

# STEWART CHIROPRACTIC NEWS

*Taking charge of your health!*

**DR KEVIN L. STEWART D.C. ♥ ADVANCED BACK & SPORTS INJURY CLINIC**



**CHIROPRACTIC OFFICE HOURS: Monday, Wednesday, Friday 9 AM – 5 PM**  
**Tuesday & Thursday 9 AM – 1 PM Saturday By Appointment (209) 368-0619**  
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## SAY "NO" TO KNEE SURGERY!

You may recognize some of the lyrics of the old children's song, "Dem Dry Bones": "Your foot bone's connected to your ankle bone, your ankle bone's connected to your leg bone; your leg bone's connected to your knee bone..." And therein lies the problem. All those bones are connected by joints and are surrounded by cartilage and ligaments. As we age, or have injuries most of us experience problems associated with osteoarthritis and/or degeneration from trauma.

Aside from recommending a myriad of pain medications, which in most cases actually accelerate the arthritis process, surgeons have been promoting and performing arthroscopic surgery for more severe cases.



The surgery has become so in vogue that more than 650,000 such procedures are performed each year at a cost of more than 3.25 billion dollars. However, are these doctors really helping their patients?

According to a recent study published in the New England Journal of Medicine, the answer is an emphatic NO! In one such study, 180 patients with osteoarthritis of the knee were randomly selected for arthroscopic surgery or placebo surgery, and 165 actually completed the study. Patients were assessed for pain reduction and given an objective test of walking and stair climbing over a 24-month period. The researchers concluded, "The outcomes after arthroscopic lavage were no better than those after a placebo procedure."



In fact, the lead research scientist, Nelda P. Wray, M.D., M.P.H., an internist at the Veterans Affairs Medical Center in Houston, said, "I no longer will refer my patients for this arthroscopic surgery procedure. I do not believe we should expose patients to the inherent risk. We're putting patients at risk just by subjecting them to the inherent jeopardy associated with any type of surgery when the only effect of the surgery is the placebo effect."

While surgery and even most medications have been shown to be ineffective, even destructive in some cases, the value of alternative therapies in treating and in some cases reversing conditions of the knee have been well documented.

There are four main ways in which we can treat knee complaints and other arthritic conditions.



These areas are:

- Diet
- Exercise
- Physiotherapy
- Chiropractic Manipulation

Chiropractic treatment places the joints back in proper alignment thereby stopping the "sandpaper" degenerative effect. This treatment goes to the core of the problem. By placing the joint into proper alignment, we can also help



reduce inflammation, muscle spasms, and joint destruction. However, we find that each patient is at different levels of advancement in the condition. Therefore, we need to treat the effects of the resultant inflammation, scar tissue, muscle spasming, and joint destruction (arthritis). Physiotherapy helps address these concerns as well. Chiropractic manipulation and physiotherapy combined helps speed the recovery much faster than each treatment performed alone. It is important to note that passive physiotherapy (massage, electrical stimulation, ultrasound, traction, etc...) needs to be given first before any "active" physiotherapy is prescribed. Active physiotherapy consists of stretching and exercising.



The joints of the body have a very poor blood supply. That is why it takes longer to heal a torn ligament or tendon than a broken bone or muscle tear. Exercise helps the healing process in so many ways. The joints obtain nutrients solely by creating motion in and around the joints. Without movement (exercise) the joint will lock, stick, harden, and die. With degenerative knee complaints, exercises like swimming or riding a stationary bike can provide the needed movement in the joint without placing undue burden on an already stressed joint, thereby giving it the opportunity to heal.



Diet is the fourth area of treatment. It is also the hardest to change. Although the diet should be the first change we make toward better health, it is often the last. Food can destroy or food can heal. It is up to us to make the changes. The topic of diet and how it affects the



body is a topic unto itself. I have devoted previous newsletters completely to this topic. Here I will give just an overview. On the diet list of **don'ts** are: **coffee, alcohol, dairy products, and refined white flour products.** On the **do** list: **increase fruits and vegetables, (juicing is a very good way to create a positive effect on arthritis) and drink green herbal tea.** Some



fruits, like pineapple and papaya, contain bromelain and other substances that actually destroy scar tissue, a pre-cursor to arthritis. Supplements such as glucosamine sulfate, MSM, ginger, and garlic are very useful in repairing ligaments, muscle, cartilage, and tendons, as well as reducing inflammation. These suggestions are a sample of the changes needed, even essential to relieving the pain of an arthritic knee and repairing damage and restoring the joints. This list is by no means complete. But I can say the principles are very successful if followed.

For further information on how to relieve and cure knee problems, please call or contact this clinic for more help.

DR. KEVIN L. STEWART takes pride in the



10 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him abreast of the latest technologies as well as advances in patient care.

In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment programs, prescribed gentle adjustments, advanced techniques, modern diagnostic and therapeutic equipment are combined to attain optimum patient care.