

Back in Line Family Chiropractic and Wellness

ACUPUNCTURE AND SPORTS REHAB CLINIC

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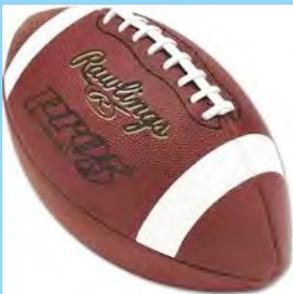
BACK TO SCHOOL!



IT'S THAT TIME OF YEAR AGAIN and keep BIL in mind for your child's school physical. We charge \$30 and allow same-day appointments. Be sure to tell your friends!



It's hard to believe it's almost September! This year keeps flying by as we watch the days on the calendar keep creeping towards fall weather, BACK-TO-SCHOOL, football and tailgating season, volleyball, cross country, band, choir, school plays, homework, etc!



We find ourselves running full-speed at Back in Line! On Aug. 17, our office celebrated our 2-year anniversary! We have thoroughly enjoyed EVERY step of the way and look forward to many more years serving the Hiawatha and Cedar Rapids area. We have had fun being active in The CR Freedom Festival, local non-profits, Metro North Rotary, Hiawatha Kiwanis, participating in local 5k runs, sprint triathlons, etc! We love being involved in our community and helping to spread health and wellness! If you know of a local event (local runs, health fairs, etc) where we can help share our knowledge, OR, IF THEY JUST NEED A HELPING HAND, be sure to let us know! We'll JUMP at the opportunity!



ATHLETE TESTIMONY



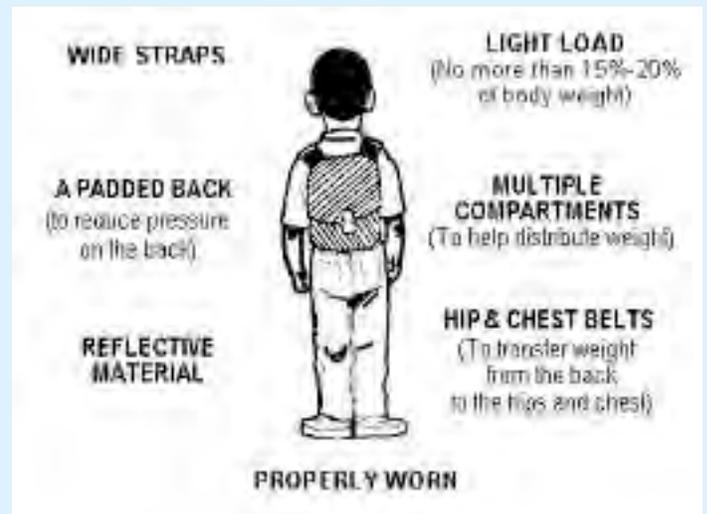
Long-time friend of Dr. CJ, MISS SHAYLA HOULIHAN owes a lot of her success on the track to ART

and Chiropractic Care. Shayla, a 26-year-old phenomenal runner and one of the world's elite steple-chase athletes uses chiropractic and ART (active release technique) on a regular basis. She states "I couldn't imagine not being on the top of my game without using the ART to keep my muscles and ligaments loose and mobile." She states she "just likes the feeling of being adjusted especially in the feet and ankles" but feels the ART helps her efficiency and muscle recovery between workouts! While Drs. Nate and CJ don't get the opportunity to work on Shayla while she trained for the 2012 Olympic qualifier, they made sure to find her a good chiropractor in Arizona. But you better believe it, when her and Dr. CJ get together, she is well taken care of! Good Luck to Shayla!



BACKPACK BACKACHES??

Be sure to keep your kids spinal health on the top of your mind this school year. It's amazing the amount of books and items our students are required to cart around during the school year. Feel free to bring in their backpacks to make sure they are "back-friendly". The best pack is a tote on wheels but let's be honest, NOT MANY STUDENTS ARE WILLING TO DO THAT! It's important they wear both straps and not have it weigh over 20% of your child's body weight. That means if you have a 60lb child, his backpack should weigh UNDER 12lbs, a 100lb child, no more than 20lbs, a 125lb child, no more than 25lbs. Encourage frequent locker stops to reduce the load on their back and make sure they always stop at the locker on their way home (so they don't forget their homework!) ;)



If they still complain of back pain and aches, make sure you schedule them for a visit at BIL! Kids shouldn't complain of back pain. The good news is they adapt quickly to chiropractic adjustments!

Health Corner!

We are looking for businesses to share health and wellness with!



If you or your company would like to us come present a lunch N learn (yes, we bring lunch to you!), please contact Drs. CJ and Nate to set up a date and time. We can present on a wide variety of topics from nutrition, to exercise, or soft tissue injury prevention, myths and truths about supplementation, rehabilitation, acupuncture, and MANY MORE!

