



Muscle Weakness From Trauma

Do you ever wonder why you can't do the things you used to do when you were younger? Things like...walking, or running, or jumping? Are you telling your friends you can't take them up on their offer to play with them in that softball or volleyball league because of that old hip or knee injury, the nagging shoulder pain, or the wrist soreness?

Have you told your buddies that the flag football or basketball games are now just a distant memory and that you don't do that anymore... not because you don't want to but because you hurt too much afterwards?

Hi! My name is Dr. Joel Vickers. I have been practicing Chiropractic in Michigan since 1992 and using Applied Kinesiology as my primary diagnostic tool. Let me share with you some of my thoughts concerning this powerful muscle-balancing technique....

Applied Kinesiology or "AK" is a unique diagnostic system where manual muscle testing is used to help the doctor determine which muscles are weak or imbalanced. Started in 1964 by a second-generation chiropractor in Grosse Pointe Woods, Michigan, AK is widely known as the granddaddy of muscle testing techniques. AK is taught only to those who are licensed to diagnose, which limits its use to physicians.

I primarily use AK as a muscle-balancing technique to restore balance and, hence, enhanced function to the human frame. 900 hours of AK Training and years of experienced use of this wonderful technique has allowed me to help restore muscular balance to thousands of grateful patients.

But, a short anatomy lesson first...

There are 650 muscles in the human body. These muscles hold the 200 bones in their proper position (posture) and they move the bones around (movement) like when we walk, run, jump, write, type, cook, talk, etc. Every time we move, our brain calls on a muscle or a combination of muscles to help us move our body or parts of our bodies.

Some of our muscles are regulated automatically by our nervous system, like our heart muscle, which pumps blood throughout our bodies, or the diaphragm, which helps us breathe. The rest are moved voluntarily by *us telling our brain what we want to do*.

These muscles can become weak. I don't mean "weak" from not using them at all or not exercising regularly because we use our muscles all the time. Did you know that within fifteen minutes of getting out of bed in the morning you have used all 650 muscles! What I'm talking about are these two types of muscle weaknesses:

- 1) Muscle weakness due to ***trauma*** to the muscle itself
- 2) Muscle weakness due to ***organ dysfunction***

In this article I will address the first type of muscle weakness, weakness due to trauma to the muscle itself. In a later article I will address the second type of muscle weakness that is due to organ dysfunction.

First, let's look at how a muscle may become weakened through trauma, ie jolts, jars, falls, accidents, etc.

Did you know, in an auto accident at 30 miles-per-hour you experience approximately 2,000 pounds of shear force to your head and neck? No wonder they call it "whiplash"! What if you're going 15 miles-per-hour and hit someone coming straight at you at 15 miles-per-hour? Same thing. The effective speed is still 30 miles-per-hour and the force is the same. Unless you're Superman or Superwoman, you cannot stop the damage that will occur to your body.

People have *died* from an 8 mile-an-hour impact.

Consider these other more common scenarios as well...

Two athletes, old or young, are running towards one another at high speed and they collide. A rider falls off their horse. A cyclist falls off their bike. An athlete sprains an ankle. Another torques their knee. A weightlifter injures their shoulder lifting weights. A person walking on a slippery surface falls down, injuring their back, leg, shoulder, and wrist. A dental patient receives trauma to their jaw from dental work or from braces...which is more common than you think! The possibilities are endless.

We live in a high-speed world...way faster than our ancestors. Accidents happen all the time and some accidents are worse than others. Most of the time our body handles the trauma well and we only have a few days of down time until we are up and running again. However, sometimes our bodies don't handle the trauma, and we suffer from it, either immediately or later...*sometimes much later in our lives.*

Many people think that, if there are no broken bones then their trauma wasn't severe enough to warrant any doctor's or therapist's intervention. Nothing could be further from the truth!

Think about it...if bones are broken or ligaments torn, then that amount of force generated will certainly take its toll on weaker tissues, such as muscle tissue. This explains why, after fractures or ligament damage, most therapies take so long, often without any lasting benefit.

But, what about "arthritis"? Arthritis is defined as an inflamed joint. If you have muscular imbalances throughout the body, then the joints that these weak muscles cross are not lined up correctly, which irritates them, or, in other words, they become inflamed. If the muscular imbalances causing arthritis aren't corrected soon enough, then the long-term effects of this imbalance will wear down the cartilage. If it wears down enough, then the joint will eventually be bone-on-bone.

Exercising a muscle that has been damaged via trauma won't turn it back on. Specific exercises may strengthen muscles around the damaged muscle, but the damaged muscle will continue to stay weak. Ask anybody who has done specific exercises after an injury. As soon as they stop doing them, the problem comes right back.

I use AK to help me find the muscles that have been weakened through trauma...but that's just the beginning. I also use it to restore normal function of the weak muscle.

