



Dr. Aplin's  
**“In Touch”**  
~ January ~  
PATIENT NEWSLETTER



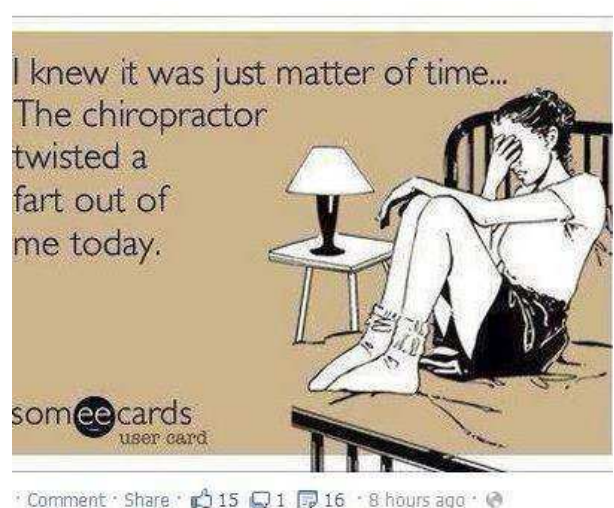
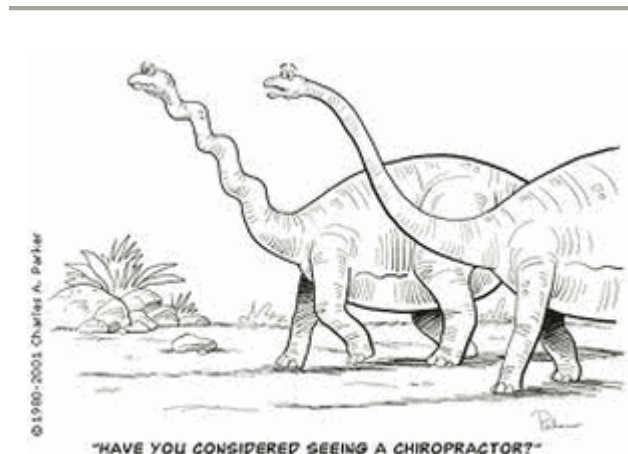
Dear Patient,

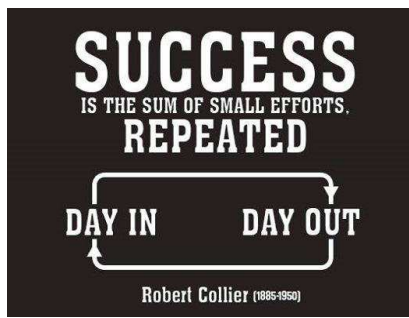
With another year behind us, it's time to look ahead to what this next year will bring. I hope you all have enjoyed reading my newsletter, I've certainly enjoyed writing it. The newsletter was just one of MANY new things we started up in 2015, making it the busiest year we've ever had. When I think back, we actually introduced a lot of new programs to the office. I'm always searching for new ways to help our patients more, and to stay on the cutting edge of new technological advances in the industry. Our short term goal is always to help to get you out of pain, but our long term goal is help to improve your overall health through lifestyle modifications. I'm a firm believer in living a "wellness" lifestyle where you can prevent disease through daily choices.

Some of our treatments you may already know about and some you may have never heard of. In fact, in this month's newsletter, I've decided to include a "Quick Reference" guide to all the different services we offer (scroll to the last page) and some **special offers** for a few of them. Feel free to inquire about any of them you have questions on, and if you know a friend or family member you think could benefit from any of these services, we always appreciate your referrals.

Enjoy the newsletter and see you soon. Stay healthy and if you have any questions, please let us know. HAPPY NEW YEAR!

## JOKE of the MONTH





## ***Sciatica: What is it really?***

### **Sciatica**

Your sciatic nerve is the longest and largest nerve in your body. It begins in your lower back as five smaller nerves joining together and it is found in your pelvis, thigh, knee, calf, ankle, foot and toes.

### **What Is Sciatica?**

When such a large nerve becomes inflamed the condition is called sciatica (pronounced si'ad-a'ka) and the pain can be intense! The pain may follow the path of your nerve - down the back of your legs and thighs, down to your ankle, foot and toes - but it can also radiate to your back! Along with pain there may be burning, pins and needles, tingling, prickling, crawling sensations or tenderness. Ironically, the leg may also feel numb!

To complicate matters, although sciatica pain is usually in the back of the legs or thighs, in some people it can be in the front or side of the legs or even in the hips. For some, the pain is in both legs: bilateral sciatica!

