



ACCIDENTCARE Newsletter



December 2018



Accident Care
Chiropractic & Massage
is celebrating a HUGE
milestone!

The month of December marks **10 years** that we have been serving the community with the highest quality of care in the Pacific Northwest.

As we look back over the years, the most important thing to us has been watching our patients regain quality of life and pain-free mobility.

We promise to continue to provide you with no hassle, less pain, and more results for many years to come!

Thank you for being a part of the Accident Care family.



6 Tips To Ease Tension Headaches

What do you get if you combine stress, repetitive activities, and poor posture? **Tension Headaches.**

They encircle your head like a too-tight crown. Fortunately, you can do a lot on your own to prevent or relieve tension-type headaches.

A Recipe for Trouble

Work pressures, relationship stress and other life challenges can cause tension headaches.

When you add repetitive activities and poor posture to the mix, the pain starts in your neck and shoulders, slowly travels up the base of your skull, and then wraps around your head.

The following activities can

contribute to tension headaches:

- + Looking down at your cell phone
- + Working at a computer all day
- + Driving for hours without rest
- + Playing video games for hours
- + Clenching your jaw day & night
- + Sleeping on your stomach

These activities overstretch the muscles on the back of your neck and weaken them, increasing your susceptibility to tension headaches. The second part of the problem is that using any muscle too much leads to pain – and in some cases – muscle spasms.

Episodic vs. Chronic

Episodic tension headaches are often tied to stressful events. They typically come on quickly and are

continued on pg. 2



fairly painful. These headaches resolve once the stressful event is over or when you take over-the-counter medication.

Chronic tension headaches can recur daily. They may come on as you wake up or after a long day of work or activity. The muscles in your neck and scalp tend to stay contracted. Pain and tightness develop on both sides of the head, in the forehead and at the base of the skull.

6 Ways to Manage Tension Headaches

- + **Minimize stress.** Try to avoid or limit stressful events as much as possible.
- + **Take breaks.** Limit the time you spend looking down at your phone. Also, take breaks on long drives.
- + **Adjust the way you sleep.** Try sleeping on your back or on your side with a body pillow and your neck in neutral posture.
- + **Exercise and stretch.** Use a therapy cane or a hard therapy ball to massage out or stretch your neck and shoulder muscles.
- + **Consider effective drug-free treatment.** Try massage therapy, chiropractic treatment, physical therapy, or acupuncture.

"Try massage therapy, chiropractic treatment, physical therapy, or acupuncture."

+ **See a dentist.** If you're clenching your jaw and getting headaches, look for a dentist knowledgeable about temporomandibular joint (TMJ) syndrome. The right mouth guard can really help.

What about rubbing your temples when a tension headaches starts to build — does it help? Muscle tension varies, so rubbing on your temples may not bring relief, but rubbing on the tender spots, or trigger points, in your neck and shoulder muscles can help.

If tension headaches don't go away after trying these suggestions, it may be time to look at the psychological stress in your life.

We Appreciate Your Reviews!

"Highly recommend! I was at the point of tears with a pinched nerve causing severe neck pain and numbness and pain in my arm. I called and was set up with Dr.Cooper Adams, he was very inquisitive as to find out when and how the injury happened and exactly where the pain was coming from and was very helpful in explaining exactly what he was doing and why every step of the way. After only one visit the nerve pain had already eased up tremendously. I continued coming back to correct some upper back tension from my hairstyling career that I was beginning to think would just be permanent after trying countless massages with no luck. After 2 months of adjustments and easy take home exercises for me to do I feel so much better!, thank you Dr.Adams!!!" - Hillary S.



Dr. Tanner Field

Dr. Tanner was born and raised in rural Idaho, where he grew up on a family farm. He grew up playing sports, and gained a true respect for the capabilities of the human body. While attending undergraduate school in Idaho, he and his wife Becca met, and were married in 2013. After receiving his Bachelors degree in Exercise Physiology, he went on to receive his Doctrate of Chiropractic and Masters of Science in Sports Medicine from University of Western States. While living in Portland, Tanner and his wife, Becca, fell in love with the Columbia River Gorge and the Pacific Northwest. In his spare time, he loves to explore the outdoors with his wife and dog, Wrigley. **Dr. Tanner has a passion for treating and healing the human body, and is excited to help all patients recover from their injuries, aches, and pains.**

D.I.Y. Ugly Holiday Sweater!



It's the time of year for joyful music, holiday cheer, gifts, and food galore. But most importantly, it's the time of year for ugly sweaters.

Getting decked out in the tackiest, most ridiculous Christmas sweater has become one of the highlights of the holiday season, but since you (probably) won't be wearing one more than once or twice a year, don't break the bank on your hilarious ensemble.

DIYs Ugly Holiday Sweater Tips:

1. Visit your nearest thrift store and/or Dollar Tree for cheap items for your sweater. Things to pick up are: tinsel, bows, twinkle lights, wrapping paper, cotton balls (snow!), and even old blankets to cut out your own designs. Make sure to pick up a sweater or sweatshirt!
2. Next, the easiest way to apply the decorations is by using either a hot glue gun or heavy duty glue that dries clear. If you are using electrical lights - BE CAREFUL. It's best to use the battery operated ones and hide the battery compartment inside your sweater.
3. Let it dry. That's the easy part. No touching!
4. Wear it out and be prepared to see laughter and tears. Yes, tears. People will be "cry laughing" when they see the hilarious, one-of-a-kind master piece that you created!
5. Don't wash it...

Happy Holidays!



Proud Sponsor of this Event!



Accident Care Chiropractic es orgulloso patrocinador de este evento!

No te lo pierdas! Vacilando entre Panas - Horacio Blanco (Desorden Publico), Pedro... con Dj Blas Delascio
SABADO 8 DE DICIEMBRE

Accident Care Chiropractic is proud sponsor of this event!

Don't miss it! Vacilando Entre Panas-Horacio Blanco (Desorden Publico), Pedro... with DJ Blas Delascio
Saturday, December 8th

We appreciate your Google, Facebook, & Yelp Reviews!