October: Sports Taking Center Stage

We are all too familiar with the popularity of sports here in Nebraska. High school athletics, as well as Husker football of course, are in full swing this month. MLB playoffs start soon, college football begins conference play, NFL division races are taking shape, and the NBA tips off at the end of the month. That is part of the reason why the American Chiropractic Association (www.acatoday.org) made this year’s National Chiropractic Health Month’s theme “Find Your Game.”

Several professional and Olympic athletes have discovered the value of chiropractic care when it comes to their performance and minimizing the aches and pains associated with athletics. These athletes include Husker greats like Roger Craig and Ahman Green, as well as others such as Aaron Rodgers, Jerry Rice, Arnold Schwarzenegger, Tiger Woods, Derrick Rose, Reggie Bush, and Lance Armstrong. It’s not a bad list to be on if you ask me! Whether you are a weekend warrior, high school athlete, or a professional athlete chiropractic care can greatly benefit your performance and ability to handle the wear and tear associated with many sports. Ask our doctors if you are interested in hearing more about this topic!
Research Study of the Month

This month’s study examined the topic of running on grass versus concrete. Foot injuries and pain are very common among runners, and topics such as barefoot running are getting a lot of attention. I’m sure many of you have seen the “barefoot” running shoes out there where each toe has its own slot!

Our study looked at the forces delivered to different parts of the foot while running on both grass and concrete. As you may suspect, the forces delivered to the foot while running on grass were significantly less in all regions of the foot. Another significant finding was the amount of contact time on different parts of the foot was different when running on grass versus concrete. The study’s authors concluded that these findings may help us to better understand potential injury mechanisms of the feet. Take home message; try to do your running on softer surfaces like grass opposed to concrete!


Case Study of the Month

- Patient in her 50s presented to the office suffering with chronic moderate to severe tailbone and low back pain that has been present ever since a fall 4 years ago.
- She tried different care options including seeing her medical doctor, but a solution was never found.
- After one chiropractic adjustment she reported feeling significant improvement, and after 1.5 weeks of care she was 70% improved.
“The amount of money our federal government spends on Medicare is rising faster than any other form of government spending, and is projected to continue an upward climb until total entitlement spending surpasses total government tax revenue in the year 2045.”

United States Capitol Building

“Health Care, Medicare, and Politics

I would imagine that this month’s blog title will turn a few heads, especially because of what will be happening in approximately one month. After hearing last night’s presidential debate, I felt compelled to make this month’s post largely about Medicare. The subject of Medicare has come up often in political debates, and some of you may be a little confused as to why. The answer many times is that it is an ideal target for scare tactics when attacking the political opposition. However, this isn’t the only reason, and there are certainly more reasons for its frequent exposure in this year’s political arena.

The amount of money our federal government spends on Medicare is rising faster than any other form of government spending, and is projected to continue an upward climb until total entitlement spending surpasses total government tax revenue in the year 2045. Although there are a few government entitlement programs, it is Medicare more than any other that will cause this to occur. You may be tempted at this point to think that I am endorsing the elimination or reducing of Medicare, however; that is far from the point I am trying to make. I am simply trying to make clear that these growing numbers are not sustainable. Having our entitlement spending completely consume federal revenue is not a scenario we want or can afford to face. That would put us at the level of a Greece or Spain, and we do not want to go down that road in my opinion. So that leaves us with facing the problem here and now. Burying our heads in the sand is neither feasible nor responsible. There is not enough room on this page to discuss the options for addressing the Medicare challenge, but I encourage you to give this issue some serious thought leading up to this year’s elections.

As some of you are well familiar, I always like to end my wellness presentations with a “strategies for tomorrow” section focusing on the changes we can make starting now to make a difference. So let me take a note from that playbook and give you some encouraging news regarding Medicare spending and health care spending in general. The Medicare spending problem is preventable. It is preventable without having to cut services, reimbursements for doctors, or raising taxes to cover the costs. It is preventable using the strategy of wellness lifestyle. Are you aware that a 30 minute brisk walk daily has the ability to prevent up to 50% of all cases of heart disease? Or how about the fact that the same 30 minute brisk walk daily would prevent up to 91 percent of cases of obesity and type 2 diabetes, and also prevent up to 50% of all stroke deaths? We would never have to worry about Medicare spending again if we achieved just a fraction of those results in heart disease, diabetes, obesity, and stroke. That is because conditions such as those make up the vast majority of Medicare spending! So, how about being part of the solution? I encourage you to join me in engaging discussions, debates, and learning opportunities on the topic of wellness lifestyle during my monthly presentations here at HCWC. Come and learn about how you can feel better, have more energy, reduce your risk for chronic illness dramatically, and become part of the Medicare and health care solution!

HCWC’s full spectrum wellness solution

Are you aware of everything that Hoogeveen Chiropractic Wellness Center offers for you and your family’s wellness care? We truly are growing into a complete wellness center with regular wellness classes, fitness classes, massage therapy, nutritional supplements, and more! Visit our website at www.hoogeveenchiropractic.com for more information!

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Hoogeveen Chiropractic Wellness Center
1301 Fort Crook Rd S
Bellevue, NE 68005
P: (402) 291-2580
F: (402) 293-6436
www.hoogeveenchiropractic.com
www.facebook.com/hoogeveenchiropractic