



CONNAUGHTY CHIROPRACTIC

PROUD PARTNER
IRONMAN



Health News You Can Use

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Office News



Last month Dr. Ben Szczypek and Luke Maynard, LMT attended an Active Release Technique® seminar for the upper extremity. We are proud to be able to bring you this advanced form of treatment here at Connaughty Chiropractic Center.

What is ART®?

Active Release Techniques® (ART®) is a patented, soft tissue system that treats problems with muscles, tendons, ligaments, fascia, and nerves. It is the most advanced and specific form of treatment for most forms of soft tissue injuries. In fact, a full body certified Active Release provider must learn unique protocols for over 300 different muscles, ligaments, and tendons. Active Release Techniques® also holds the "miracle cure" for peripheral nerve entrapments by utilizing the Long Tract Nerve Entrapment Protocols. In

Newsletter 2

January, 2014



Greetings!

"Have a Happy and Healthy New Year," is a commonly heard phrase this time of year. While wishing health upon someone else is a great idea, we all know intuitively that each of us is responsible for our own health. If one of your priorities is to improve your personal health then please read on.

Daily exercise is essential for true health.

If you have yet to start exercising on a daily basis, it is important to figure out what is holding you back and eliminate it.

Physical health starts with movement. Twenty minutes of some form of exercise on a daily basis is a great start. Walking, hiking, using a treadmill, running, swimming, using an elliptical machine, working out with an exercise tape, biking, stair climbing, etc. are all good choices. Done consistently and at a pace that somewhat challenges you physically is the key.

Healthy Regards,

Dr. Chris Connaughty, DC, DACBOH

recent years, Active Release Techniques® has become the "Gold Standard" for soft tissue treatments and for that reason it has become the "treatment of choice" for world-class athletes from around the world. The success of the treatment speaks for itself.

Why Chiropractic and ART® together are highly effective.

With every injury there are two equally important aspects of the injury: the joint and the surrounding soft tissues. Chiropractors address the bony/ joint aspects of an injury very well and an Active Release Techniques® provider is the best when it comes to the soft tissue component. Together chiropractic and Active Release Techniques® are able to fix both aspects of an injury. This is what you really need to optimize healing.

This is a partial list of the conditions Connaughty Chiropractic Center has been successful in treating.

- Arthritis
- Achilles Tendonitis
- Ankle injuries
- Back pain/injuries
- Bicipital tendonitis
- Bunions
- Bursitis
- Bulging Disc
- Carpal Tunnel Syndrome
- Cervicobrachial Syndrome
- Compartment Syndrome
- Chronic Fatigue Syndrome
- Cumulative Trauma injuries
- De Quervains's Tenosynovitis
- Dupuytren's Contracture
- Disc Herniation

Ten Tips for Your Health

Top 10 Ways to use Exercise to Improve your Health



1. Keep it fun by doing something you enjoy.
2. Daily is the key: 20 minutes each and every day.
3. Have a contingency plan for bad weather days.
4. When ready to change it up, hire a personal trainer.
5. Chart your progress on a calendar or computer. (mapmyfitness.com)
6. Wear a pedometer or fit-bit to log your daily activity.
7. Exercise with a friend to help each other stay focused and committed.
8. Look for ways to incorporate additional movement into your day-to-day life.
9. Couple exercise with something else you enjoy, i.e. chatting on phone, listening to music or watching a movie.
10. Just do it!

Patient of the Month



Dr. Szczypek and Wanda Trogden

I am a 67 year old woman with long-standing back issues. Despite that, I had managed to stay very active. I have remodeled my home (did most of the work myself), landscaped my one acre yard and, until recently, mowed my lawn with a push mower. In May, 2013 I began to experience severe

- Foot pain/injury
- Finger Injuries
- Frozen shoulder
- Golfers elbow (Tendonitis)
- Gait imbalances
- Hammer toes
- Hand injuries
- Headaches
- Heel Spurs
- Hip pain
- Ilio Tibial (IT) Band syndrome
- Impingement syndromes
- Joint dysfunctions
- Knee Meniscus injuries
- Knee pain
- Lateral Epicondylitis
- Medial Epicondylitis
- Muscle weakness
- Muscle pulls or strains
- Myofascitis
- Neck pain
- Nerve Entrapment
- Patellar Tendonitis
- Plantar Fasciitis
- Post surgical treatment
- Repetitive strain injuries
- Restless Leg Syndrome
- Rib pain
- Rotator Cuff Syndrome
- Scar tissue formation
- Sciatica
- Shin splints
- Shoulder pain
- Swimmers shoulder
- Tendonitis
- Tennis Elbow
- Thoracic Outlet Syndrome
- Throwing injuries
- TMJ
- Torticollis
- Weight lifting injuries
- Whiplash
- Wrist injuries

See us to learn how ART® and Chiropractic can help you!

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back pain and leg weakness and at best could only walk with a cane. I can't begin to tell you how frightened I was. In the past, because my insurance did not cover chiropractic care, I was treated with long-standing physical therapy, which was a temporary fix. I refused all medications except for ibuprofen.

Despite the lack of insurance coverage, I contacted the Connaughty Chiropractic office; Dr. Szczypek did an evaluation and began my treatment for stenosis that week. He explained to me that I have a problem that goes back decades. My treatment consists of manipulation and deep tissue massage, and limited exercises. I have recently graduated to yoga exercise at home.

My progress over the past months has been incredible. Sometimes I would get discouraged, but because of Dr. Szczypek's encouragement and caring attitude I haven't given up. I am now able to function and do most things that I used to. I have no doubt that with further treatment and exercise I will continue to improve. On my "good days" I make little hearts on my calendar to show me the progress I am making and remind me not to get discouraged. You should see how many red hearts I had in November!

I can't say enough about the TEAM. From the minute you walk in the door until you leave you are surrounded by smiles and genuine caring attitudes. My thanks go to each and every one of you for making a difference in my life.

We love hearing how Chiropractic has helped you! If you would like for us to share your story in our newsletter, please email it to us at info@connaughty.com.



Before We Go,

As your Chiropractic team we would like to say thank you for the faith and trust you place in us to assist you on your journey to better health and wellness. We value that trust above all else.

Yours in Health,
Dr. Chris Connaughty
 and the Team at Connaughty Chiropractic Center
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