The quality of the pain may vary. There may be constant throbbing but then it may let up for hours or even days; it may ache or be knife-like. Sometimes postural changes, like lying down or changing positions, affect the pain and sometimes they don't. In severe cases, sciatica can cause a loss of reflexes or even a wasting of calf muscles.

For sciatica sufferers, a good night's sleep may be a thing of the past. Simple things like walking, bending, turning, sitting or standing up can be difficult or impossible.



### **Causes Of Sciatica**

Like most other conditions, sciatica has a wide variety of causes. An unhealthy spine with a protruded or ruptured disc that can irritate the sciatic nerve is one cause. Sciatica has been reported following accidents, injuries and even arthritis, usually due to spinal misalignment.<sup>(1)</sup>

We have found that about 75% of cases of sciatica that come through our clinic are actually the result of a condition called "piriformis syndrome". The piriformis muscle is one of the gluteal muscles and works to rotate the hip. It just happens to sit right on top of

the sciatic nerve! So any tightening of this muscle can squeeze on the nerve causing sciatica. Common causes of this are sitting too much (think “desk job”) or over-activity like running too much. Because this pinching on the nerve is outside of the spine, it rarely responds to medical treatments like cortisone injections.

### **The Medical Approach**

The medical approach to sciatica is usually treating symptoms with painkillers, muscle relaxants and steroid medication, either orally (prednisone) or injected (cortisone). Sciatica is particularly frustrating to treat with drugs because in many cases even strong painkillers bring little or no relief, and anti-inflammatories only offer a temporary solution. In extreme cases orthopedic surgery may be resorted to.

### **The Chiropractic Approach**

For over a hundred years the benefits the chiropractic spinal adjustment has on sciatica and leg pain have been reported. Many sciatica sufferers have experienced dramatic relief after chiropractic care. Many sufferers of sciatica and leg pain have found that chiropractic was superior to traction and pain injections, often saving them from having spinal surgery.

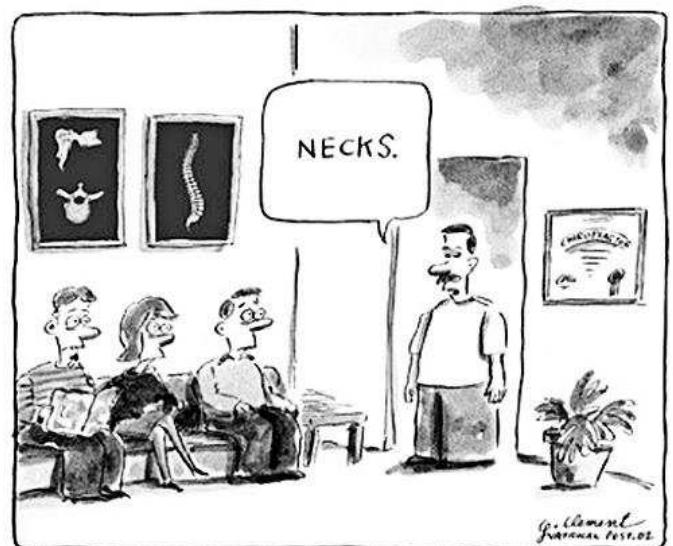
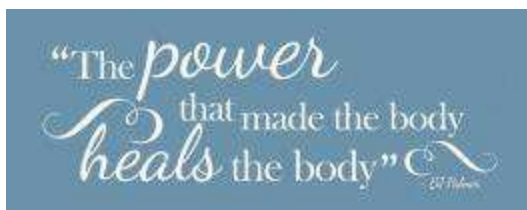
In one controlled study four different approaches (spinal care, traction and two types of injections) were used to deal with low back pain and sciatica sufferers. The group that had spinal care experienced the greatest degrees of recovery. Interestingly, a large number in the traction group eventually required surgery.

### **Our Approach**

In our clinic we take a multidirectional approach to achieve maximum results. A combination of soft tissue massage, assisted stretching, spinal manipulation and physical therapy exercises will both release the muscle tension and reduce nerve pressure to effectively alleviate symptoms. Cases of piriformis syndrome are especially responsive to Dry Needle therapy where extremely thin acupuncture-like needles are inserted into areas of tightness to induce muscle relaxation.

In more difficult cases we incorporate high power non-invasive laser treatments to reduce nerve irritation and stimulate the body’s own natural healing process.

