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## Could Have Been Worse

Have you ever been robbed and thankful at the same time? If it's possible for that to happen, we experienced it at our St. Pete office earlier this summer. When Beth came to work she found the lobby full of glass - the back door had been smashed in by a big rock. After talking with the Police and assessing the situation we were pleasantly surprised to find that the only thing missing was a small amount of petty cash. There was no vandalism, the computers were not touched - the whole office was undisturbed. It was the nicest robbery I had ever experienced. We were blessed. Don't get me wrong, I was still upset. In fact, it inspired me to order a new back-up system for our patient data and by the time you read this the office will also be protected by an alarm system.

After this happened, my first thoughts were that I had done exactly what I advise my patients against. I had waited for an emergency situation to occur before taking care of my office. I had some warning signs - reports of local robberies, eyewitnesses of strangers roaming the alley - and yet I just waited for the break-in to happen instead of getting an alarm system ahead of time. Many of our patients treat their spinal health like this. They wait for a severe flare-up of pain before they come in for a visit. They may even have some warning signs - back stiffness, waking up sore or just not feeling right and yet they choose to wait until an emergency before calling the office. I guess I can't blame them anymore. I shouldn't have waited either. Sometimes we just need a little nudging to be proactive.



Enjoy our summer newsletter. We have informative articles from all of our doctors. Dr. Kean and Dr. Bretz have begun a course in whiplash injury and are excited to tell you all about what they have been learning. Don't miss our coupon on the back for a discount on massage therapy.

We are always blessed when it doesn't take too much work to take care of these little emergencies, but we shouldn't plan on it being so easy the next time. I'll work on an alarm system and you can give us a call before the pain gets too severe - when it's much easier to correct.

*Dr. David Sandefur*



# The Truth About Whiplash

by Dr. Jaime L. Kean

*Whiplash* is the layman's term for the injuries sustained following a trauma to the cervical spine involving a rapid succession of neck extension followed by neck flexion. This type of injury is most often seen following a motor vehicle crash,

but similar type injuries have been known to occur after a fall, a sports injury or any other injury in which the cervical spine is forced beyond its natural range of motion. We may also refer to a whiplash injury as a *hyperflexion/ hyperextension injury* or a *cervical acceleration/deceleration (CAD) injury*. Whatever the name, one thing is for certain; cervical spine injuries should not be taken lightly.

Most often, the first indication that damage has occurred following cervical spine trauma is the onset of pain or stiffness in and around the neck region. This pain often begins immediately or within a few days of the trauma, but it is not uncommon for the pain to develop weeks or even months later. In some instances, there is no neck pain at all but a pain, tingling, numbness, or muscle spasm in another area of the body. Some of the most common whiplash associated disorders are caused by insult to the central nervous system and include:

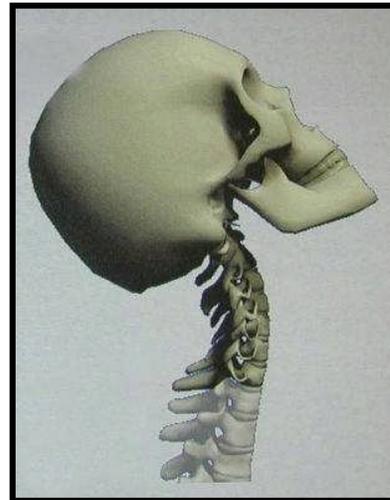
- |                         |                 |                    |
|-------------------------|-----------------|--------------------|
| •Neck Pain              | •Neck Stiffness | •Headache          |
| •Upper Back Pain        | •Arm/Hand Pain  | •Arm/Hand Tingling |
| •Muscle Spasms          | •Leg/Foot Pain  | •Leg/Foot Tingling |
| •Pain Between Shoulders |                 | •Lower Back Pain   |

There are also some symptoms that patients often do not associate with a whiplash trauma but that occur quite frequently. These are the result of trauma to the sympathetic nervous system, inner ear, and jaw and include the following:

- |                  |                      |                  |
|------------------|----------------------|------------------|
| •Blurred Vision  | •Swallowing Problems | •Ringing In Ears |
| •Loss Of Balance | •Upset Stomach       | •Jaw Pain        |

Furthermore, some more subtle symptoms that have been discussed in the medical literature and that have been directly correlated to whiplash trauma include the following:

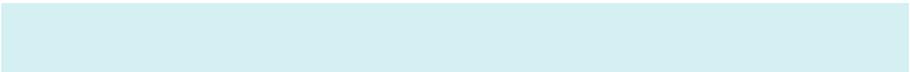
- |   |
|---|
| Depression, Anger, Anxiety, Frustration, Post-Traumatic Stress Syndrome, Sleep Disturbances, Family Stress, Compensation Neurosis, Work Stress, Drug Dependency, Social Isolation |
|---|



On a final note, of the symptoms listed above, none have any correlation with the speed of the crash. The experts in the field have documented injuries to the cervical spine in crashes where the bullet car is traveling as slowly

as 5mph. Even in low speed collisions, injuries abound. Patients involved in low speed crashes often overlook the symptoms they are experiencing because they feel as if the force of the collision was not great enough to cause such an injury. This simply is not true. There is also very little evidence to suggest the amount of damage sustained by a vehicle correlates with the level of injury sustained by the vehicle's occupant.