In other words...*I turn the muscle back on!*

There are at least twenty different unique therapeutic techniques that I can use to turn muscles back on. These twenty plus techniques are not used all at once nor are they all used on the same muscle. Some muscles may require two or three therapeutic techniques to get them functioning normally and others may require just one.

What's exciting about this is that it requires no specific exercises, and no weights, pulleys, or rubber bands! Even more exciting is the fact that, once a muscle is turned on, it won't need to be turned on again. It is now working 100%, for life!

That is, unless you injure it again.

Is having the use of all our muscles one of the major things we all want as we get older? Would you like to be able to go hiking with your grandchildren or your great grandchildren...when you're 80 or 90 years old? How about playing tennis when you're 70 or 80 or beyond? How about playing full-court basketball with players who are 30 or 40 years younger than you, not only keeping up with them but be considered a serious competitor in their eyes?

Or have you given all that up because of some nagging pain or injury that keeps you sidelined while others go out and enjoy life? Many years back I met up with a friend of mine from high school at our ten-year reunion who told me he had stopped playing basketball because he kept injuring himself...and he didn't want to miss any more work. How sad! What have you given up in your life due to injuries that were never addressed, movement that was lost, or function that was *never completely restored back to normal?*

I know and understand these types of questions and I can help you, your friends and your loved ones gain back the pain-free movement that we all desire. **Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 today** to make your appointment with me, Dr. Vickers, for either *a free 15-minute consultation* or a *new patient appointment*, and let's get your body functioning ***the way mother nature intended it to function!***

Applied Kinesiology: What Can It Help?

Hi! My name is Dr. Joel Vickers. I am a Doctor of Chiropractic and I specialize in a muscle testing technique known as **Applied Kinesiology**. In March of 2014, I made the decision to come to Ann Arbor to help Dr. Schmidt with his clinic's Chiropractic needs. I already understood how a patient's nutritional status could impact their body's ability to heal and "hold" its Chiropractic adjustments.

As a Doctor of Chiropractic *who specializes in Applied Kinesiology*, there are other services I can render at the Nutritional Healing Center of Ann Arbor that far surpass that of basic Chiropractic. For example, did you know:

- *Carpal Tunnel Syndrome may be caused by one or more muscles that hold the bones of your wrist and forearm together, and is easily corrected.*
- *Shoulder Injuries may or may not include damage to the rotator cuff muscles, which represent just FOUR of the TWENTY-SIX muscles that affect the shoulder joint.*
- *Back pain and stiffness may be caused by an injury that occurred when you were just a toddler. Low back pain is often caused by muscles not working...in your neck!*
- *Automobile whiplash may be the cause of a variety of musculoskeletal injuries that include (but are not limited to) headaches, neck pain and stiffness, shoulder or arm pain, tingling, or numbness, vision problems, tinnitus, etc.*
- *The symptoms of a concussion are memory loss, confusion, impaired judgment, impulse control problems, aggression, depression, suicidal thoughts, and progressive dementia. These symptoms can be vanquished with proper care.*
- *TMJ and dental trauma leading to cranial faults may cause your knees to hurt, foot and ankle instability, and low back pain (not to mention headaches and upper back pain).*

- *Middle and upper back pain may be caused by muscles that are turned off on the **front** of your chest. How? More often than not, exercise, especially chest work (push-ups, bench presses, etc.) is the main culprit.*
- *Pregnancy takes its toll on a woman's body. Structural misalignments from the addition of a second human being can twist and torque a mother's frame. Abdominal muscles that are turned off from being overstretched from pregnancy may be turned back on. PC muscles may be stretched and turned off, leading to incontinence.*
- *Knee pain is often the result of falls, trauma, etc, but may also be caused by dental work...and is easily corrected.*
- *Feet that feel weak and painful may have been injured during ankle sprains, which turn off foot muscles that need to be turned back on. Improperly fitting shoes can cause foot pain and even block acupuncture meridians on one or both sides of the body.*
- *Scoliosis may have a genetic origin, or it may be caused by trauma to specific muscles that hold your spine straight.*
- *Diseased or weakened organs can reflexively cause their related muscles to also become weak, causing biomechanical maladies.*

These are just a few of the common ailments that afflict human beings in general, but the list of complaints that Applied Kinesiology can help with is much longer. As an Applied Kinesiologist with over 30 years of experience, I can help you with these conditions and more. Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 today and let me help you feel better through muscle balancing techniques that can **help your body be the best body it can be!**

Applied Kinesiology Questionnaire

Applied Kinesiology is a diagnostic system wherein the Doctor restores normal function to muscles that have been weakened or “turned off” via traumatic events. These strained muscles have automatically turned themselves off to protect further damage, and they will not turn themselves back on with exercises, stretches, rest, or nutritional therapy.

The trauma, although not always apparent at first, will often surface many years later. If treatment is postponed, neurological damage usually begins first followed by damage to the joints associated with these weak muscles. Sometimes an operation is required to clean out or even replace the joint, further limiting the patient’s range of motion, mobility and lifestyle.

