

# Dr. Harold Paisley

northfieldchiropractic.ca

AUGUST 2019

## Congratulations MELISSA!



### It's a GIRL!

**Alexis May Martin** was born on July 26<sup>th</sup> weighing in at 8 lbs. 1 oz. (and every ounce incredibly cute!)

Mother and baby are doing well and will be doing even better after a few days of rest. Melissa will be on maternity leave for the next year. We look forward to her return next July.

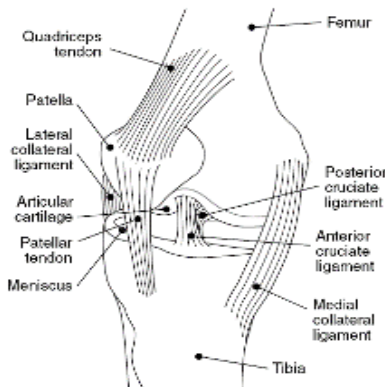
Until then **Sharon** will be covering for Melissa on Monday, Wed. and Friday.

Also, we want to welcome Jessica Shantz to our team.

**Jessica** is a 4<sup>th</sup> year student at the Canadian Memorial Chiropractic College. She will be working on front desk Tuesday, Thursday and Saturday mornings.

## KNEE INJURY

Due to either trauma or to repetitive activity, tendons, bones, ligament & muscles can all suffer sprain/strain injuries. The picture below illustrates the anatomy.



Sprain/strain injuries of the soft tissues around the knee usually respond well to conservative treatment.

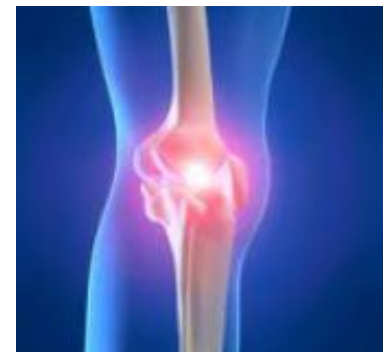
Therapy typically involves modalities such as **Laser**, **IFC** and **ultrasound**. Home care, such as ice, exercise, over the counter meds and bracing can be effective.

In some conditions, such as **patello-femoral syndrome** or **patellar tendonitis** then "hands-on" mobilization or even manual adjustment of the joint may be effective.



## YOUNGER

Knee conditions affect both younger and older patients. A problem which primarily is found in 12 to 15 year-old males is **Osgood-Schlatter's**. This is caused by a swelling of the bone growth plate just below the knee. The patient will have a "bony bump" as seen in the picture above.



## OLDER

As we age "wear and tear" or **Osteoarthritis** is a common condition. Although therapy cannot cure you of Arthritis, it can help to relieve the pain and improve function.

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## INJURED AT WORK?



Dr. Paisley is an approved provider of WSIB Programs of Care (POC) for Low Back, Shoulder and all Musculo-skeletal injuries

WSIB Programs of Care are an evidence-based set of treatment protocols to return an injured worker to a pre-accident condition as rapidly as possible.

Dr. Paisley is one of the Chiropractors' in Waterloo who has obtained the certification required to provide this service to his patients. The following injuries are included within the POC; **Acute Low Back Pain, Rotator Cuff Injury, Tennis Elbow Injury, Carpal Tunnel Syndrome Knee Injury and Ankle Sprain.**

If you are injured on the job, or if one of your employees is injured we will complete all the required paperwork and ensure that you receive the treatment necessary to encourage recovery. The Programs of Care are fully paid for up to 8 weeks by WSIB.



## IT IS TRUE, ACCIDENTS

Can happen to anyone!

If you or a family member has the misfortune of being involved in a car accident, we can help to get you "back on the road" ASAP!

Your car insurance policy covers you for at least 12 weeks of chiropractic treatment if you sustain **Whiplash or Back sprain** injuries. Most patients are well improved by 12 weeks. However, if treatment is required beyond that time then further care can be requested from the insurer.

It is also important to be aware that **even if you are "at fault" you are still eligible for chiropractic treatment. You do not need to be referred for care by your insurer. A medical referral is also not required.** You can come directly to our office. If you need any further assistance with accident related issues, feel free to ask for further details.

## CLINIC CORNER "Heel Spur"



One of the most common causes of foot pain and/or heel pain is "Heel Spur". The medical name for this is **Plantar Fascitis.**

The spur formation noted on the X-rays develops as a result of the condition but is probably not the primary source of the pain. Irritation of the Plantar Fascia is the most likely cause of the pain.

The condition is most likely triggered by trauma, or by a chronic irritation such as poor footwear or extended standing. Weight and "fallen arches" are thought to be risk factors.

Home treatment can consist of topical ice, ibuprophen and improved footwear. If the pain does not improve with self-care, then Chiropractic intervention is indicated.

Treatment with **Laser** has been found to be beneficial. **Orthotics** may be required in severe cases.

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