



May and June 06

# In Good Hands

A Free Monthly Newsletter For The Friends and Patients  
of Dr. Erik Bliss

Dr. Erik Bliss  
Chiropractic Physician

7687 Beechmont  
Cincinnati, OH  
513-232-9040

## SPRING INTO SPRING: WORK ERGONOMICS

### IMPORTANT DATES

Happy Spring!  
Hope everyone is keeping active and having a great spring. This newsletter will try to help you with proper workplace functions to prevent back, wrist and neck injuries as well as common questions we receive.

**Insurance plan update to better serve you-** We are now in Anthem network as of 4/11/06. We are currently in about all the insurance networks such as Humana and Aetna and usually will have a small co-pay without a need for a referral.

**What's New:** Dr Bliss has been active chasing his 3yr old and 1 yr old, attending acupuncture seminars, searching for a new office here in Anderson to relocate the practice to better serve you. Jennifer has been studying and is getting her X-ray certification this June and Heather has been attending computer and insurance training .

We are very appreciative of all the great things patients have been saying about us. Bliss Chiropractic has been in Anderson for the last 15 years and focused on being a referral only practice. We have room to grow and really appreciate the referrals.

Hope to see you soon!  
God Bless,  
Dr Erik Bliss

### **Reducing Workplace Injuries Using Proper Ergonomics**

Every year, almost a million people are forced to take time off from work due to repetitive motion injuries or overexertion. Many of these conditions are caused by poor ergonomics - in other words, the environment in which a person works isn't designed properly to reduce the risk of injury and maximize productivity. In a recent study, office workers were selected to participate in one of three study groups. One group received an adjustable office chair and training in office ergonomics; the second group received training only; and the third group received the training only, but not until the end of the study period. Workers who received the adjustable chair and the training had lower average pain levels and fewer symptoms of injury during the course of the study than workers in the other two groups. If you want to have healthy, productive employees, just training them in ergonomics won't do the trick. In addition to proper training, make sure your employees have equipment that is easy to use and can be adjusted to a variety of heights to accommodate their needs. And if you're an employee, make sure your boss provides adequate training and work equipment, including the appropriate chair, to keep you healthy, happy and productive. It's a win-win situation on both sides.

Talk to your doctor of chiro-

practic about the importance of proper ergonomics. For more information on the benefits of chiropractic, visit the following: *Reference:* Amick BC, Robertson MM, DeRango K, et al. Effect of office ergonomics intervention on reducing musculoskeletal symptoms. *Spine* 003;28(24), pp2706-2711.

### **ASK DR BLISS**

#### **1. Do I use ice or heat after an injury?**

This is a common question and a very important one. After an injury, like a twisted ankle, pulled hamstrings or lower back strain, the inflammatory stage begins and lasts for 24 to 72 hours. During this time, ice is preferred. Typically ice is applied for 10-20 minutes, and then removed for 10-20 minutes. This cycle is repeated as often as necessary. If you don't have an ice pack, a bag of frozen peas or corn will do. P.R.I.C.E., a common acronym used after an injury, suggests patients Protect, Rest, Ice, Compress, and Elevate the injury. Heat is typically applied to an injured muscle or joint after the inflammatory phase is over. Moist heat is preferred over dry heat, because dry heat (such as a heating pad) may dehydrate your muscles, making them less flexible and predisposing them to further injury. Moist heat applications may last up to 20-30 minutes. Ask Dr. Bliss which therapy is best for your injury or condition.

#### **2. Will I be sore after an adjustment?**

1 out of 10 patients will be sore after their first adjustment *which is very normal*. Since the treatment is a micro-trauma to your spine and muscles, ice should be applied afterwards. Continue chiropractic treatment and the soreness will subside shortly.

**Seminars**  
April 28 Cincinnati Embassy suites- Pinnacle  
June 9 Baltimore, MD  
Aug 7, 15 weekends lisc. Renewal Columbus, OH  
Accupuncture

We would like to thank all of our wonderful patients who refer others to our office for Chiropractic care!!