The following questionnaire has been created to help with your decision to see Dr. Vickers for structural corrections via Applied Kinesiology.

- Have you ever received trauma in the form of jolts, jars, or impacts to any part of your body?
- Have you ever fallen down? On ice? On dry ground/grass? On asphalt or concrete?
- Have you ever been in any kind of automobile accident? Low speed (10-20 MPH)? High speed (30 MPH+)?
- Have you ever been diagnosed with a ligamentous sprain or a strained muscle?
- Were you ever involved in sports and suffered any type of injury?
- Have you ever started an exercise program only to find that some old injury has resurfaced to stop your progress?

- Or...have you started and restarted an exercise program only to stop repeatedly due to pain or weakness?
- Have you ever had a concussion, or what you suspect was a concussion?
- Have you ever had any kind of injury and you haven't felt the same ever since the event or you're having trouble doing the things you used to do?
- Are there any specific things you can't do anymore, either with your right side or your left?
- Do you ever blame your inability to do things you used to do...on your age, or because your parents had trouble doing simple things at your same age?
- Have your children been injured playing, playing sports, or just from living a rambunctious life?
- Do you know of any athletes who have been struggling with injuries that they can't seem to get fixed, by trainers, physical therapists, or other health care professionals?
- Have you had any dental work or jaw trauma, and now you have head, neck or jaw tightness, pain, or discomfort?

If the answer is **YES** to *any* of the above questions, you need to contact our office and make an appointment to see me to get your muscles turned back on! In the meantime, I recommend you read all the articles written in this handout as they cover many (but not all) of some of the more common problems handled by a trained Applied Kinesiologist.

If you have any questions about Applied Kinesiology or have more specific questions that the articles haven't covered, please feel free to call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 and I would be happy to answer any questions you have. Or, if you would prefer to have a *free 15-minute face-to-face consultation*, please call the office and they will put you on my schedule and we can discuss your case and I will let you know if I think I can help you.

Triad of Health

Health is composed of *structural, chemical, and mental* factors that should be balanced, forming an equilateral triangle. When a person experiences poor health, one of the three factors of the triad of health is always involved. With severe health problems and chronicity, two or all three of the factors may be contributors. Applied Kinesiology, as well as specific nutritional evaluation systems such as Nutrition Response Testing, Morphogenic Field Technique, and Follow the Physiology Technique enable us to evaluate the triad's balance.

Structural

Those who work with the structural side of the triad of health may include chiropractors, massage therapists, physical therapists, and other bodyworkers. This is a side with which chiropractic has always been involved and is the base of the triangle. Many chiropractors have limited their concentration to the removal of spinal subluxations to improve nerve function. This, of course, has obtained excellent results, and it always will. However, the muscle balancing techniques used by the Applied Kinesiologist can help maintain these chiropractic corrections by turning on the muscles that have been weakened via traumatic events. Many health problems with which the chiropractor and the other therapists must deal with will improve to a higher level when the other two factors of the triad are included.

Chemical

Currently the chemical factor of health is dominated by “allopaths” such as Medical Doctors, Doctors of Osteopathy, and Psychiatrists. Nutritionists perform an important role in health care by concentrating on the chemical side of the triad. The difference between the two is that the medical profession uses chemicals to control body function, in effect over-riding the body's own autonomic nervous system. Thus, the allopath attempts to control the other two sides of the triangle with substances such as tranquilizers and antidepressants for the mental aspect, and muscle relaxants, analgesics, and anti-inflammatory drugs for structural disturbances.

The use of nutrition is directed toward *building tissue* by providing the basic raw materials for normal body function. After all, our cells are made up of what we eat and drink...*not* what drugs we take!

Mental

Mental health care has been dominated by Psychiatrists, Psychologists, and various types of counselors. Mental health issues often respond with less counseling and less drugs when the care is directed towards the other two sides of the triangle. Insight into the patient's emotional status may be obtained by evaluating the nervous system using Applied Kinesiology manual muscle testing. Mental health problems can sometimes be improved by nutritional and structural corrections, determined by manual muscle testing.

So...what now?

Are your health problems due to *structural, chemical, or mental* imbalances? With most people, their problems are caused by a combination of at least two or more triggers. For example, are your headaches due to your poor diet, your automobile accident that happened six years ago, or the emotional stress you feel at home? Or are they caused by a combination of all three stressors?

In a holistic setting there is strong emphasis on examining all three sides of the triad of health and directing therapeutic efforts toward the basic under-lying cause of a problem. Often a health problem starts on one side of the triad, and eventually involves all three aspects. It is important to recognize that any one side of the triad can affect the other sides, both as causative factors of health problems and as therapeutic approaches.

The key is to determine which factor is primary!

As an Applied Kinesiologist, structural balance is readily and easily evaluated via manual muscle testing, which will allow me to help determine the basic underlying cause of health problems. Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 and ask to be seen by me, Dr. Joel Vickers, and I will do my part in ***restoring and balancing the physical side of your body!***

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome is caused by a nerve that's trapped in your wrist. Carpal Tunnel Syndrome, or CTS, is understood much better if you look at it from the perspective of an Applied Kinesiologist.

