



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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Both Dr. Fiscella and Dr. Cantrell are committed to helping clients of all ages achieve optimal health utilizing effective chiropractic, nutritional and energetic methods.

With decades of clinical experience as well as several advanced certifications between them, they are pleased to offer evidence-based services which improve the health and lives of those they serve.

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture/Pressure
- Nutritional Counseling
- Spinal Decompression
- Sports Injury/Rehab
- Orthopedic Treatment – Acute and Chronic
- Sinus/Allergy Treatment
- Auto/Work Injuries
- Digital X-rays
- Cold Laser Pain Control
- Weight Management
- Pregnancy & Pediatrics

Most Insurances Accepted

Chiropractic Treats the Whole Body

Some people have the idea that chiropractors only treat the spine. This is probably because the spine is of primary importance to posture, energy and overall health due, in part, to the spinal nerves which go to all the organs to help keep them running smoothly.

But everything is connected within the body via our vast web of fascia that covers pretty much everything. We would be remiss if we did not pay attention to the whole body. Neuromuscular therapy is a broad term to describe how we treat the entire network of muscles, nerves and fascia to help alleviate pain, improve mobility and maintain health.

Some of the common neuromuscular issues we have success with include:

- Tennis Elbow
- Carpal Tunnel Syndrome
- Ankle, Knee and Hip Problems
- Sciatica
- Trigger Finger
- Frozen Shoulder

The common factors in each of these conditions involve inflammation, pain, and restricted motion.

Conventional medical treatment for such conditions usually involves pain medications, anti-inflammatory medication, steroid injections and eventually surgery if these fail. It is common for this treatment cycle to take 18 months or more. Even if a person achieves relief with this approach, they frequently experience a relapse if they aren't extremely careful. The area never actually healed so they are at continual risk for reoccurrence.

In our office, we've typically resolve such neuromuscular problems in about 6 months or less with natural methods that address the actual problem rather than mask the symptoms.

Our focus is on directly addressing the soft tissue restrictions which affect how the

joints and muscles work together, improving circulation to the area and bringing the area back to normal balance and function. In addition, we address nutritional issues that may be a factor. The body needs key nutrients to heal tissue, reduce inflammation and provide energy which the body uses to perform optimally.

In treating the whole body and all it's interconnections, clients experience:

- Reduction or elimination of pain
- Greater flexibility and strength
- Increased ease of movement
- Balanced musculoskeletal and nervous systems
- Improved posture
- Increased circulation
- Decreased body toxins
- Increased energy and vitality

Case History: Frozen Shoulder



JS is a middle aged female who had gone through all standard medical (not including surgery) care and physical therapy approaches during her "pain and freezing" cycle of "Adhesive Capsulitis" (also known as frozen shoulder) with little or no improvement. The condition is a

painful and disabling disorder of unclear cause in which the shoulder capsule, the connective tissue surrounding the 'ball and socket' joint of the shoulder, becomes inflamed and stiff, greatly restricting motion and causing chronic pain. She was told that it could take up to 18 months for the condition to resolve. She arrived at our clinic with less than 20% normal function and a pain level of 7/10. Within 4 wks-6 wks her pain decreased to 3/10 and function improved to 80%.

Treatment frequency was decreased and she was released at 0/10 pain and 100% function within 12wks from initial onset of treatment. Treatment included Acupressure/ Trigger Point/Fascial Release procedures, E-stim, Graston/IASTM, Ultrasound/Cold Laser, home & in-office rehab exercise. This is just one example of many others that had varying beneficial responses to this type of non-surgical approach.

Can Diabetes Be Avoided?

Our country is in crisis regarding diabetes. Nearly 1 in 3 Americans has either diabetes or prediabetes according to a report released by the CDC in July 2017.

Diabetes occurs when your blood glucose (blood sugar) is too high. Blood glucose is your main source of energy. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. With type 2 diabetes (which 90-95% of diabetics have) your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Type 1 diabetes is an autoimmune disease which destroys the cells in the pancreas.

People with diabetes are at increased risk of vision loss, heart disease, stroke, kidney failure, amputation of toes, feet or legs, and premature death.

Prediabetes is a condition in which a person's blood sugar levels are higher than normal but not high enough yet to be classified as type 2 diabetes. Without appropriate lifestyle interventions, many people living with prediabetes will go on to develop type 2 diabetes.

As with most illnesses, it is much better to prevent it in the first place. If you have prediabetes, it is not too late to keep it from becoming full-blown disease. We can help you determine the appropriate lifestyle and therapeutic interventions that can get your blood sugar back on track.

Each person is unique in their specific needs therefore working with a health practitioner who is able to assess your situation is important. So, come see us and let's make sure you are on track for a long, healthy life!



WILMINGTON

CLINIC

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Office Hours:
Mon, Wed, Thurs 11am -6 pm
Tuesday 8-11 am
Friday 6-11 am
Select Saturdays from 9-12
(by appointment only)

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Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health!
Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:
www.thewilmingtonclinic.com

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

A Little Perspective: Prevention Starts Before Birth

We all know the old adage: An ounce of prevention is worth a pound of cure." Unfortunately, we often don't pay enough attention to our daily actions until something goes wrong and we are forced to act.

Technology and industrialization have made everything pretty easy for us yet we have busy lives and are overly stressed. We often resort to quick solutions which may not actually serve us well. It seems like everyday someone develops a new product or service that enables us to do less. Order meals online and they are delivered in a box. Have the grocery store deliver them—in some cases in a little self-driving car, of all things!

Whereas we used to have to grow our own food, hunt for meat, carry water to the stove from a stream, and chop wood for heat or cooking, all we have to do now is press a button or make a call. Is this progress or a prescription for disease? As humans we

have an inherent need to move our bodies, eat wholesome food, engage with society and slow down!

Breaking bad habits is harder than developing good habits from the beginning. Wouldn't it be great if we could take a little step back and start teaching children good self-care and disease prevention from the start.



Beginning in pregnancy, a healthy diet, movement, and stress management set the stage for a healthy birth and baby. Developing healthy eating habits from the start so that wholesome is the norm for them—not processed "food" full of sugar, hydrogenated fats and chemicals. Keeping the spine, joints and muscles strong and flexible can help children tremendously! And, in helping our children and grandchildren develop good self-care habits, we can also find the inspiration to change some of our own unhealthy habits along with them.