



**Dr. Shawn Robek**  
Certified Active Release Technique Provider



**Robek Chiropractic & Sports Rehabilitation Center**

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**Welcome to Robek Chiropractic**

Dear Shawn,

As a patient and friend of Robek Chiropractic & Sports Rehabilitation Center you will receive a monthly newsletter via e-mail. The intention of the newsletters is to inform you on current health topics, keep you aware of changes or updates in the office, introduce new products, inform you of upcoming events, and to also offer discounts or promotions on services or products in the office as well as other businesses in the community.



Dr. Shawn Robek

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**Office Hours**

**Monday: 12-7**  
**Tuesday: 7:30-1**  
**Wednesday: 12-7**  
**Thursday: 12-7**  
**Friday 7:30-12**

**In This Issue**

[Health Topics](#)

[PGA Tour](#)

[Postural Brace S3](#)

[Urban Body](#)

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**Annalisa Ewing:** Office Manager

**Gloria Mata:** Administrative Assistant

**Dr. Shawn Robek:** Chiropractor & Certified ART Provider

**Health Topic:**

*What is a misaligned/restricted vertebra and how do you get one?*

A misaligned vertebra is the shifting of a bone in the spine from forceful trauma or repetitive movement. A misalignment changes the normal mechanics of the spine causing pain and altering the function. Depending on the cause or severity, the pain can occur immediately or in the future. These misalignments also create a negative effect on the nerves existing the spine. This happens when the misalignment causes a small local muscle spasm in that area, as well as inflammation and irritation to the disc. The combined effects along with the misalignment itself closes the hole in which the nerve travels causing a "pinched nerve". Pinched nerves can cause a variation of symptoms, including those away from the area of irritation. For example, a pinched nerve in the neck can cause arm and/or hand pain and weakness. A misalignment will cause a decreased range of motion in the joint and will restrict movement. The specific region will be tense and stiff. A common example of this would be someone who has difficulty turning their head to look over their shoulder while they are driving.



*What is an adjustment?*

An adjustment is a specific, controlled force into the body using my hands to correct a misaligned vertebra. This force is applied in the direction of the misalignment with the intention of restoring its normal position. A lot of people ask me if the bone will stay where it is positioned? The answer is most often no. Unfortunately, the body is used to being in this misaligned position and has grown accustomed to it. This is why I suggested that my patients include corrective exercises in their daily routine to strengthen the correction being made in the office and also to stabilize the region.

*How can I learn corrective exercises?*

Basic corrective exercises can be learned at my Wednesday night Chiro Class. Some conditions may need more specific rehabilitation exercises. Depending on the condition, I can teach them in the office or refer the patient out to a physical therapist or a biomechanic specialist. Visit my web-site at [www.robek.com](http://www.robek.com) for more information about Chiro Class.

**PGA Tour**

As of this year I will be working closely with the PGA tour. I am informing you of my responsibility with the tour because it will take me out of the office throughout the year. For the PGA tournament I will be working with the athletes for the full week. If it is a Champions Tour event, I will be gone for half the week. I apologize for any inconvenience this may cause. On a more positive note, I have been lucky enough to work with and successfully treat some of the best golfers in the world. I would like to ask you the favor of informing anyone you know who is a golfer or suffers with a golf related injury, that I am well versed in handling and correcting the bodily harm inflicted by this game.



**Postural Brace "S3"**

If you are concerned about your posture, if you sit at the computer for more than a few hours a day, or if you drive long distances this product might be for you. This postural support brace is the first of it's kind. The S3 keeps you in perfect posture as you go through your day and since the brace is elastic and not rigid it allows freedom of movement. Also, the elastic nature of the brace causes the postural muscles to contract and get stronger. Strengthening these muscles is the most important factor in correcting your posture. However, the S3 brace is not for everyone and usage is dependent on the patient's condition. Please consult me if you have any questions on whether the brace would be right for you.