We keep the presentations to the point and keep you on your toes! We also bring door prizes for our guests from acupuncture sessions, ion foot detoxification, and massages! Call today to set up a time to discuss what your company is looking for! 892-3363.

Tailgating season

is RIGHT AROUND THE CORNER! And you don't have to eat ALL THAT JUNK! ENJOY A LITE VERSION OF SHRIMP AND BACON DEVEILED EGGS! Email us with pictures!



Shrimp and Bacon Deviled Eggs



- 8 hard-cooked large eggs, shelled
- 1/4 cup instant potato flakes
- 1/4 cup fat-free mayonnaise
- 1 tablespoon chopped fresh chives
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon ground red pepper
- 1/2 cup cooked medium shrimp, peeled and chopped (about 4 ounces)
- 2 tablespoons chopped fresh parsley
- 3 center-cut bacon slices, cooked and crumbled

Preparation

Cut eggs in half lengthwise; remove yolks. Place 4 yolks in a medium bowl; reserve remaining yolks for another use. Add potato flakes and next 6 ingredients (through red pepper) to yolks; stir well. Stir in shrimp and parsley. Spoon about 1 rounded tablespoon shrimp mixture into each egg white half. Sprinkle with bacon.

Julianna Grimes Bottcher & Ann Taylor Pittman, Cooking Light APRIL 2007

Health and Wellness
Food intake and dietary consumption is just one aspect of maintaining your health! Check out these tasty treats and facts!

Dr. Weber's Corner

Tired of doing hours worth of cardio and not getting the weight loss results you're looking for?

Walk into any gym and you're likely to see the cardio section full of people bound and determined to stay on that machine for 30 - 60 minutes a day, and they still can't seem to lose that extra weight from last thanksgiving. **Isn't there a better way?** Of course there is, silly! Try incorporating a new strategy into your cardio routine, as I'm sure were all ready for a change by now. This method is not a new fad and is not a gimmick; it goes by many names but can be classified as sport specific, burst, interval, or peak intensity training depending on whom you speak with.



The basics of **peak intensity training**:

- Warm up for 3 minutes.
- Increase speed/resistance to a level that you are pushing yourself **AS HARD AS YOU CAN** for 30 seconds (you should not be able to talk to your neighbor, and you should not be able to go hard for 1 extra second!!!).
- Decrease speed/resistance and recover for 90 seconds.
- Repeat the peak intensity sets 7 more times.
- Recover at a low speed/resistance for 2-3 minutes.

Peak intensity/interval training is more beneficial than traditional cardio because of its potential to increase the levels of **Human Growth Hormone (HGH)** naturally post-exercise, whose job is essentially to keep our metabolism supercharged, burning up stored body fat and promoting protein (muscle) synthesis(growth). By going at 110% for those 30 seconds you are engaging the same muscle fibers sprinters use for their short burst runs; these fibers do not get activated with traditional cardio exercise. Some things to keep in mind:



- Build your intensity up gradually; if today is your first day with peak intensity training, it's probably not the day to be Mr./Mrs. Meatwagon & push your limits to the max, start at a moderate level **for you**, and if necessary begin with only 3-4 sets.
 - Perform intensity/interval cardio sessions a **maximum of 2-3** times per week; your body truly can't handle more, and if you think it can, well Captain America you're **not doing them correctly!**
 - Don't abandon traditional cardio altogether, there are plenty of great benefits, & any exercise that gets your heart pumping is good for you!
- What you eat before/after exercise **does matter**; a sports drink is basically sugar water, your body already has plenty of sugar, drink **water!** (More to come on pre/post-nutrition later!)
 - As always, consult your physician prior to engaging in a cardiovascular fitness program, to screen for potential contraindications.

This "peak-8" intensity program (developed by Dr. Mercola) is just one example of many variations that are possible to put together for a phenomenal workout. For more advice, ask Drs. Kleene or Weber, or do more research for yourself online - one (of many) sites we particularly LOVE for quick, reliable, and informative health & fitness topics is www.mercola.com (sound familiar?)!



Acupuncture and your health...

Back in Line Family Chiropractic and Wellness is happy to offer Acupuncture to our menu of services. Acupuncture is another form of alternative medicine that is over 5,000 years old! The practice of needle insertion is known to help balance “chi” or “Qi”. Qi is the natural blood flow (energy) that our bodies need to help maintain health and wellness. A disruption in blood flow (or unbalanced Qi blood) can create issues from aches & pains, increased stress, ADD, intestinal dysfunction (IBS, constipation, diarrhea, gas) ulcers, weight gain, swelling, infertility, failure to sustain pregnancy, sleep disturbances, allergies, etc. If you are interested in learning how acupuncture can help you, call and schedule a consultation today!