My name is Dr. Joel Vickers and I practice Chiropractic and specialize in **Applied Kinesiology (AK)**. I'd love to tell you all about Applied Kinesiology in this article, but I've already written a previous article, "Muscle Weakness from Trauma" that explains AK much better, and I encourage you to read it as soon as you can.

First of all, it's important to understand that muscles move bones; bones do not move muscles. Muscles also hold bones in their proper position, and when these muscles work properly all the other components (nerves, arteries, veins, ligaments, discs, joints, etc.) that are located in and around these properly balanced muscles work exactly the way they were designed to work. If any of these "components" fail to work properly or fail to pull their own weight they put the burden on the other parts that, as a team, function to move our limbs and our trunk around.

In the case of CTS, one of the simplest cures is to turn on and re-balance the muscles of the forearm, arm, or shoulder. That's it. Not "exercise it", not "stretch it", not "ultrasound it", not "cold pack it", or "hot pack it", or anything like that. Receiving a cortisone shot or taking anti-inflammatory drugs may cover up the pain, but they will not and cannot turn on muscles or re-balance the muscles of your forearm, arm, and shoulder.

If you know anyone who suffers from Carpal Tunnel Syndrome, maybe someone who has fallen and injured their wrist or arm, *don't let them suffer needlessly*. Please send them to me, Dr. Joel Vickers, at the Nutritional Healing Center of Ann Arbor, and I will **help them back to full strength with full use of their hand and arm!** Call today at (734) 302-7575.

My Left Shoulder

In 1989, an actor by the name of Daniel Day Lewis played the part of Christy Brown, a young man who was born with cerebral palsy who learned to paint and write with the only limb he could still control: his left foot. Not surprisingly, the name of the movie was called "My Left Foot." I, too, was involved in a personal saga involving one of my limbs. Though not as harrowing and inspirational a story as that of Christy Brown's, I would still like to share it with you. My story is called, "My Left Shoulder."

One year after My Left Foot debuted in theatres, I fell on my left shoulder while playing basketball on an indoor wooden court. It occurred while I was running at full speed leading a fast break and was cut off by another player running directly towards me from the left. This twisted my body and caused me to fall with all my weight directly on my left shoulder.

I remembered thinking...as I impacted the floor with the weight of my entire body directed into my left shoulder, and then sliding along the wooden basketball court about ten feet...that, at the point of impact, *both my legs were off the floor and higher than my body!* The end result was that I didn't just fall on my left shoulder; I *shattered* the head of my humerus...the ball at the top of my upper arm.

I was told later (decades later) that after this happened I should have put my arm in a sling and allowed the shattered bone (then, soft as clay but held in place by the outer layer of the bone) to re-harden to its original pre-determined shape. Of course...this didn't happen as three days later I was out playing basketball again! This resulted in my shoulder hardening into a more flattened shape that didn't at all fit into my shoulder's socket.

Now permanently distorted, the ball began tearing up its own joint. Within ten years it was bone-on-bone and ten years later, in 2010, I had *total shoulder replacement surgery*.

This is the most severe of all the shoulder surgeries and the hardest to rehabilitate. Thankfully, I already had muscles turned back on from the original trauma by seeing several of my colleagues who specialize in Applied Kinesiology. By the time I saw the orthopedic surgeon

almost all the muscles were turned on, and he remarked “how strong” my muscles tested and he estimated I would get back 95-100% of my shoulder’s range of motion after the surgery. At this point in time, I have nearly 100% of my range of motion!

So, who am I? My name is Dr. Joel Vickers. I am a Chiropractor here at the Nutritional Healing Center of Ann Arbor and I use **Applied Kinesiology** to help restore muscles back to 100% function.

Hopefully, by now you have read the article “Muscle Weakness from Trauma” which can help you understand how Applied Kinesiology or “AK” can help restore your muscles back to their proper working order.

Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 today to make an appointment with me today and let me help you feel better with Applied Kinesiology muscle balancing techniques ***that can help you use your shoulders again!***

Ow! My Back Hurts!

There are many causes of back pain, but muscle weakness due to trauma is by far the primary cause of back pain.

Think back on your life and try to remember all the jolts, jars, falls and accidents you've experienced, not just as an adult but also as a child. Most of the time there is no damage to your muscles; you get back up and go about your business with only temporary soreness.

But then there were other times, and you hit hard...*really hard!* You knew something was injured although you may have not understood just how the injury occurred. If you were a child, your parent or caretaker may have "kissed your boo boo" and once your crying stopped everything was "all better". If you were a young adult or an adult, maybe an athlete, then out of sheer pride or determination you kept on going and didn't want to stop. After a while...maybe days or weeks or months later, the pain slowly went away and you assumed it was "all better".

But, was it...really?

