



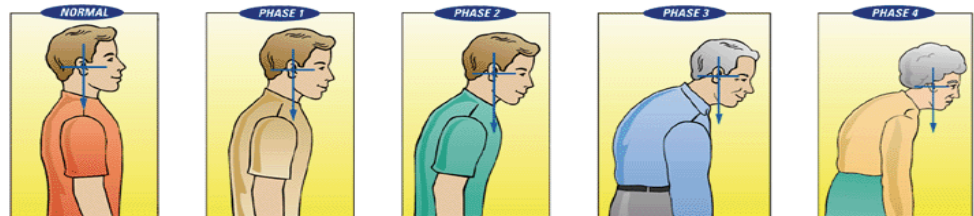
# Dr. Kate Klemer

CRANIOSACRAL CHIROPRACTIC

## Better Posture Today... Better Health Tomorrow

Trauma, especially car accidents can change the curvature of a person's spine. Loss of normal spinal curvature can create premature arthritis. Ligament damage has been shown in studies after whiplash resulting from a car accident. The resulting loss of curvature in the neck causes loss of

head posture. Over time this condition creates a slumping over of the head, shoulders and spine. It causes many symptoms, namely back pain, pre-mature spine degeneration, headaches, and fatigue. For every inch of forward head posture, the apparent weight of the head increases by



**Ear canal arrow should line up with center of shoulder. Check yours!**

motion between each vertebrae. Trauma effects the soft tissue and hard tissue in the body. In turn, motion in the joints that are involved is compromised, resulting chronic pain.

Another cause of loss of curvature of the spine is chronic forward head posture. In this day and age, many of us work eight hours a day at a desk. This causes forward

ten pounds. This is stressful on the muscles, joints, ligaments, and fascia of the areas involved.

When ligaments and soft tissue (muscle and fascia) heal, they form fibrous tissue in irregular positions. This new tissue is less elastic, and therefore less functional.

In a car accident, (knock on wood right now) the neck goes forward, backwards

## Oh my god! I got a bill..... I thought Insurance would cover it!

Q: I just received a bill from Dr. Kate, and I don't think that its my responsibility, what do I do?

A: First, don't panic! Second, call your insurance company to determine exactly what you are covered for. There is a helpful checklist available in PDF format on my website:

[Drkateklemer.com](http://Drkateklemer.com) that will help you ask the right questions of your insurance company.

If you have questions about your bill following

your conversation with your insurance, please feel free to call Chad at the office. The office hours are as follows:

Tuesday: 11:00 am—6:00 pm

Wednesday: 11:00 am—6:00 pm

Thursday: 11:00 am—6:00 pm

Friday: 11:00 am—5:30 pm

If you get the voicemail we're probably on the phone, we'll get back to you very shortly



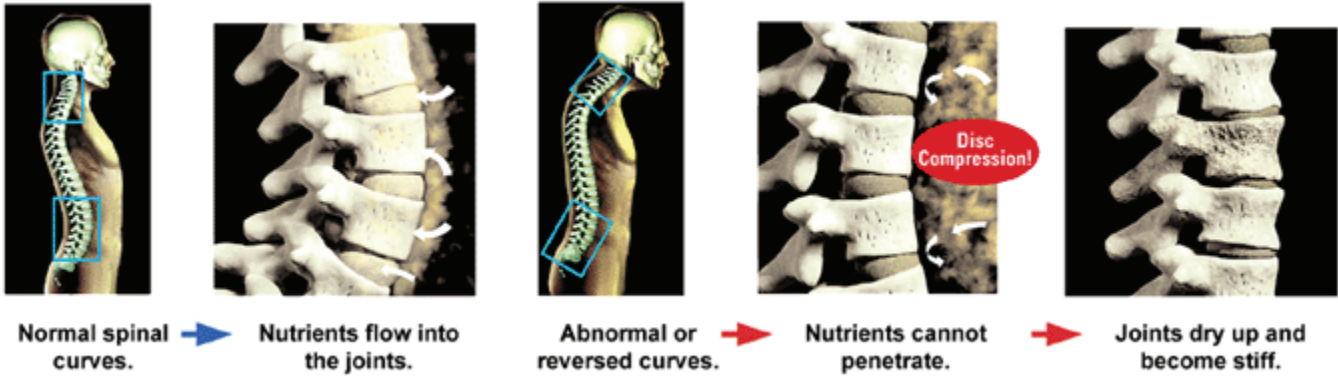


### Accident Time Frame

and also gets pulled apart = traction. The average accident lasts for 200 milliseconds, that is 200/1000 of one second. The human nervous system reacts in 350 milliseconds. There is not

enough time for our body to protect itself and guard against the jolt with our muscles. At 6 miles per hour, the neck experiences a compressive load of 50 pounds. This stresses the spinal disks, the surround-

ing joints, and soft tissue. Ligament instability comes from whiplash and causes a loss of the normal neck and lower back spinal curves. This leads to accelerated degeneration and arthritis of the spine.



*“Ligament instability comes from whiplash and causes a loss of the normal neck and lower back spinal curves.”*

### What can you do to prevent this?

This condition may also result in irritation and weakness of the arms and legs, causing chronic pain. Loss of curves = Loss of strength and flexibility, and can potentially cause scoliosis. Based on all of this infor-

mation, it appears that rehabilitation and restoration of the neck curves is a good thing. What can you do to prevent this?

1. Get massage therapy and chiropractic care soon after any car accident or other trauma to the neck, regardless of having symptoms. Symptoms may not appear for up to six months after the event. This will promote motion, and proper healing of the soft tissue and joints of the neck before the tissue starts to scar.
2. Get a tempurpedic neck pillow – make sure that it is ALL memory foam. Memory foam is heat-activated, and will conform to your neck better.
3. Get a posture pump. –

Go online to look at it! [www.posturepump.com](http://www.posturepump.com). This is a traction device that you work your way up to using three times a week for a fifteen minute session. This restores your normal neck curvature. 4. Eventually, after consulting with your favorite neighborhood chiropractor, take yoga or pilates to maintain spinal and overall health. It will also lower the number of treatments needed from me!

You can pick up tempurpedic pillows and posture pumps at the office.

-Dr. Kate



Correct curvature



Incorrect curvature