As you can see, many health issues may arise out of a whiplash injury. Furthermore, those symptoms listed above are only the immediate effects. A cervical spine trauma, if left untreated, can lead to spinal instability and early degenerative changes - aka arthritis. If you have been the victim of a whiplash injury, please alert your Florida Chiropractor as to the symptoms you are experiencing so that you can get the help you need and deserve.

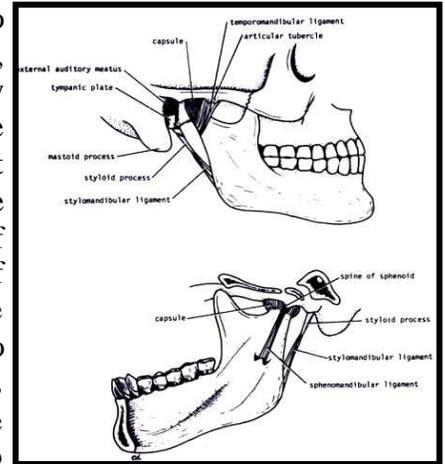




# TMJ - Symptoms & Chiropractic Solutions

by Dr. Christopher Bretz

Hey Folks, in this article we are going to talk to you about something you may never have heard of, but you definitely use it hundreds of times every day, thousands of times each week. Yup, you are correct!!! It is your Temporo-Mandibular Joint (TMJ), the joint where the lower jaw joins the temporal bone of the skull, immediately in front of the ear on each side of your head. A small disc of



cartilage separates the bones, much like in the knee joint, so that the mandible may slide easily - each time you chew you move it. But you also move it every time you talk and each time you swallow (every three minutes or so). It is, therefore, one of the most frequently used of all joints of the body and one of the most complex. Because of its complexity, it is also easily injured. Many patients come into our clinics after an accident that has injured their TMJ, producing symptoms like: Jaw pain, ear pain, sore jaw muscles, face pain, jaw popping, headaches and neck pain. Ouch!! What a mouthful!! That does not sound like a very healthy way to live each day. According to the National Institutes of Health more than 10 million Americans have symptoms associated with their TMJ. Imagine having all of these symptoms when you have an injured TMJ? How about not doing anything about it? Is there any treatment that can be performed to help with these symptoms? Can my Chiropractor help? These are all wonderful questions and we hope in the next couple of paragraphs we can answer these.

Let us first remind ourselves how a chiropractic adjustment affects our body's natural ability to heal itself. Through careful examination and x-rays, the Chiropractor is looking for a misalignment. A misalignment is usually caused from an injury that misaligns one bone from the other within the joint. This allows pressure to build up which causes nerve interference which in turn can cause a multitude of symptoms (including PAIN and DISCOMFORT!!).



Cold Laser TMJ Treatment



Ultrasound TMJ Treatment

The most recent data in professional healthcare journals reveals that the best treatment for TMJ disorders is with chiropractic adjustments and conservative modalities. These modalities include ice, mild heat, ultrasound and the newest and most promising therapy: COLD LASER. Here at Florida Chiropractor, our doctor's and staff are fully trained in the use of these modalities in the rehabilitation of the TMJ. With this in mind, ask your Doctor the next visit if they can help with your jaw pain or discomfort!!



Have A Happy & Healthy Summer  
With Regular Chiropractic Care!



Coupon

# 1/2 Price Massage Therapy Coupon

Coupon

@ Florida Chiropractor  
Seminole or St. Pete  
Call for an appointment

A Soothing  
Hands-On Massage



## Only \$15 For 1/2 Hour Massage

(Normally \$30)

Our policy: The patient and any other person responsible for payment has the right to refuse to pay, cancel payment or be reimbursed for payment for any other service, examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted or reduced fee services, examination or treatment. Value of this coupon is \$15 off of our normal cash-at-time-of-service fee for a 25-30 minute massage of \$30.

\$15 Value

Massage Therapy Session is Approximately 30 minutes

This Gift Certificate Valid Until July 31, 2006

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Office Hours

### Monday - Wednesday - Friday:

St. Pete: 9 am - 7 pm. Lunch from 1 pm - 3 pm  
Seminole: 8 am - 6 pm. Lunch from noon - 2 pm

### Saturday:

St. Pete & Seminole: 10 am - noon

**Tuesday & Thursday** hours are available by appointment for emergencies, injuries or flare-ups. Call any day or time if you or a friend/family member are involved in an accident. Call **345-4242** in St. Pete or **319-8030** in Seminole. Calls are forwarded to the doctors after hours.

## Calendar of Events

Sat. May 27th - Mon. May 29th - Memorial Weekend - Office Closed

Mon. June 5th - LMT Audrey's Birthday - Happy Birthday

Fri. June 16th - Father's Day Giveaway - Come in for good stuff.

Tues. July 4th - Happy 4th of July - Office OPEN Wed. July 5th

Sat. Sept. 2nd - Mon. Sept. 4th - Labor Day Weekend - Office Closed

Mon. Sept. 18th - Sat. Sept. 23rd - Patient Appreciation Week!

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