

Profile on...



Dr. Sean Maxwell

Sean graduated from Southern California University of Health Sciences as a Doctor of Chiropractics, academically achieving Dean's list status. No surprises here, as Sean's father is also a Chiropractor. Sean's has now taken over after his Dad in the well-established Surrey practice.

Sean, who resides here in Kitsilano, is well diversified with many modalities. Sean may rehab such injuries as ankle & shoulders with Ultrasound, TENS, and/or stretching & strengthening. Using some of the latest equipment, he can prescribe orthotics, helping to correct biomechanics, which can lead to foot, knee or iliotibial tract pain.

Sean is extremely active both in his profession and at play. He currently is acting head trainer with the Coquitlam Adanacs and the North Surrey Rebel Lacrosse teams. His kinesiology background makes him well diversified in his sports knowledge and brings the latest research and treatment for rehabilitation amongst athletes and the general public alike.

Make an appointment to talk to Sean about how chiropractics can be a part of your health care program.

Chiropractics now offered

Cervical adjustment (also known as neck manipulation) is a precise procedure, generally applied by hand, to the joints of the neck and is beneficial for the treatment of headache and neck pain. Cervical adjustment works to improve joint mobility in the neck restoring range of motion, and reducing muscle hypertonicity thereby relieving pressure and tension. Patients typically notice a reduction of pain, soreness, stiffness and improved mobility.

One of the most common questions I hear from patients is, "Isn't neck adjustments dangerous?" I first explain that chiropractors not only adjust the neck, if needed, but look at the entire body, and treat accordingly using adjustments or other forms of treatment.

The findings in the existing, published literature indicate that serious adverse events associated with cervical adjustment are very

rare. While estimates vary, a range of one to two events per million cervical adjustments is generally considered to be a conservative risk ratio by the research community. This association is typically characterized by dissection of the vertebral artery extracranially on the side of the neck which was adjusted, accompanied by the onset of acute neck pain and neurological symptoms immediately or within hours.

Similarly, a Canadian study, published in 2001 in *Stroke*, also concluded that stroke associated with cervical adjustment is so rare that it is difficult to calculate an accurate risk ratio.¹ The study authors have stated: *"The evidence to date indicates that the risk associated with chiropractic manipulation of the neck is both small and inaccurately estimated. The estimated level of risk is smaller than that associated with many commonly used diagnostic tests or prescription drugs."*

Peter J. Roach, RMT, CNMT



5 Principles of Neuromuscular Therapy

In order for us, as Massage Practitioners, to understand the phenomenon of soft tissue pain and disability, there are 5 principles we follow to make adequate evaluation, and plan appropriate treatment.

Ischemia (lack of blood to affected areas) results in hypersensitivity of tissues. Ischemic tissue is tender to touch. With ischemia comes hypercontraction of muscle fibers (muscle tightness). This muscle tension leads to more ischemia, which leads to more muscle contraction, making it difficult to stop the pain pattern.

Trigger Points are areas of low neurological activity that, when palpated, become highly neurologically active sites with secondary referred pain patterns, to other parts of the

body. Trigger points have the capacity of causing ischemia in the referral areas as well

Nerve Compression/ Entrapment is a major consideration in the treatment of pain. Nerve compression results from pressure on a nerve by bone or cartilage, such as between vertebrae. Nerve entrapment results from pressure on a nerve by soft tissue, such as between or within muscles. The ratio for nerve compression verses nerve entrapment is 1 to 1000.

Postural Distortion causes imbalances in the muscular tonus system. This imbalance causes increased tension, which can result in movements of the body off its natural

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Dr. Sean Maxwell, DC

Hot or Cold: Knowing When to Apply Each (part 1)

You have a sprained ankle. Would a heating pad or an ice bag help? What about your Aunt's arthritic hands? Your son's stitches? The nasty boil on the cat's back?

It isn't always easy to know when to use heat and when to use cold, and should it be moist or dry? How long should you leave it on? What reactions should you watch for? How do you do it?

Whether you use hot or cold applications depends on what you want to accomplish. Heat dilates small blood vessels, increasing circulation to the heated part of the body, but reduces the amount of blood from the heart, makes blood thinner, raises healing of tissue, but increases inflammation.

Cold constricts small blood vessels, but increases the amount of blood pumped by

the heart, makes blood thicker, lowers temperature, slows breathing, constricts muscles, slows healing and reduces inflammation.

Heat will relieve muscle pain, soften and hasten drainage from a wound, reduce congestion, reduce pressure from fluid buildup, increase digestion, encourage bowel movements and provide relaxation.

Cold will decrease or stop bleeding, reduce pain and swelling, and help keep fluid from accumulating.

Knowing these things makes it clearer which to use, but there are some points to remember on safety.

Look for Part 2 on Safety in our next issue.

Peter J. Roach RMT, CNMT

5 Principles of Neuromuscular Therapy (continued from page 1)

coronal and mid-sagittal planes.

Dysfunctional Biomechanics are the faulty movement patterns that occur because of the imbalances of the muscular system. It is imperative that these movements be corrected in order to relieve the hyper tonicity of the soft tissue.

Any of these or all of the above can be

caused by direct trauma, abuse, misuse, fatigue, anxiety, impatience, anger and depression. Once the neuromuscular pattern is altered, normal biomechanics is altered; postural distortion results, causing nerve entrapment, trigger points and ischemia in the soft tissue.

Peter J. Roach RMT, CNMT

Our Commitment...

- *We value honesty and so speak our minds mindfully.*
- *We take the time necessary to express ourselves openly and accurately*
- *We are consistent and punctual.*
- *We show discretion and share our personal life experiences.*
- *We are receptive to and accepting of different ideas and opinions.*
- *We acknowledge others strengths and weaknesses and embrace diversity.*
- *We listen without judgment.*
- *We project a healthy and uplifting energy.*
- *We bring humour to the office.*
- *We continue to upgrade our skills and knowledge.*
- *We maintain the beauty of our office environment.*
- *We understand our personal and therapeutic boundaries.*
- *We treat our patients and each other with courtesy and respect.*
- *We welcome everyone.*