

The Good Life

The Newsletter for the Good Life People

February 2007

Doctor's Notes: "Hips Don't Lie"

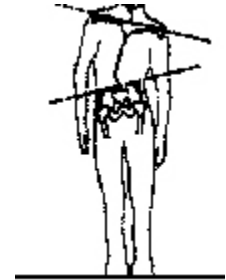


Dr. Manfred Alkhas

Shakira knows a little bit about chiropractic; hips don't lie! Most of you that have gone through your x-ray report of findings with me have realized that I emphasize the importance of low back and hip alignment. This is due to our practice philosophy that extends beyond just pain management. Getting rid of pain is easy to do. Over 80% of our patients become pain-free within the first two weeks of their treatments. Our philosophy is not only to get rid of the pain, but also to improve the whole biomechanics of the body. We strive to improve the total alignment of the spine. To make possible this holistic corrective measure we must treat the ailment, as well as, balance the body's center of gravity. The center of gravity in humans is located close to the sacro-iliac joint. To correct the body's biomechanics one needs to properly align the hips and the sacrum that act as the base supporting the entire spine. This is one of the major reasons our patients experience total health improvement as well as musculoskeletal healing.

Hip misalignments can be caused by a short leg or severely misaligned sacro-iliac joint. If the leg is anatomically or genetically short, then we align the hip by placing a heel lift under the short leg. By correcting the hip using chiropractic methods patients tend to improve faster and stay out of pain permanently. Short leg that creates uneven hip alignment can cause back pain, knee pain as well as ankle and foot disorders. The key is to study the x-rays and correct the disorder, not just cover up the symptoms with medication. If you have any questions regarding your hip alignments and possibility of having a short leg syndrome feel free to call or ask me on your next visit to our office.

-2007 Dr. Manfred Alkhas



Leg Discrepancy Can Cause Spinal Misalignment

Research Corner

One study reported that 32 percent of 600 military recruits had a 1/5 inch to a 3/5 inch difference between the lengths of their legs. Other researches have shown that over 50% of people have 1/4 inch to a 1/2 inch leg discrepancy on one side. Some of these individuals experience no pain while others may feel low back, hip, knee, and foot pain.

Question of the Month



•Some people have uneven leg lengths. What is the most common cause for such leg length discrepancy?

•Answer to the last Month's questions:

Can spinal misalignments be genetic?

Yes, spinal misalignments can be genetic. Unfortunately, most of these genetic issues cannot be corrected by chiropractic adjustments. In such severe cases regular chiropractic care helps to maintain pain-free life and decreases chances of arthritis or joint degeneration.

Good Life Chiropractic

1799 Hamilton Ave. Ste. 100

San Jose, CA 95125

(408) 265-2868

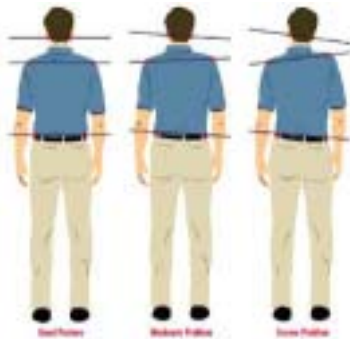
“Good life Chiropractic, A Well Adjusted Life”

Announcements



1. Office is closed on Monday 2/19.
2. The “10 Minute Law” is in effect with full force. If you are 10 minutes late we may not be able to provide you with full treatment.
3. To eliminate conflict of interest Good Life will never sell or promote a multi-level company product.
4. Take note of our new all natural products such as “Bronchoril” and “Ivy Calm” for fast recovery after respiratory infections, lung cleansing and decreasing cough. Ivy calm is also good for kids. (Ivy Calm is \$8.00, and Bronchoril is \$16.00 a bottle)

Tips to Maintain Proper Hip Alignment:



1.

1. Make sure your shoes are not wearing off unevenly. If you are a serious runner (> 15-20 miles a week) buy new running shoes every 6-8 months.
2. Make sure you are not sitting on your wallet. Slacks are usually okay but be careful of carrying your wallet in the back of your tight jeans.
3. If you suspect a congenital short leg, ask Dr. Manfred to examine and to fit you with a heel lift.
4. Do not cross your leg from knees. Just cross your ankles. If you do cross your knees make sure you alternate legs often.
5. Do not twist your back in seated positions. We frequently see this with people that sit in their work stations and repeatedly twist their backs to reach their keyboard, calculator or printer.
6. Take it easy when you are getting out or into a car. Just slow down, take your time, and don't over twist your low back and hips.
7. Exercise your low back and hips. Do not let your hips get too weak. Gluteal and thigh muscles strengthen your hip joints and decrease chances of misalignments. Ask Dr. Manfred for some exercises. Pilates is also excellent for strengthening these joints.