



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complimentary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss



Spring Has Definitely Arrived

Robins are chirping their familiar sound. Flowers are popping out. We are back on daylight savings time and I really enjoy the sunlight later in the day. I have seen the hundreds of eagles down by Frenress Lake and have taken some great pictures of them in flight but mostly I have just enjoyed watching them as they move, fish and banter with each other. Soon the trees and bushes will be sprouting new growth and lush green will again dominate the landscape. The river will again be active with fishermen and boaters.

New Procedure - Kinesiotaping

I have been learning a new procedure called Kinesiotaping through two weekends and almost 30 hours of specialized training at the National University of Health Sciences in Lombard, Ill. Using a specialized type of elastic, therapeutic tape, the KinesioTex Tape has been used by world class athletes to prevent injury and enhance performance. If you watched sand volleyball in the last summer Olympics, one of the women on the US team had kinesiotape around her shoulder which looked like strips of black tape in varying positions. Recently at the Australian Tennis Open, a Chinese woman participant had the tape around her knee. In the office, I have used it for tendonitis of the shoulder and wrist, carpal tunnel syndrome, lower back pain, neck pain, rib pain, foot pain, plantar fasciitis, Achilles tendonitis, and hip bursitis. The tape can be used to enhance muscle strength, reduce muscle tension, support ligaments and tendons, move fascia under the skin, treat scars and reduce swelling and inflammation.

A very successful application was in a 17 year old athlete who had ACL replacement surgery in her knee last year. Even though her surgery was successful, she still had significant pain with practice and in games this season. Through a combination of two different applications using one long strip of tape, we could support the lateral ligaments of her knee and then also decrease the pull of a band of tissue along the outside of her leg called the iliotibial band. With this taping she was able to play without any pain for the first time all season and her team is heading for the state championships and she is making a significant contribution to the team's efforts.

The best thing I am finding about Kinesiotaping is that it allows me to continue treating my patient's condition 24/7 between office treatments. This is in addition to any exercises or ice applications which the patient does at home. It is my hope that we will **see better pain control** and **shortened duration of treatment**, getting people back in shape sooner than before Kinesiotape.

The Ideal Protein Diet is really making a difference in many peoples' health. As of this writing, with people at different stages in the program, we have seen the **loss of 262 pounds** between them. The biggest comment that we have heard is that the diet is very easy to follow and the results are very motivating. We have seen weight losses for some of the larger people of 8 to 10 pounds in the first week alone. They will not continue to lose at that rate but we are seeing per week losses of **3-5 pounds for women and 4-7 pounds for men** that the program says are typical. If you have interest in getting healthy, getting your blood work back to normal and also losing those extra pounds around your middle, contact the office for information. This is the program that I have searched for years to find that delivers what it says it will.

Again, thank you for being our patient!
We appreciate you and look forward to serving you.

David J. Weber, D.C., D.A.B.C.O.

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