Our acupuncture rates:
 Single Session: \$50
 4-Sessions: \$175
 8-Sessions: \$300

Fall Rates

Low Back Pain Package
 (16 sessions) \$400
Allergy Package
 (12 sessions) \$320
Labor Induction
 (3-5sessions) \$40**

Must be 38wks+ or note from OB/Gyn

Know someone that can benefit from chiropractic or one or more of the services we offer at Back in Line? Send them our way! We appreciate referral business and would love to take care of your friends, family, and co-workers. We promise to treat each patient with respect and work hard to have their health concerns addressed. Just as your health goals become our goals, so do theirs! Chiropractic is for everyone! We love treating all ages!



We've been keeping busy this summer!

Have you been active this summer? Be sure to let us know what you've been up to! We'd like to highlight you and your children's



May 21 - Marion Arts 5K - Dr. Weber helps pre and post race!
 June 5 --- Pigman Tri -Dr. CJ and Julie participated while Dr. Nate treated athletes post-race.

June 14-July 4 - Freedom Festival! Dr. CJ spent time helping out with this years festival. 23 days of fun without a hitch! Dr. CJ has the privilege of serving on the Board of Directors for 2-more years!

June 18 - Hiawatha HOG WILD 5K - Dr. Nate helps pre and post race!

July 16 - March of Dimes Hawk Stomp 5k - Post race with Dr. Nate

July 27-29 - Julie participated in 3 days of RAGBRAI. WTG Jules!

Aug 6 - Swisher FUN RUN

Aug 7 - Camp Courageous - Team BIL will participate in the event!

Aug. 22 - Pigman 70.3 - Dr. CJ will be on a team participating in the swim portion and after will assist Dr. Weber in post-race treatment of the athletes! Whoa!

Aug. 27 - Kids Against Hunger 5K - Dr. Weber helped at the pancake breakfast with his Kiwanis group HI-CREW.

Athletic Injuries and Back in Line...



With school back in sessions and our 2011-2012 athletic seasons kicking into high gear, be sure to keep Back In Line in mind if a sporting injury should threaten your playing time or safe return to play. We offer a unique approach to soft tissue evaluation, treatment and rehabilitation (that no other office in the area can provide). Soft tissue therapies include Active Release Technique (A.R.T.) and Graston, as well as Kinesiology Taping, and sports specific rehabilitation protocols, that are sure to speed your athletes recovery beyond those conventionally used in other local clinics.

With the majority of soft tissue injuries that we encounter during athletic/physical activities, they are the result of repetitive overuse or sudden strenuous movements that cause the muscles to stretch beyond their immediate capacity, which causes some degree of tearing of those muscle fibers. Muscle fibers are constantly being damaged and repaired, & it's actually necessary in order to build new muscle tissue (Bigger, Faster, Stronger!). However, when we incur one of these "overuse" traumas, say, a hamstring strain, these tissues take longer to "heal" properly. They stay shortened, don't regain their original length, and continue to plague us with pain (symptom) and dysfunction (decreased performance) for weeks to months.

The UNIQUE SOFT TISSUE TREATMENTS offered at BIL, including A.R.T. and GRASTON, are extremely effective when treating these injuries BECAUSE they target those regions of damaged muscle fibers, they allow us to help the tissues lengthen normally, breaking up those fibrous adhesions, and speed their ability to heal themselves naturally. Conventional therapies such as electrical stimulation or ultrasound can provide short term pain relief, but they do not alter the length of the damaged muscle fibers or break down the fibrous adhesions that have resulted from injury. Other services offered at BIL, such as KinesioTaping, are becoming more and more popular with professional athletes (NFL, MLB, NBA, NHL, PGA, MLS, Olympic Volleyball, ect.), also because of their ability to improve athletic performance by providing stabilization to injured tissues and actually provide neural feedback back to the brain to make your body more aware of where its at in space, which is ESSENTIAL in athletics, as well as everyday life!

If an injury threatens to sideline you or someone you know this season, let BIL help you get BACK IN ACTION!



Most common athletic conditions we treat:

- Hamstring strains
- Hip Flexor Strains
- Spin Splints (medial tibial stress syndrome)
- Knee Pain
- Plantar Fascitis
- Tempromandibular Joint - TMJ (jaw) pain
- Tennis Elbow (lateral epicondylitis)
- Golfers Elbow (medical epicondylitis)
- Rotator Cuff Strains
- Bicepital tendonitis
- Supraspinatus tendonitis
- Pectoral strains
- Ankle sprains
- ITBand pain



BACK in line FAMILY CHIROPRACTIC AND WELLNESS

Here's to some of our favorite businesses around town! We've got two great gyms we'd like to promote as well as two food/beverage based businesses. Email us if you have questions or want more information regarding these places!



Kosama Complete Body Transformation!
Opens Sept. 12!
Call 423-1143 to learn more about their program!



Natty's Squeezespot! - You may have seen them at the Farmer's Markets!



J & S Body Make Over!
Call 899.9547 to learn more today!

The Early Bird.

The Early Bird Coffee Shop -
Opening mid-Sept!
www.theearlybirdcr.com

Healthy People, Healthy Communities!

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