



Creating Health

Providing knowledge to help you take control of your health and feel better

Brought to you by

Wilmington Clinic

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Dr. Fiscella has been in practice for over 35 years and holds the following certifications and licenses:

- Board Certified Chiropractic Orthopedist
- Certified Acupressure/ Nimmo Technique Instructor
- Graston Technique® Certified
- Licensed Acupuncturist
- Certified EndoNasal Instructor

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique
- X-ray
- Cold Laser
- Weight Management

We are participating providers for many HMO's and PPO's.

Tips to Fall Asleep Quickly

Adequate sleep (at least 7 hours) is crucial for maintaining and improving health. Sleep is when your body rejuvenates and heals itself. If you are having a hard time getting to sleep or staying asleep, let us know and will help you resolve any underlying issues. These tips will help you to fall asleep as soon as your head hits your pillow.

- 1. Create a relaxing bedtime routine.** Take a bath, brush your teeth, get into your PJs and turn on some soothing music that will let your mind know it's time for slumber.
- 2. Go to bed at the same time each night and wake up at the same time each morning.**
- 3. Exercise** -- just be sure not to exercise too close to bedtime (within three hours), as it could keep you up.
- 4. Keep your bedroom cool, quiet, and dark**
- 5. Drink a cup of relaxing tea, like chamomile.**
- 6. Massage your feet, especially with warm oil, right before bed**
- 7. Stretch a bit before you lie down.** You can literally stretch out some of the "kinks" and tension of the day. 
- 8. Stop working well before bedtime.**
- 9. Don't drink caffeinated or alcoholic beverages near your bedtime.**
- 10. Reduce stress in your life.**
- 11. Grab a snack.** Eating a heavy meal right before bed can keep you awake, but so can feeling hungry so eat a light snack that is low in carbs.
- 12. Wear earplugs or an eye mask.**
- 13. Eliminate pain through regular chiropractic care.** Pain and discomfort can interfere with falling asleep and staying asleep. We can help you achieve a pain-free restful night (and pain-free, productive days)!

Erase Low Back Pain

Watch a toddler pick up a ball and then ask an adult to do the same task. The toddler hinges at the hips, sitting back and down into a deep squat to grasp the ball, pulling it close to the body.

The toddler powers through the hips, glutes and thighs in returning to the starting position. It's all in the hips! The adult flexes forward at the waist and lumbar spine with little to no involvement of the hips, glutes and thighs. The altered mechanics of bending at the waist, as opposed to the hips, places extreme vector loads on the lumbar spine, leading to microtrauma, dysfunctional movement patterning, and eventually pain.



Optimal movement patterning never had to be taught to the toddler. Functional movement is innate to the nervous system in pre-programmed stages of development. So, what happens during the time frame from toddler to adulthood that contributes to lifting technique going horribly wrong? Quite simply: We forget how to move. Add to that the laziness factor and countless hours people spend sitting in our culture, and you have a recipe for inefficient movement.

The Hip Hinge

The hip hinge is a fundamental part of this reprogramming. The hip hinge, generally speaking, is bending at the hip joint rather than bending at the spine (curving the back to touch the floor instead of bending at the hip). When you bend correctly, your spine stays neutral rather than curving.

When you move, sit, lift and exercise correctly, you are less likely to injure yourself or create chronic pain. The hip hinge is just one example of correct movement. For a more comprehensive overview, you might want to read the book "8 Steps to a Pain-Free Back" by Esther Gokhale.

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Stay Strong for Life

As we age, we begin to lose lean body mass and gain more of the fatty adipose variety, which is never a good thing.

We also lose muscle strength; anywhere from 8-16 percent after age 50 or so. This influences basal metabolism, which declines the older we get, creating a vicious chain events that can make us, to put it simply, fatter and weaker over time.

Fortunately, we can fight this process with strength training, even in our golden years, to help build lean muscle, increase metabolism and keep us lean and mean for a lifetime. Simple exercises like wrist and arm curls, dumbbell shoulder raises, chair dips, back leg raises and a long list of others can go a long way toward preserving our youthful vigor as we age.



In addition to building muscle, exercise also helps you build strong bones. A 1999 study reviewed 10 years of literature

on exercise and bone mineral density (BMD), paying particular attention to potential differences in type of exercise (weight bearing, aerobic, or resistance) and the relationship of each to BMD changes.

The research reviewed suggested that exercise positively affects BMD in young and older adults, with the effects being specific to the muscles worked and the bones to which they attach. The authors also noted that "although aerobic exercise and weight bearing physical activity are important... resistance training seems to have a more potent impact on bone density."

Resistance training is just about any exercise in which the muscles are forced to resist against an opposing force (i.e., exercises involving free weights or weight machines, often with progression (increasing the resistance each set). Dr. Fiscella can tell you more about resistance training and outline an exercise routine appropriate to your needs.

Reference: Layne JE, Nelson ME. The effects of progressive resistance training on bone density: a review. *Medicine & Science in Sports & Exercise*, 1999: Vol. 31, No. 1, pp 25-30.

WILMINGTON

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Mon, Wed, Thurs 11am -6 pm
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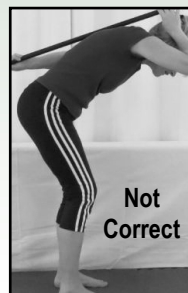
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Erase Low Back Pain

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Most people will find it difficult to do the hip hinge correctly. Using a dowel rod (or broom stick) for feedback during the hinge allows you to "feel" the movement and re-establish proper patterning without overloading the nervous system. Here's how to do it:

- Stand with feet shoulder-width apart and a dowel running along the spine.
- One hand should be holding the dowel on the neck while the other hand holds the opposite end on the low back. (Alternate hand positions between sets.)
- Flex forward at the hip with slight knee bend. The dowel must remain in contact with the head, thoracic spine, and sacrum.



- Stretch should be felt in the hamstrings. Stop movement as soon as the rod leaves contact with head, thoracic spine or sacrum.
- Assistance may be added by placing a 1-2-inch block under the heels. This forces forward weight shift of the body so the client must sit back into the hips to prevent falling.

If you don't have a dowel rod or just don't feel like using one, just pay attention to keeping your back straight/neutral and bending from the hip. Do this exercise to get the feel for how bending should occur and then make a conscious effort to bend this way in everyday life.

Correct movement patterns will go a long way toward eliminating back pain and preventing injury. So will keeping your spine mobile and symmetrical through chiropractic care!