As soon as a muscle is turned off from trauma, the body attempts to biomechanically adapt to what has happened in an effort to keep you from feeling pain. This doesn't mean that the problem is corrected; it means that your body attempted to make you feel better while it quietly goes into a distortion pattern.

Millions of people are walking around with these postural misalignments and *don't even know it!* And these misalignments affect the spine, which in turn affects the spinal nerves that feed other muscles, bones, sections of your skin, and, of course...your organs. (Nutrition patients take note!)

My name is Dr. Joel Vickers, and as an **Applied Kinesiologist** I can see (with posture analysis) test (by manual muscle testing) and correct (through Applied Kinesiology muscle balancing techniques) postural distortions caused by muscles that are turned off and are no longer pulling their own weight. Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575, and I will help you ***get out of pain and...get back the strength you once had!***

Automobile Accidents

Nobody is spared any trauma during an auto accident. Every passenger...your significant other, your children, your relatives...all are impacted in basically the same ways by the same directional forces that affect the driver of the vehicle.

Today's automobiles travel at significantly higher speeds and tend to be safer for the occupants inside. However, automobile accidents continue to injure the occupants inside these "safer" cars. The *speed* and *direction* of the impact is what's important. Consider the following scenarios:

-At just 30 mph, the human head and neck is subjected to over 2,000 pounds of shear force... over-stretching and damaging the muscles of the head, neck, and jaw!

At higher speeds:

-If you hit a big tree at 45 mph, that's ~4,500 pounds of shear force directed into the bodies of the occupants of that vehicle.

At slower speeds:

-If two cars hit one another head-on, each traveling at only 15 mph, the impact is still 30 mph with 2,000 pounds of shear force.

Unless you're Superman or Superwoman, you **will** be injured. You just may not know it yet.

Whiplash is the term given to describe the effects of trauma, most often to the head and neck, and primarily during an auto accident. They can often *mimic the symptoms of a concussion*. Whiplash can also occur from impacts about the head and neck that may occur during a sporting event or from physical abuse.

Symptoms of whiplash can take up to a year (or longer) to manifest themselves. Some of the primary symptoms are neck pain and stiffness with loss of range of motion, headaches, shoulder or arm pain and/or tingling or numbness, tinnitus, blurry vision...and more.

Did you know that thyroid disorders, TMJ problems, and/or changes in vision have been linked to automobile whiplash?

Walking away from an automobile accident is a common occurrence. Many people do it. But, walking away and being uninjured are extremely rare events. Most people are injured in nearly all auto accidents and don't even know it. Think about it...was metal bent in the accident? And, if so, are you stronger than the metal of your car? Was the frame bent? Are you stronger than the frame of your car?

Many patients suffer, unknowingly, from the effects of an auto accident that occurred...sometimes decades ago. *Don't you be one of them!* Automobile accidents and their subsequent injuries are one of my specialties as an **Applied Kinesiologist**. Please call the Nutritional Healing Center at (734) 302-7575 and schedule an appointment with me, Dr. Joel Vickers, and I will use the AK muscle balancing techniques and therapies I've mastered to help your body make the repairs necessary...**to help it function the way it did...before the automobile accident!**

After the Dental Appointment

Have you ever wondered if your jaw pain or misalignment, your headaches, or your body aches and pains are the result of that last visit to your dentist? If you do then you're not alone. But did you know that the number one cause of TMJ disorders is the actual dental work itself? That trip to the dentist may have long-lasting effects other than just a cute smile and straight teeth.

It's important to understand that this isn't the dentist's fault. They need to get their hands inside your mouth to do the necessary work and get the job done. If the dentist has larger hands, then they may need to open your mouth wider, stretching and consequently turning off muscles in your jaw. If the patient has a smaller mouth, then the patient may need to open their mouth wider to accommodate the dentist and their tools, resulting in the same injuries. By the way, having a "big mouth" can help you avoid dental-related TMJ and cranial problems.

So, what are your options? Bite splints are often used to hold your jaw in its proper alignment. Braces may have to be re-installed in an effort to correct muscular weaknesses and imbalances caused by the dental work. However, this approach to a TMJ muscular imbalance is like keeping your broken bone in a cast forever or using crutches for the rest of your life.

Other therapies include making structural corrections in the bones that make up our head, otherwise known as the cranium. Cranial Therapy, Cranial-Sacral Therapy, Sacro-Occipital Technique, etc. are names of various techniques that have been developed to normalize the movement of these cranial bones. Our cranial-sacral movement is extremely important to help keep our bodies healthy.

These therapies, which include gentle movements that encourage these bones to move correctly, are excellent and needed. However, it is important to remember that *muscles move bones and hold them in their proper alignment...*not the other way around. Moving these bones is often only half the therapy needed.

Another approach includes the ability to diagnose and turn back on the muscles of the head, neck, and jaw that can become injured and “turned off” through jolts, jars, falls, and impacts, as well as through dental work.