**April 2006**  
Seven Hills OB/GYN  
Dr John C.  
Wellington Ortho  
Setters Volleyball  
Ivy Hills Golf  
Sandra J.  
Cassie F.  
Matt Mc.  
Heather C.  
Jennifer C.  
Brenda S.  
Dr. Gloria W.  
Bob K.  
Heater F.  
Wendy S.  
Russ V.  
D. Bliss  
Mary G.

CONGRATULATIONS TO OUR PATIENT OF THE MONTH:  
**Cassie F.**

Thank you for all of the nice things you say about us!

**We are now accepting new referral patients!**



# ASK DR. BLISS

### 3. What happens to your spine & nerves after a car accident?

A sudden forceful whipping movement of the neck serves to stretch or sprains the ligaments and muscles which hold the spinal segments or vertebrae within a normal range. It can take up to 2 weeks for any symptoms to appear. Symptoms can include: headache, dizziness, nausea, neck pain, mid back pain, low back pain, or numbness/tingling into the arms. It is important to receive an examination and to begin treatment as soon as possible to avoid any permanent damage to these bones, ligaments, and muscles.

### 4. Can a slipped disc be corrected without surgery?

*Dr. Bliss specializes in Disc Conditions!* The vast majority of lower back pain and neck pain cases that have been classified as disc syndrome can be corrected without surgery. Dr. Bliss uses a special adjusting technique called flexion/distraction for disc patients and prone adjusting with a technique called wedge technique to separate and stretch the muscle and ligaments around the bulging disc taking pressure off the spinal nerve that is pinched. When a patient receives this treatment and adheres to their treatment plan, surgery can usually be avoided.

### 5. How do I know when to take my child to my Chiropractor?

6. Children communicate their needs both verbally and nonverbally, intentionally and unintentionally. Usually a child who is experiencing pain will verbalize his or her discomfort to a parent, teacher, or other adult whom the child trusts.

In some cases, however, the usual signal that something is wrong—namely, pain—does not occur, leaving a problem unreported and unnoticed that can, and

should, be corrected by chiropractic care.

Whether children complain of pain or not, it is wise for parents to get in the habit of observing them at play; running, jumping, walking, sitting, standing. These moments when the child is most unaware that anyone is watching will yield the most accurate information for the observer. Look for postural changes when the child is active and quiet. Try also to determine which postures the child automatically assumes, and which is inherently avoided. The emotional component may reveal information about a problem of which the child is not yet aware. Look for irritability, unusual emotional sensitivity, or changes in eating habits, sleeping patterns, or play patterns. If the verbal, postural, and behavioral cues indicate a problem, call Dr. Bliss to discuss your concerns. The only person who can determine that your child has a condition that would benefit from chiropractic care is your Doctor of Chiropractic. When in doubt, simply call. (513) 232-9040.

### 6. New Year = New Benefits!!!

Did you know that your insurance benefits for chiropractic restarted at the beginning of January? If you have dropped off of your treatment plan due to insurance limits, now is the time to restart your care. If you have any insurance questions or concerns, call Heather and she will be happy to answer them for you.

Haven't been in for awhile? Use the Health Pass below for a Free checkup.

Please cut along dotted line and bring with

### HEALTH PASS

*A Passport to Health*

Name: \_\_\_\_\_

Referred By: \_\_\_\_\_

### PASSPORT TO HEALTH

BLISS FAMILY CHIROPRACTIC is dedicated to providing quality care at affordable costs.

This "Health Pass" was designed to allow you to have a consultation and examination at no charge.

This exam will help us determine if your condition will likely respond to Chiropractic Care.

The "Health Pass" does not include the cost of X-rays which are needed in many, but not all cases.

## BLISS CHIROPRACTIC NEWSLETTER

## IN GOODS HANDS

**Dr. Erik Bliss**  
7687 Beechmont  
Cincinnati, OH 45255

Phone: 513-232-9040

**FEEL BETTER?  
REFER OTHERS!**

**WE'RE ON THE WEB!!  
[www.blisschiro.com](http://www.blisschiro.com)**

