



HARTMAN
Chiropractic
Sports & Family Practice

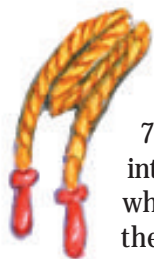
Plimsoll's and Proprioception

Ask any mariner in 1860 what one of the greatest challenges of freight shipping was, and they very well might have said, "careful loading and avoidance of overburdening the ship." In response to this challenge came England's Samuel Plimsoll, inventor of the Plimsoll markings. Plimsoll markings on the side of a ship indicate, relative to the water line, how much a vessel can safely carry. A mindful seaman would pay close attention to the plimsoll markings when loading his ship to ensure safe and timely passage.

Proprioception is the word for our nervous system's Plimsoll marks. It is the awareness of one's position or posture in space. Nerve fibers from each and every joint in our bodies constantly send proprioceptive information to the brain via mechanoreceptors. The brain then computes the information and decides if an adjustment in position, speed, or coordination is necessary. In the event of diminished or faulty proprioceptive

information our bodies move inefficiently, clumsily and even detrimentally. This can result in sprains, headaches, numbness, sciatica, and joint pain to name a few. Chiropractic adjustments stimulate mechanoreceptors and allow us to continue to move optimally and avoid injury. At times the body can correct itself, however, chiropractic adjustments facilitate and expedite the process leading to more timely and lasting improvement. In 1895 when chiropractic was founded, it's objective was specifically to facilitate nervous system function. While we have learned a tremendous amount since then the optimal stimulation and function of the nervous system is unfailingly fundamental.

If you or someone you know is suffering from the submerged Plimsoll marks of pain, stiffness, headaches, or lack of energy, encourage them to try chiropractic. We are anxious to help you get back on track to better health and well-being.



Never Too Late!

In a study that tracked 790 people from their 20s into their senior years, those who became more active in their 40s cut their risk of heart disease by nearly the same amount as those who had maintained a lifetime of activity (University of Heidelberg, Oct. 2006). It is never too late to increase your

physical fitness. Experiment with different activities, especially those you have always wanted to try. The key to continued activity and improved physical health is to find things you truly enjoy doing. Exercise your "proactivity" muscles by taking the next step to better health. Ask us for ideas on how to motivate yourself.



Spring 2008



Craig S. Hartman, DC, CSCS

A Note From Your Doctor

New Life

Spring is a terrific time of new beginning. It is a time when health and well-being are even more important for us to enjoy this beautiful world. Be proactive in improving your health. John Knowles, former President of the Rockefeller Foundation said, "The next major advance in the health of the American people will be determined by what the individual is doing for himself." We can help you achieve your goals of health and wellness. Don't be inhibited by the gloom of pain, immobility or lack of energy. Let us at Hartman Chiropractic help you realize your goals of feeling great!

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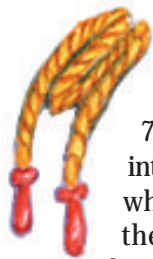
Sports & Family Practice

A Healthy Spine. A Healthy Nervous System. A Healthy Life.

Our bodies are truly miracles of nature. Each of our brains house a complex neural wiring more extensive than science has fully discovered. It is said that one cubic inch of brain cortex contains over 10,000 miles of connected nerve tissue. This intricate nervous system governs everything we do. Like a conductor of a great orchestra, the brain judges, commands, and coordinates our cardiovascular, immunological, and musculoskeletal systems. When optimally functioning and coordinated the neuromusculoskeletal system allows us to enjoy all life has to offer. This system, consisting of our nerves, muscles, and bones, is said to be the machinery through which we express ourselves to the world. When it is compromised, so is our ability to interact and communicate with the world around us.

The neural circuitry of our brains and branching nerves controls our musculo-

skeletal system so that our muscles contract and coordinate together to produce smooth, intentional movements as well as maintain involuntary, supportive positions. When our biological wires get crossed abnormal biomechanics results in joint pain, stiffness, headaches, numbness, or sciatica to name a few. Also, when the spine and other joints are in the right position and are moving properly and efficiently, the nervous system is allowed to function as it should. Chiropractic adjustments assist appropriate biomechanics as well as facilitate proper neurological signaling to the brain so that it can then regulate appropriate motor response and coordination. Message in, message out; this is how our brain works. Our neurology affects our biology and our biology determines our health. And, most importantly, our health influences the quality of our life.



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Testimonials

"I love to play racquetball, but after a fall on the court my right shoulder and upper back hurt for months. I tried massage, herbal topicals, heat, laser therapy and everything I could do to find relief. All offered temporary relief but the pain persisted. I began to become preoccupied with my pain as it was with me 7 days/week.

After a series of chiropractic treatments from Dr.

Hartman I can honestly say I feel 100% better. I no longer worry about the pain going away because it is gone. I play, work, sleep, and enjoy life without worry. I feel so much better. I also found Dr. Hartman very personable and fun to work with. I felt he was committed to my health and well-being and would recommend him to anyone with a question about how chiropractic can help them."

~ L. D.

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toward Initial Exam and Consultation*

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*Not valid for orthotics, equipment, or products. Limit one per patient.
New patients only.

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