

## Liberman Family Chiropractic & Herskowitz Footcare Newsletter!

Courtesy of Michael Liberman, D.C. & Amy Herskowitz, D.P.M.

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**Don't sit around the house, enjoy the great weather. Remember what one Roman scholar said when he began to study Greek at age 75. He was asked why he didn't start studying at a younger age. He replied, "This is the youngest age I have."**

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### Do you have a hump?

A hump? Where? In many people a hump or rounded protrusion develops where the neck meets your thoracic spine (upper back). Is it important? Yes, it could be very important.

In the illustration on the left the woman's head sits evenly over her shoulders; this is "normal" posture. In the



illustration on the right her head is slightly in front of (anterior to)



her shoulders. The

shoulder and trapezius muscles tighten as they try to pull the head back. The tightness may go down the body and cause low back and hip pain however the off-centered head position may create a hump. Over time the hump may

develop fatty tissue to protect the "exposed" area. The vertebrae making up the hump are often out of position, irritating the nerves that go to the heart, lungs and thyroid, which may affect the functioning of these vital organs.

Got a hump? Get a chiropractic adjustment. Chiropractic may help remove your hump by realigning the vertebrae and letting you regain your normal flexibility. Also, with your head properly balanced over your shoulders you'll have less tension, more energy and a sense of improved overall well-being.

**Illustration: The upper thoracic spinal nerves affect your heart, lungs, thyroid, shoulder, arms, wrists, hands, throat and other structures**

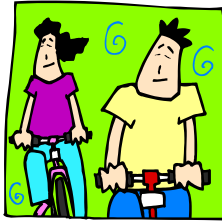


### Chiropractic improves athletic performance

Athletes often notice that chiropractic makes your body work more efficiently so you get more performance with no more effort.

In a study showing chiropractic's effectiveness, competitive cyclists (4 men and 2 women) were able to measurably improve their performance

after just one to two weeks of chiropractic care. The study subjects reported that they could ride longer before fatiguing because their legs were working the pedals more efficiently. Five of the cyclists reported a lower perceived effort of how hard they were working, experiencing improved biomechanical efficiency, pedaling “rounder” or in a smoother motion (as measured by computer analysis).(1)



## Neuromas

Summer is finally here and runners are hitting the streets to get back in shape after a long winter. We are warning female runners that the combination of wearing narrow, pointed-toed shoes at work and the pounding their feet endure from running on hard surfaces can cause a neuroma, a painful nerve disorder of the feet.

Active women who enjoy running, especially those with flat feet, are prone to develop neuromas. A nerve located between the toes becomes enlarged and inflamed and produces tingling, burning pain. The symptoms begin gradually and, left untreated, progressively worsen. We see neuromas quite often in younger professional women who wear high heels every day at work and also are active runners. It's a very stressful combination for their feet.

Neuromas enlarge as the condition progresses, causing tingling, burning pain and numbness to a consistent area at the base of the toes. Patients often complain it feels as if something is stuck inside the ball of the foot. The symptoms may go away temporarily by massaging the foot, wearing wider shoes with low heels, and avoiding running and other activities that aggravate the condition. Symptoms become more intense as the nerve enlarges and the temporary damage becomes permanent, so it's best to seek treatment if discomfort persists for more than a few days.

Neuromas can develop in different areas of the foot. The most common occurrence is called Morton's neuroma, which develops at the base of the third and fourth toes. Thickening and swelling of the nerve usually is caused by compression and irritation from wearing very narrow shoes or high heels that crunch the toes in the front of the shoe. In addition, neuromas can result from running, racquet sports and other physical activities that exert repetitive stress on the forefoot. A neuroma isn't detectable by x-ray, so the diagnosis is based on symptoms and a physical examination to palpate the nerve or a maneuver that elicits an audible click.

Treatment options for Morton's neuroma depend on how far the condition has progressed. At early stages, padding lessens pressure on the nerve, icing reduces swelling, over-the-counter anti-inflammatory medications decrease pain and inflammation, and prescription or custom orthotic devices provide support to reduce compression. Patients also are advised to wear wider shoes with low heels and take a break from running or other activities until the condition improves.

In severe cases, surgery might be the best option to provide relief. We can release or remove the affected nerve with an outpatient procedure such as with an arthroscope. Surgery for neuromas has a very high success rate. It relieves the pain and there might be a loss of sensation in the area where the nerve provides feeling to the toe.

## Chiropractic questions and answers

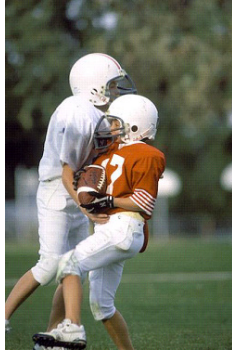


**Question: Is it bad to “crack” your neck or back a lot?**

**Answer:** This question is often asked of chiropractors because people associate the cracking or popping of one's neck with a chiropractic adjustment. The two are not the same thing. If a person has a desire to pop his neck or back it's usually because a part of his spine is fixated or jammed causing another part to move too much and

“pop” a lot. It’s the jammed or fixated part that must be properly adjusted by a chiropractor so that the spine will stop being so movable and noisy.

When you “crack” your neck you may relieve tension for a little while, but you are not giving yourself an adjustment. After a while the urge to “crack” returns because the cause of the spinal tension, the “jammed” vertebrae, hasn’t been corrected.



Old wives' tales say popping or cracking your joints causes arthritis. There isn't any research supporting that, but if tension keeps building up in the joints because of spinal stress it may not be the popping or cracking that's so bad for you, but the spinal stress and imbalance causing it.

### Words of wisdom

*Everything can be taken away from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. – Victor Frankl, Holocaust survivor and author*

*Anyone who puts whole-hearted effort into anything can perform miracles.*

**Want copies of this newsletter for your friends? Stop by the office and we'll give you some hard copies or write to us and we'll add them to our mailing list. You can always e-mail your requests. Please remember that everyone needs to be free from subluxations so bring your friends and loved ones for a spinal checkup. Don't neglect your feet; get them checked, especially if you are diabetic.**

**Sincerely,**

**Amy B. Herskowitz, DPM  
Michael Liberman, DC**