

# Chiropractic Newsletter

Dealing with a Fall / What is E-Stim?

February | 2025



## Holistic Health Care

### Centers' (HHCC) News

- We recently renovated HHCC. Please stop in and take a look.
- Sobhana returned from her sabbatical on 1/18/25. She is ready to help you feel your best!
- Please welcome Dr. Sarah Hung to HHCC. She is a board-certified Naturopathic Physician and Acupuncturist.
- We now offer Microneedling! This is a great graceful aging treatment for your face, helps decrease acne, and minimizes scars. It can help with scalp hair growth and growth overall!

## Getting Up After a Fall

Falling can be a common occurrence among older adults, or those with mobility issues. While many falls are minor, they can sometimes result in injuries. It is thus crucial to know how to prevent falls or recover safely after experiencing one.

Typical ways in which people fall down include:

- **Tripping Over Obstacles:** We may all have experienced this at times- tripping over items such as cords, loose rugs, or clutter
- **Slipping on Wet or Uneven Surfaces:** Spills, icy sidewalks, or uneven flooring can lead to a loss of footing
- **Loss of Balance:** Conditions like vertigo, weak muscles, or sudden movements can disrupt balance
- **Unsuitable Footwear:** Wearing shoes with poor grip or high

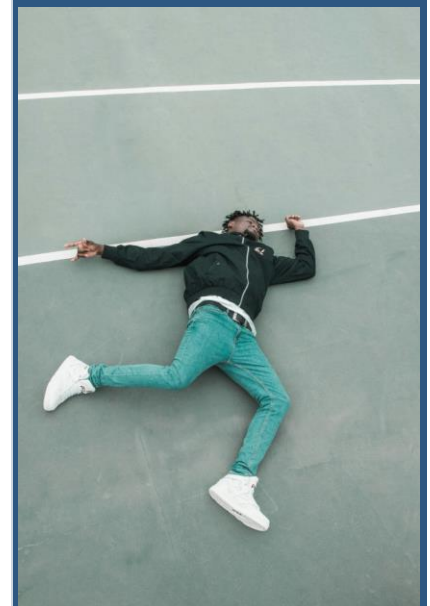
heels can increase the likelihood of tripping

- **Inattention:** Distracted walking, such as walking while looking at your phone, can result in missteps

### How to Avoid Falling

Here are some methods to prevent falls.

- **Clear all Hazards:** Keep your floor free of clutter. Try to use non-slip mats in areas prone to spills or moisture
- **Wear Proper Footwear:** Choose shoes with non-slip soles and avoid walking in socks on slippery surfaces
- **Bright Lighting:** Ensure that hallways, staircases, and outdoor pathways are well-lit
- **Strengthen Muscles:** Exercises like yoga, tai chi, and strength training can improve stability and coordination



## Getting Up After a Fall (Cont'd from previous page)

- Use Assistive Devices: If needed, use canes, walkers, or handrails to provide additional support
- Be Mindful: Pay attention to your surroundings and move deliberately

### *Best Ways to Get Up After a Fall*

If a fall does occur, it's important to assess the situation and get up safely.

- Stay Calm: Take a moment to breathe and determine if you're hurt. Do not rush to get up if you feel pain or dizziness.
- Assess for Injury: Check for sharp pain, swelling, or inability to move certain body parts. If you suspect a serious injury, call for help and stay rooted to the site.
- Roll to Your Side: If you feel capable, roll onto your side to prepare for getting up.

- Move to a Kneeling Position: Push yourself onto your hands and knees.
- Use Furniture for Support: Crawl to a sturdy piece of furniture like a chair. Place your hands on the seat, bring one foot forward, and use your arms and legs to push yourself into a standing position.
- Rest and Recover: Once upright, take a moment to steady yourself before moving.

Falling frequently may be a sign of underlying issues, including muscle weakness. In such cases, consulting a chiropractor can help address these concerns.

By taking proactive moves, you can reduce your risk of injury from falls, and lead a safer life! ♦



## Electrical Stimulation

Electrical stimulation is a form of therapy that makes use of low-level electrical currents to stimulate the muscles and nerves. This non-invasive treatment can relieve pain, promote healing, and enhance overall wellness.