As an **Applied Kinesiologist**, I have been trained to perform cranial sacral therapy via manipulation of the cranial and sacral bones. But more importantly...I am also trained to discover which muscles of the jaw have been turned off and then I turn them back on so they will hold and maintain the required cranial corrections.

Structural imbalances in the cranium and the TMJ mechanism may be linked to such maladies such as (the obvious) jaw pain, headaches, vision problems, neck and upper back pain, as well as (the not so obvious) knee pain, middle back and low back pain, foot pain, as well as digestive problems of all kinds.

If you or your loved ones are suffering from the results of jaw trauma, call me, Dr. Joel Vickers at the Nutritional Healing Center of Ann Arbor at (734) 302-7575 and ***let me fix your TMJ and cranial imbalances!***

Athletic Injuries

A good part of my practice is spent helping restore normal biomechanical function to those persons who have made the decision to push their bodies athletically.

Sports such as soccer, rugby, lacrosse, basketball and football come to mind when one thinks of sports that include high-force impacts to the body. Less impactful (but equally injured) are the athletes who lift weights, play baseball or softball, ski, bowl, play tennis, run or throw in track events and run cross country. These include (but are not limited to):

- elementary age school children who have injured themselves on the playground during recess*
- high school athletes who want to perform better than their peers*
- college athletes who would like a shot at professional sports*
- middle-age athletes who compete in local and national recreational leagues*
- elderly folks who want to exercise because they know it is healthy and that it can extend their life as well as their quality of life*

Typical injuries I see in my practice are:

- head and neck injuries, including concussions*
- shoulder, wrist, and forearm injuries*
- upper, middle, and lower back injuries*
- hip, knee, and ankle injuries*

My name is Dr. Joel Vickers and I specialize in a muscle-balancing technique known as **Applied Kinesiology** (or “AK”). Through AK muscle balancing techniques, I am able to determine *which muscles have been turned off via trauma...and then I turn them back on*. This is completely different from the care rendered by athletic trainers and physical therapists. Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 and make an appointment with me so ***I can help you move past your athletic injuries to reach your true potential as an athlete!***

How Are Your Wheels?

Your car's wheels, along with the tires that encircle them, are your car's connection with the ground. If they are out of alignment or bent from road impacts (here in Michigan?!?) they can make your driving experience less than smooth. In fact, driving your car with crooked wheels or bad tires or having them not point together in the direction they were originally designed to point can make driving a miserable experience.

Your feet are your wheels. They are your connection with the ground, and if they are out of alignment or crooked from trauma (ie, jolts, jars, falls, etc.) then they can make your walking or running experience miserable. Standing may also be bad, causing you to endlessly shift from one foot to another in order to take pressure off a damaged foot.

Hi! My name is Dr. Joel Vickers. I have been practicing Chiropractic since 1989 and I use **Applied Kinesiology** as my primary diagnostic tool. If you'd like to learn more about Applied Kinesiology, read my article, "Muscle Weakness From Trauma."

Ankle sprains are one of the most common injuries to the foot. I sprained both of my ankles playing basketball...the right in 8th grade and the left in 9th grade. After these initial sprains I re-sprained them, over and over, receiving a variety of therapies and getting them taped before practices and games.

Nothing helped. That is, until I was treated by a Chiropractor who knew and understood Applied Kinesiology. After examining me to find out which muscles were turned off, my weak foot muscles were turned back on and balanced...*without any exercises, therapies or endless taping!* And, they have stayed that way ever since!

If you know of someone whose "**wheels**" aren't working the way they should, **send them to me**, Dr. Joel Vickers, at the Nutritional Healing Center of Ann Arbor, and I will restore balance to their feet. **Call today at (734) 302-7575.**

Oh, My Aching Knees!

How many times have you heard someone say that!

Every joint in the body has muscles that cross the joints that (hopefully) are balanced enough to keep them aligned. There are 650 muscles that move 200 bones and hold these bones in their proper alignment. By “proper alignment” I mean they are aligned in such a way that the ends of the bones, i.e., the joints, fit perfectly together.

What happens if they’re not lined up the way your genes dictate that they should be aligned? These misalignments cause pain because they have become inflamed! “arthros” is a Greek word that means “joint” and “-itis” is a suffix that means “inflammation of”. In other words...

YOU HAVE ARTHRITIS IN YOUR KNEE!

Do your joints need long-term support in the form of tape, straps and harnesses? Do your joints need anti-inflammatory drugs and steroid shots to dull the pain you are experiencing? Though helpful, these are all short-term fixes to a problem that requires specific treatments. And if left this way, with no muscle balancing done for your knees, you may eventually need your knee replaced!

Hi! My name is Dr. Joel Vickers. I specialize in Applied Kinesiology, which means...*I turn muscles on that have been weakened through trauma!* Jolts, jars, falls, and accidents of all kinds can overstretch and turn these muscles off. There are twenty therapeutic techniques I can use to turn on and balance these muscles that have been turned off. Once properly turned on, they should stay turned on for life...or until you traumatize and weaken the muscles again, in which case you will need to come in and get them turned on again.

Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 and ***let me help your knees function the way you need them to function!***

Scoliosis

Scoliosis is a curve in the spine that normally shouldn't be there. If it occurred at birth it is called "congenital scoliosis" and it is due to your genetic makeup. If it happened later in life, it is called "idiopathic scoliosis" which means its cause is unknown.

My name is Dr. Joel Vickers and I specialize in **Applied Kinesiology**. I use "AK" as my primary muscle balancing tool to correct muscles that have been turned off via trauma. Because muscles move bones and hold them in their proper alignment, AK is a unique muscle balancing system designed to help correct muscular imbalances that can cause misalignments to any one of the 204 bones of the human body. These misalignments may produce curvatures and rotations of the spine, which can affect one or more vertebrae.

In **idiopathic scoliosis**, AK treatments can really make a structural difference in these patients. They usually have had some jolts, jars, or falls in their life resulting in muscular imbalances. (Think gymnasts, cheerleaders, soccer players, etc.) Not all muscles attach to the spine and hold it in its proper alignment, but those that do, (when weakened through trauma) will allow the spine to move away from them. Thus, looking at someone's back, a curve to the left usually means muscles on the right side are in a weakened state and are allowing the vertebrae to move away from them. In most cases of idiopathic scoliosis, the abnormal curves in their spines can be corrected.

In **congenital scoliosis**, the curvatures in their spines are basically set for life and cannot be changed. However, the owners of said spines can still have muscles turned off via trauma. In other words, not all back pain of a patient with scoliosis is caused simply because they have the diagnosis of scoliosis. Patients with congenital scoliosis may also slip, fall, get in auto accidents, have sporting injuries, etc. and they need their muscles turned back on just like the rest of humanity.

I can help with scoliosis...regardless of the diagnosis. Call the Nutritional Healing Center of Ann Arbor at (734) 302-7575 and **let me stabilize or totally correct your spinal curvatures!**

Muscle Weakness From Organ Dysfunction

Hi! My name is Dr. Joel Vickers. I am a Doctor of Chiropractic and I specialize in a diagnostic technique known as **Applied Kinesiology**.

Many people aren't familiar with the history of Chiropractic and don't know that this profession was originally founded in 1896...*after helping a person with hearing loss!* In the early 1900's, people flocked to Chiropractors to get help with their ulcers, heart and lung problems, bowel disorders, blood sugar issues, etc.

With the advent of "modern medicine", less people are turning to Chiropractors for help with their organ dysfunction. However, it is well-documented that subluxations of the spine (misaligned vertebrae) which Chiropractors correct, can stretch or pinch nerves that cause nervous interference and subsequent organ dysfunction.

Every organ in your body is related to one or more muscles. This is called the "muscle-organ relationship". If an organ is diseased or doesn't function as it should, the muscles that are related to that organ reflexively may be weakened. Conversely, your muscles also help to move lymph out of the organs they're related to and if you have a muscle that's been weakened due to trauma then it cannot assist the organ with lymphatic drainage. A few examples of the muscle-organ relationship are:

<u>Organ</u>	<u>Muscle</u>	<u>Affected</u>
Stomach	Pectoralis Major	Chest, Back
Gall Bladder	Popliteus muscle	Knee
Heart	Subscapularis muscle	Shoulder, Arm
Lungs	Deltoid muscle	Shoulder, Arm
Thymus Gland	Infraspinatus muscle	Shoulder, Arm
Adrenal Glands	Sartorius muscle	Back, Knee

Relating the muscle-organ relationship to the above organs and their related muscles, it is easy to see how a person with ulcers might have chest or upper back pain; a gall bladder problem may cause knee pain; a heart attack might cause chest pain; or an adrenal weakness could cause low back or knee pain.

An Applied Kinesiologist's therapies include techniques that can help with a variety of organ dysfunctions. There are various reflex points that Applied Kinesiologists can use that, when stimulated, can help an organ heal itself faster. A few examples are:

-Reflex points that help increase blood flow to an organ. This increased blood flow increases the speed at which the nutrients move into an organ. This is important since restricted blood flow to an organ makes it more difficult to heal it quickly, regardless of your nutritional status. (Think "clogged water pipes")

-Reflex points that help with lymphatic drainage from an organ. This includes waste products from the cells of the organ. This is important since lymphatic back-up makes it more difficult for the good stuff (the nutrition you eat) to enter the cells to heal them. (Think "clogged drain")

It is important to understand that these types of therapies work best if the patient is following a diet that is conducive to healing. Those who are already in a nutrition program here at this facility are perfect candidates for Applied Kinesiology. Those who aren't in a nutrition program with one of the nutritional practitioners should be!

If you suspect your organs could use a "boost" in their healing process, come see me, Dr. Joel Vickers, at the Nutritional Healing Center of Ann Arbor and *I will help your body heal your organs as quickly as possible!* Call now at (734) 302-7575.

