

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) Update

On Nov. 1st - 2nd, Dr. Silverman is chosen from the select few to provide chiropractic/sports performance care to the elite professional athletes of the NYC marathon and Olympic trials that will be held on Nov. 3rd and 4th.

2) Conference/Seminars

On October 20th - 21st, Dr. Silverman attended a seminar on *Advanced Clinical Mastery of the Cold Laser* conducted by Dr. Jeff Spencer, chiropractor to Lance Armstrong and the American tour de France cycling team. The protocols taught were ones used on the elite athletes.

What does the laser do?

In a nutshell, low-level laser therapy (LLLT) causes tissues/cells to heal faster - muscle, skin, and nerve - up to 66% faster, according to an FDA study. The Erchonia laser received FDA clearance on Jan. 17, 2002.

List of symptoms that responds successfully to low-level laser therapy:

- Acute chronic pain
- Carpal tunnel
- Neuropathy
- Sciatica
- Neck and back pain
- Sports injuries
- Headaches
- Scars and scar tissues
- Nerve and disc pain

3) Accreditation

Dr. Silverman was recently re-certified in Active Release Technique® (ART®) - peripheral long tract nerve releases. This recertification improves his expertise in resolving nerves that are adhered, or caught, outside the spine.

1. Median nerve - neck, chest, elbow, forearm, carpal tunnel
2. Radial nerve - neck, shoulder, triceps, forearm, hand
3. Ulna nerve - neck, shoulder, elbow, forearm, hand
4. Sciatic nerve - gluteal region/hip, hamstring, calf, foot

This promises to improve clinical outcome, i.e. less visits, better performance quicker!

4) FLT Patient of the Month

Congratulations to Pam Small! In the 12 weeks that Pams's on the program, she's lost 21.8 lbs. of body weight and dropped 24.5 lbs. of body fat, while having put on 4.9 lbs of quality muscle. Pam's total body composition change 29.4 lbs. Wow!

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 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
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1) The following article was published in www.runnersworld.com.



Should You Get Laser Therapy?

Can a laser therapy cure heel and arch pain?

By Melanie Radzicki McManus

Plantar Fasciitis, an inflammation of the tissue along the bottom of the foot, cripples many runners--me included. For four months, I pool-ran, swam, and biked, but what I really wanted to do--run--was too painful. I followed the standard rehab: stretching and icing my heel, popping anti-inflammatories, wearing orthotics, sleeping in a night boot to stretch the plantar fascia overnight. I also tried massage, active-release techniques, and reflexology--even two shots of cortisone in my heel. Nothing worked. Then I heard about low-level laser therapy, a noninvasive treatment that recently got FDA approval. A light beam is placed on the injured area to stimulate cellular reactions that are believed to fight inflammation, reduce pain, and speed recovery, says Robert Duggan, D.P.M., an Orlando-area foot and ankle surgeon. When added to a rehab plan, Duggan says, runners may feel immediate relief. Desperate, I decided to try it for a month.

Day 1: I see a local chiropractor for low-level laser therapy (forking over \$15 for my insurance copay). He moves the laser over sore spots on my heel and arch. It's completely pain-free, and my foot seems to feel better right away. Placebo effect?

Day 2: Duggan says that if the laser is going to help, patients should notice improvement within one to three sessions, and indeed, I use the elliptical machine for 90 minutes without any foot pain.

Day 5: Today's the real test--a run. My first in 13 weeks. I do two easy miles with minimal discomfort and no flare-up afterward. Later in the day, I have my second laser treatment.

Day 12: I'm up to running five miles comfortably, so I try hill repeats. My heel feels tight as I'm finishing. After my run, I have my third treatment.

Day 24: Four treatments have allowed me to steadily increase my miles (zero to eight over three weeks) and the intensity of my workouts. Still, my foot feels sore walking around the mall.

Day 30: Some people respond when the laser is also applied to trigger points in their hip and calf, which can refer pain to the plantar fascia, so my chiropractor lasers these points today during my fifth treatment. I didn't detect a change, though.

Bottom Line: My four-month layoff decreased the acute pain, but it was the laser treatment that gave immediate,

near-total relief, and that got me out running again. Well worth five appointments and \$75.

2) The following article was published in *e-Journals of Light and Lasers* Newsletter, issue #2, November 2007

Exercise with Laser Most Effective Therapy

A well-designed study was performed using laser therapy on patients who had low back pain for at least 12 weeks. Laser therapy was performed twice a week for 6 weeks along with exercise therapy and compared to exercise and laser alone as controls. In these patients, laser therapy combined with exercise was more beneficial than exercise without laser. This study demonstrates that laser can be an excellent adjunct for practitioners who emphasize exercise therapy for their patients and produces better results than exercise alone. Djavid GE, Aust J Physiother 2007;53(3):155-60.

Laser as Effective as Cortisone!

Rats with arthritis were exposed to a number of different laser protocols. It was found that illumination with 810-nm laser was almost as good as cortisone at reducing swelling! It was found that higher doses were more important and more effective than any other parameter. Laser therapy not only reduced joint swelling but also correlated with decreased serum prostaglandins, a common marker of inflammation. Castano AP, Lasers Surg Med 2007 Jul;39(6):543-50

Laser Reduces TMJ Pain

This study investigated TMJ pain and Laser therapy. Results confirmed the results of previous studies noting that laser was more effective than placebo at reducing TMJ pain. Mazzetto MO, Cranio 2007 Jul;25(3):186-92

Laser Effective for Peripheral Neuropathy

Peripheral neuropathy is a common problem in older patients as well as diabetics and workers exposed to toxic chemicals. There is very little that modern medicine has to offer these patients. This study found that laser therapy improved spatial perception, demonstrating improved nerve function, as well as improved EMG study outcomes. These positive results support previous research that documented that laser can regenerate nerve tissue. Peric Z, Srp Arh Celok Lek 2007 May-Jun;135(5-6):257-63

Light Benefits Obesity

A study was done with obese individuals who were put on an exercise program and exposed to light therapy. The most interesting finding was that body fat in the exercise group was only reduced when they received light therapy. Improved mood, as in previous studies, was also noted. This preliminary study is the first to show that the addition of bright light treatment to a 6-week moderate exercise program can alter body composition by significantly reducing body fat. Dunai A, Obesity 2007 Jul;15(7):1749-57

"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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