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Newsletter

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All In the Wrist?

Pain in your wrist means there's a problem in your wrist, right? Actually, chiropractic takes a larger view, looking for nerve interference in several possible places.

Double Crush: No, it's not the latest football defense! Double Crush occurs when nerves going to or from the wrist are pressured in the carpal tunnel, and the spine, shoulder, neck or elbow. Resolving carpal tunnel problems requires looking beyond the wrist.

The Tunnel: The 8 small bones that run from your knuckles to your wrist are called carpals. They form a "tunnel" for the nerves and tendons that control your fingers to pass through. If any of the bones forming this tunnel loses its proper alignment, nerve pressure, inflammation and pain can result.

Chiropractic Can Help: In carpal tunnel cases, chiropractic adjustments often produce excellent results. If you have wrist pain, conduct this simple test. If the findings suggest further evaluation, chiropractic can probably help!

The Power of Positive Feedback

We seem especially skilled at pointing out the deficiencies in others, but we often seem to forget to give praise when things go well. The old adage, "What gets rewarded is what gets done" is at work here.

Giving positive feedback can be a powerful tool to reinforce a desired behavior. And it's a skill you can learn. Keep these things in mind:

Do it Now. Positive feedback is most effective when delivered as quickly after the desired behavior as possible. Don't save up all your kudos for the end of the day.

Do it Publicly. While negative feedback should always be delivered privately, positive feedback is most effective when given in front of others, multiplying its effects.

Be Specific. Don't give a general, "Good job, Sally." Instead, identify the specific reason or detail that's prompting your acknowledgment. "Great presentation in the sales meeting, Sally," or "Excellent job getting 100% on that spelling test, Sally" are much more effective acknowledgements.

Do it Often. Since positive feedback is "emotional fuel," don't neglect the small victories. Celebrate them too.

Be Authentic. Don't offer empty praise. People can see right through you. Mean it when you give positive feedback.

Giving positive feedback takes practice. Today, be on the lookout and try to catch someone doing something great. You'll make their day... and probably yours, too.

What's For Dinner? Less Drug Use!

Research shows that when families eat together, teens are less likely to smoke, drink or use illegal drugs. Plus, they tend to do better academically. But with families' crazy schedules, sharing a meal can be a challenge. Some tips:

Pick a Meal It doesn't have to be dinner. Turns out, the positive effects are not limited to the evening meal.

Plan Menus Design an entire week's worth of meals in advance. Reduce stress by having the ingredients you need in advance.

Prep Ahead If you have time in the morning, wash and trim the vegetables and thaw the meat you intend to cook that evening.

Think Fast Many nutritious meals can be stir-fried or broiled, two speedy ways to cook quickly. Save meals that are more elaborate for weekends.

No TV Keep this time sacred. Share stories and the highlights of your day without the distraction of the news. Given that frequent family dinners have such a positive influence on children, find ways to make this a habit in your family.

Obesity Causes Knees to Suffer

Obesity leads to a wide range of health problems including osteoarthritis, which can play havoc with your joints, especially the hips and knees.

A Canadian study examined the relationship between obesity and hip- or knee-replacement surgery, noting that 81% of joint replacement patients were classified as overweight or obese. Luckily, most knee problems can be avoided:

Assume a Healthier Weight. Carrying around that extra fat puts needless wear and tear on your joints and spinal discs, impairing proper function.

Strengthen Leg Muscles. Something as simple and inexpensive as walking or climbing stairs can do wonders to strengthen your knees.

Wear Supportive Shoes. When properly fitted, shoe orthotics help support the arches of your feet, giving your entire body a more stable platform.