**If you have sciatica symptoms, or know someone who does, don’t hesitate to have your spine checked out at our office! The longer you go without treatment, the further along your condition progresses, making it more difficult to treat.**



## Services Quick Reference Guide

**Chiropractic:** Corrects misalignments or fixations in the spine (referred to as “subluxations”), reducing pain, muscle tension, and nerve pressure. Studies show that in addition to pain relief, improved blood pressure, reduced asthma symptoms and improved digestive health are just a few of the benefits to reduced nerve pressure through chiropractic adjustments.

**Physical Therapy:** Corrects muscle tightness, muscle imbalance and muscle weakness through manual therapies, stretching and corrective exercise.

**Dry Needle Therapy:** Technique similar to acupuncture (utilizing the same type of very thin, solid needles), developed by medical doctors at NIH specifically for muscle “trigger point” relief. Insertion of needle causes improved blood flow and muscle tension release, even in deeper muscle groups not easily reached through massage.

**Laser Therapy:** Non-invasive treatment uses high power infrared light energy in the treatment area. Acts to improve circulation, reduce inflammation, reset/clear the “pain signal”, and stimulate your body’s own natural healing process. Our newest “High Power Laser” with greater depth of penetration into deeper muscles and joints has already been shown to be effective at relieving pain in even the most chronic conditions, including chronic knee, shoulder and back pain.

**Percussion Waver Therapy:** Similar to Shock Wave Therapy, but safer and less painful. Works especially well for plantar fasciitis and chronic shoulder injuries, and is usually paired with Laser Treatments.

**Peripheral Neuropathy Treatments:** Peripheral Neuropathy is a nerve condition that usually effects the feet in diabetics or those who have undergone chemotherapy. It is characterized by pain, numbness, tingling or burning in the feet. A combination of Electrical Stimulation, Red light therapy, Laser therapy, compression massage, vibration therapy and vitamin therapy act to restore blood flow and nutrients to the nerves, allowing them to heal themselves. (For more information, stop by the office and grab a copy of my book “Reversing Peripheral Neuropathy)

**Weight Loss:** Lose 2-6 pounds per week without exercise or starving yourself. Drug free and surgery free. Based on eating REAL FOOD to satisfy your sweet cravings and your salty cravings so you don’t feel hungry or like you are “on a diet”. By incorporating high protein foods that are low in carbs, sugars and fats, we turn your body into a fat burning machine to shed the excess weight.

**Body Sculpting:** Utilizing specialized FDA approved LED lamps that cause subcutaneous fat cells to shrink and firm and tighten the skin. Best for spot treatments in areas that are hard to lose fat from, even with dieting and exercise, like the belly, hips and love handles.

**Special Offer! Print this page and bring to your appointment BEFORE 2/29/16:**

**Buy One get One Free** on any laser or percussion wave treatments  
OR

**\$100 off** any Weight Loss or Body Sculpting Package  
(cannot be combined with any other offer or discount. Expires Feb 29, 2016)

***This newsletter was brought to you by Dr. Cory Aplin  
Call 301-907-6533 NOW to schedule your appointment.***



Cut this certificate out and present it to my office for your *FREE January - HEALTH CHECK UP*  
This is for ALL NEW PATIENTS.

**\* FREE \***

## "January Health Check"

Schedule Your Friend or a Loved One For Their

**FREE January SPINAL CHECK - NOW!**

**(\$185 dollar value)**

(All ages accepted, so have them call me immediately!)



Give this certificate to your FRIENDS & LOVED ONES during January and they'll receive a **FREE Health Check**. We care about you and your loved ones and we don't want to forget anyone, including the little ones. If you have a friend or family member that is currently "NOT" under our care, please give this **certificate** or a copy of it to them and tell them to bring it to us **immediately**. **This Health Check is FREE.**

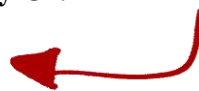
They are **NO HIDDEN CHARGES, NO OBLIGATIONS** and the purpose of this Health Check is to determine if they are a chiropractic candidate. As always, there are NO guarantees whether I can help, but if I can, I want that chance. There is nothing MORE important than your HEALTH.

If you need additional copies of this **Certificate**, please call the office and I'll send you them to you - FIRST CLASS, or through your email. Just **call** and give us your email address. It's that **Simple!** You, your family members, and friends are always a "**T O P**" priority.

**Offered to you Courtesy Of:**

*Dr. Aplin*

6931 Arlington Rd. T200  
Bethesda, MD. 20814



**(301)-907-6533**

**"CALL NOW... to Reserve Your Free Health Check."**