The second technique, which is most commonly used in the acute stage of rehabilitation, helps

prevent overuse or over-contraction, and helps provide facilitation of lymph flow for an entire 24 hour period. Correctional techniques include mechanical, lymphatic, ligament/tendon, fascia, space and functional.

Kinesio Taping® allows the individual to receive the therapeutic benefits 24 hours a day with both comfort and ease because it can be worn for several days per application. Currently, Kinesio Taping® is used in hospitals, clinics, high schools, and by professional sports teams.

#### 4) Awards

In April, Dr. Silverman was honored with the "6<sup>th</sup> Man" Award from Iona College Women's Basketball Team. This was awarded for his immense off-the court support of the team players, for nutrition performance, etc...

#### 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 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 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

## ARTICLES

### **Stand up and stretch to break up sedentary time**

Attention office workers, couch potatoes, and other sedentary people: reduce your time spent sitting by getting up and using your muscles more regularly throughout the day, says Dr. Genevieve N. Healy.

Breaks from sedentary activity appear to complement the health benefits gleaned from other types of physical activity.

Moreover, Healy told Reuters Health, "a break could be as simple and light in intensity as standing and stretching."

Healy, from the University of Queensland, in Brisbane, Australia, and colleagues measured the non-sleeping sedentary and active time of 168 Australian adults to determine whether taking breaks might impact their weight and metabolism. The subjects were participants in the Australian Diabetes, Obesity and Lifestyle study, but did not have diabetes.

This healthy group, who ranged in age from 30 to 87 years, kept an activity diary and wore an accelerometer during all waking hours for 7 days, the researchers report in *Diabetes Care*. The accelerometer, worn firmly around the trunk, measured the duration, type, and intensity of physical activity in counts per minute.

The researchers considered accelerometer counts of less than 100 per minute as sedentary periods, and counts of 100 or greater as active time. Light-intensity activity was from 100 to 1951 per minute and counts more than 1951 were periods of moderate-to-vigorous activity.

Overall, participants spent 57, 39, and 4 percent of their waking hours in sedentary, light-intensity, and moderate-to-vigorous intensity activity, respectively. On average, their breaks lasted less than 5 minutes, with accelerometer counts of 514 per minute.

They found that the number of breaks from sedentary activity positively correlated with lower waist circumference, lower triglycerides, and lower 2-plasma glucose scores.

Further studies should examine the physiological and metabolic responses in larger groups of people during prolonged periods of sitting and regular interruptions with short bouts of activity, Healy added.

SOURCE: Diabetes Care, April 2008.

*“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](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. 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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