Electrical stimulation, commonly called e-stim, involves using a device that delivers small electrical currents to targeted body areas through electrodes, which are placed on the skin. These currents are meant to stimulate muscle contractions, nerve responses, or both.

## Electrical Stimulation (cont'd from previous page)

Nowadays, chiropractors may choose to incorporate e-stim as part of a broader care plan. This complements traditional adjustments and other therapies. Encouraging the body's natural healing processes can help reduce inflammation, improve circulation, and accelerate recovery.

Electrical stimulation is highly versatile and can address a wide range of conditions, including:

\*Muscle Pain and Spasms: E-stim helps relax tight muscles, reduce spasms, and alleviate associated discomfort.

\*Chronic Pain: Those suffering from lower back pain, sciatica, and fibromyalgia may benefit from e-stim, which interrupts pain signals sent to the brain.

\*Joint Injuries: It can reduce inflammation and swelling in the shoulders, knees, and ankles.

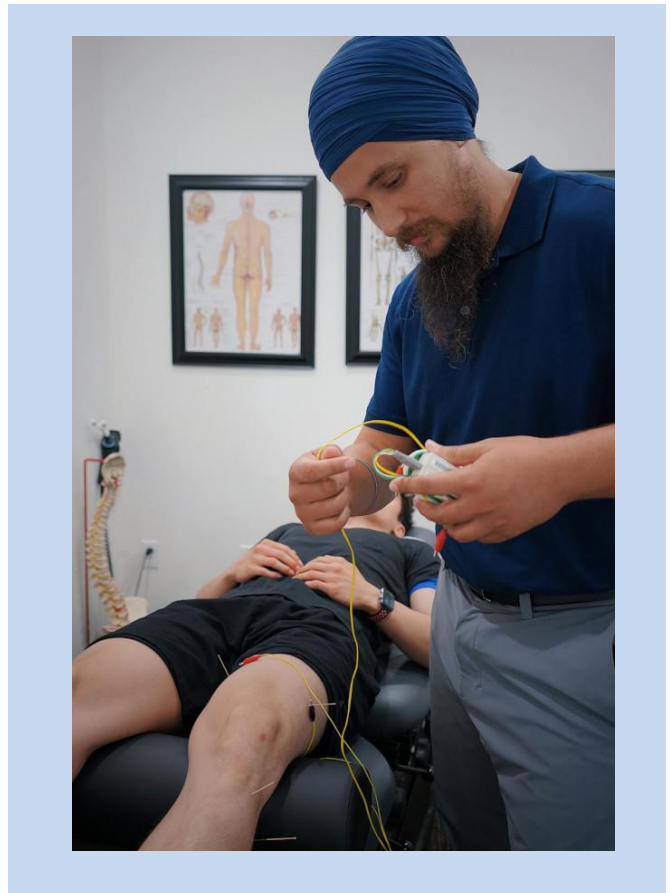
\*Rehabilitation Post-Injury or Surgery: E-stim helps rebuild strength and muscle mass in weakened areas, making it a useful tool during recovery.

\*Nerve-Related Pain: It is often used to manage conditions like neuropathy or radiculopathy by stimulating nerve function.

\*Improved Circulation: Enhancing blood flow supports healing and reduces stiffness.

While e-stim is generally safe, it is not suitable for everyone. The following individuals should avoid it or consult a healthcare provider before undergoing electrical stimulation:

- Individuals with Pacemakers or Other Implanted Devices: The electrical currents may interfere with the function of pacemakers or other implanted medical devices.



- People with Epilepsy: Electrical stimulation could potentially trigger seizures in individuals with epilepsy.
- Those with Skin Sensitivities or Open Wounds: E-stim should not be applied over irritated skin, rashes, or open wounds, as it may cause discomfort
- Individuals with Certain Health Conditions: Those with heart problems, deep vein thrombosis, or other serious medical conditions should consult their chiropractor or physician before starting treatment.

## Electrical Stimulation (cont'd from previous page)

As a part of chiropractic care, electrical stimulation is a highly effective tool for improving mobility, managing pain, and aiding injury recovery. Targeting particular muscles and nerves brings relief to patients.

However, as with any treatment, it is essential to consider individual health conditions and seek guidance from your chiropractic physician. ♦