Concussions

Have you ever fallen down? Fallen out of a tree? Been hit in the head or face with a hard object? Run into another person? Have you ever been in an auto accident? Motorcycle accident? Bicycle accident? Quad accident? Have you ever been knocked out? Knocked “silly”? Had your bell rung? Lost consciousness for a few seconds or even longer?

These types of accidents (and many more!) often result in an extreme shaking of the head, often violent, known as a “concussion.” The symptoms of a concussion have been known for some time. They are: headache, disorientation, amnesia, poor balance, nausea, vomiting, dizziness, memory loss, fatigue, ringing in the ears, sensitivity to light or sound, slurred speech, and loss of concentration.

Concussion detection is all the rage now, especially with regards to sports. Athletes both old and young are being pre-tested and checked and tested again and again for possible damage. The problem, unfortunately, is not just short-term because it has been discovered that injured brain tissue degenerates over time and may begin its degeneration months, years, or even decades after the last impacts occurred.

In the movie, “Concussion”, Will Smith played the part of Dr. Bennet Omalu, the doctor who finally documented the long-term traumatic effects of professional football. The name Dr. Omalu gave to this type of trauma is Chronic Traumatic Encephalopathy or CTE.

The symptoms of CTE are memory loss, confusion, impaired judgment, impulse control problems, aggression, depression, suicidal thoughts, and progressive dementia.

So...who am I and why am I writing this paper on concussions? My name is Dr. Joel Vickers, and I am a Doctor of Chiropractic who specializes in **Applied Kinesiology (AK)**. It would be helpful if you also read my article, “Muscle Weakness from Trauma” to better understand what I am about to tell you regarding concussions and concussion therapies.

At best, our ability to detect a concussion has been shortened to five years after the final concussive event. However, there are no “cures” or “fixes” for concussions in the medical establishment. There are no new “therapies” or “exercises” that can offset the damage that has been done. Those who have gone to “concussion clinics” have left mildly hopeful and yet worried what the future may hold.

It may surprise you that there **is hope** for concussive events, and it may be found in a combination of Applied Kinesiology muscle balancing with proper nutritional support tailored to the individual’s needs.

Applied Kinesiologists have, for decades, been turning on and balancing muscles that have been weakened from traumas of all types. They also have been realigning the bones that have shifted out of position due to trauma. This includes the muscles and bones of the head, neck, and cranium.

When the muscles of the head, neck, and cranium are traumatized and subsequently weakened following trauma, this causes an imbalance within these muscles that can cause blood flow to and from the brain to be inhibited. As well, lymphatic drainage is minimized and waste products begin to build up in and around the brain tissue. This causes the normal healing time to be dramatically slower...or it doesn’t take place at all! We see the same long-term results in auto accident victims with many of the same symptoms as concussion patients.

Just as important, proper nutritional support assists the body in the healing process, **which can take place fully** when the muscles and bones are fully functioning and in their proper alignment.

If you or someone you know has undergone trauma to their head and neck with one or more of the concussion symptoms listed above, send them to me, Dr. Vickers at the Nutritional Healing Center of Ann Arbor and **let me help their body heal properly and quickly!** Call now at (734) 302-7575.

Salt (*and water*) for Humans

The human body is 70% water! Most Americans are dehydrated and don't know it. In fact, in America, water is the number one nutritional deficiency. The body's joints, discs, organs, muscles, and skin all rely on water to make them work properly. If you feel the "thirst" sensation, it means you're already dehydrated.

Dehydration may be the cause of high blood pressure, and blood clots are often the result of thicker blood due to dehydration. Athletes are especially at a higher risk for dehydration and it will impair their ability to perform at peak levels, especially when exercising in a hot, humid environment.

Salt is an important component of proper hydration. Salt drives water into the cells (think, osmosis) instead of allowing the water to pool outside the cell walls producing swollen ankles and painful joints. Salt is a natural histamine, and pinches of salt followed by small drinks of water will stop excessive histamine production.

The salt used to help with hydration should contain 60-70 trace minerals (e.g. Celtic Sea Salt, Real Salt, or Himalayan Rock Salt) and should be taken in addition to the salt used in cooking and eating food. The salt may be added to the water directly or taken by mouth alone and followed by a small amount of water...just enough to get it down.

Here are a few pointers regarding proper hydration:

1. For every 50 pounds of body weight, drink one quart of water.
2. For each quart of water consumed, ingest $\frac{1}{4}$ teaspoon of sea salt.
3. Stop drinking liquids $\frac{1}{2}$ hour before consuming a meal and start up hydrating again 3 hours after the meal. Your food will digest better because your stomach acid won't be diluted and neutralized!
4. For every cup of a caffeinated drink consumed, the body loses two to three cups of water. For every cup of an alcoholic beverage consumed, the body loses three cups of water. Adjust your water/salt intake accordingly.
5. One of the easiest cures for a hangover: *proper hydration!*