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Helping you
to live your life
well-adjusted...



Miller Chiropractic Newsletter

August

2016

As we enter the Dog Days of August and summer comes to an end thoughts turn toward Back-to-School. If you have children or grandchildren, we have some helpful info on easing the transition and getting back into a routine. Don't forget to schedule your child's back-to-school appointment so they may start the year well-adjusted.

Please note, **Dr. Miller will be out of the office from August 31 until September 6**, but the office will be open for your other needs, except on Monday, September 5, for the Labor Day holiday.

Dr. Miller Leads License Renewal Classes

Chiropractic Technicians (CTs) who are up for license renewal will be meeting part of their continuing education requirements through a class developed and presented by Dr. Miller.

Dr. Kay has led seminars for CTs for the Wisconsin Chiropractic Association (WCA) over several years and was asked by WCA to design and lead the class.

Her first class took place in June in Brookfield, and Dr. Miller will then present two Classes at the WCA Fall Convention, as well as classes in Oshkosh, Wausau and Eau Claire in

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OFFICE HOURS

Monday & Wednesday
8:15 a.m. - 6:00 p.m.

Tuesday
By Appointment

Thursday
12:00 p.m. - 5:30 p.m.

Friday
8:15 a.m. - 5:30 p.m.

Relief that only Dr. Miller can Provide

Dr. Miller has been successfully treating several patients for symptoms of vertigo using a method that can result in dramatic improvement - or even complete elimination - of symptoms; it's called the Canalith Repositioning Procedure (CRP).

September.

Dr. Miller describes the experience as "a challenge and a nice change for me."



Athletes with injuries or anyone seeking solutions to headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems and tennis elbow find great relief from Active Release Technique, or ART.

Dr. Miller is the **ONLY** Master Certified ART provider and the only certified CRP provider in the Fox Valley

Avoid Back-to-School Backpack Injuries

We have all seen students walking to school with backpacks that look almost as big as they do!

14, 000 children are treated annually for backpack related injuries. Minimize the risk of injury by making sure your child's pack is sized correctly to their body. Make sure your child is only packing what they need each day; the pack should weigh no more than 10-15% of the child's weight.



Make sure straps are well padded, wear both straps and pull those straps tight so the pack is snug against the body. Load the pack with the heaviest items closest to the student's back and arrange the contents so

they don't shift and slide.

Backpacks that don't fit correctly can lead to back, shoulder or neck pain. If any of these occur call for an appointment immediately.

Soft tissue injuries in the neck or shoulders caused by backpacks can be treated easily using ultrasound - high frequency sounds waves vibrating as fast as a million times per second that penetrate the tissues deep in the body. These vibrations create friction and heat that increase blood flow, relax muscle spasms, massage the damaged tissue and speed the healing process.

When scheduling your child's back-to-school Medical and Dental appointments, don't forget to get them well-adjust for the start of the year by scheduling an appointment with Dr. Kay!

Miller Chiropractic
435 South Main
Fond du Lac, WI, 54935
920-933-3536

Minimize Back-to-School Stress for the Entire Family

New teachers, new classmates, maybe a new school building and the additional workload of a new school year can all attribute to stress, for students and parents alike. But there are easy ways to minimize that stress and keep it from overwhelming our scholars of any age.

First recognize the signs of stress in your student. While everyone expresses stress differently, some of the more common signs among students, regardless of their age, can be seen in a decreased pleasure in everyday activities, fatigue, moodiness, acute sensitivity to criticism, mood swings, anger, changes in sleep patterns and feeling sick all the time. It is important not to diminish or dismiss these feelings your child is having. They are very real to them.

Make lists & schedules: Work with your child to determine homework time, play time, bed time and be sure to accommodate extra curricular activities like clubs and sports.

Establish routines: make sure there is time after classes to decompress, relax and reflect on the day. While some flexibility may be needed, bed times should remain the same. Plan and prepare lunches the night before. When homework is completed, repack the backpack so it is ready to go the next morning.

Have regular family meetings: a brief family meeting at the start of the year to discuss homework rules, schedules, snacks and the like can help ease students into these routines. A weekly meeting can keep communication open to discuss any stress or pressure, but make sure to focus on the positive things that are happening as well. Do everything you can to make your student know that you support them and are there to address any concerns that may develop throughout the school year. By showing your enthusiasm for the positives a new school year can bring, your child will pick up on that and nervous energy can be converted to excitement!

Diet and exercise can also help minimize stress, so make sure that healthy snacks are available and make sure those kids go out and PLAY!

If stress develops into headaches or other physical pains, make sure you or your student stay well-adjusted. Call Dr. Miller to schedule an appointment.

Chiropractic Care for Children's Sleep Disorders

Back-to-school can be a stressful time for the entire family, and one of the most common displays of stress among young people is a change in sleep patterns.



Many parents of children with sleep disturbances are searching for non-pharmaceutical alternatives. Chiropractic care is low risk and is a great option for such parents and children.

A pilot study published in the scientific periodical the *Journal of Clinical Chiropractic Pediatrics (JCCP)*, showed that infants sleep better when under chiropractic care.

In the study the parents of 117 infants who were brought in for chiropractic care were asked to fill out a questionnaire on the children's sleep behaviors. The parents were then asked to fill out follow up questionnaires on the 1st, 4th and 7th visit to the chiropractic clinic. The researchers noted that since the care took place over a 2 week period, that factors such as aging could be ruled out. In their conclusion the researchers stated, "The pilot study into the issue of sleep problems in children showed significant improvements (by parental report) in time taken to fall asleep, number of consecutive hours of sleep and depth and quality of sleep for children during a short course of chiropractic care."

Call Dr. Miller for a consultation if you notice any changes in your child's sleep patterns. Doctor Miller's patients range in age from infants to people in their 80s and beyond.

Stay well-adjusted and don't forget to call the office for your next appointment.

920-933-3536