

THE BACK STORY NEWSLETTER – ISSUE 3



Running with Knee Pain?

Snap, crackle, pop. Are you running with knee pain? Do you feel discomfort around the knee cap in the inner (medial) area or below it? The pain is typically exasperated after long periods of sitting with the legs bent. Running downhill or walking down the stairs is irritating. This common complaint is often described as **Runner's Knee**.

Running with Knee Pain Explained



Runner's Knee is also called **patellofemoral pain syndrome (PFPS)**, anterior knee pain or chondromalacia of the patella. The cause and treatment is complex as several factors are involved. The knee consists of soft tissue components connecting the thigh (femur) and shin (tibia) bones. The joint can act as a pain center for anatomical and

biomechanical problems with the source ranging from the hips to the toes. The cause could be age, overtraining, excess weight or biomechanical.

Another factor is the **iliotibial band** (IT), which is a band of thick tissue running from the hip to the knee. When the IT is involved, the pain is often felt a mile or two into the run as the discomfort comes from friction. Chemicals are released causing inflammation and the overall process develops with time, which results in the delayed onset of pain during activity. Weak hip abductors and external rotators are often the cause of this problem. Strengthening the hips is important to both prevent and alleviate the pain. There are specific exercises and stretches to target this area. To start getting relief and return to running pain free, the Running Doctor can help identify the weak areas and provide specific exercises to care for the current condition and prevent future injuries.

Another contributing cause is the **Q Angle**. The Q Angle (quadriceps angle) is located where the quadriceps tendon attaches to the knee. Pronation can exasperate this angle, causing the knee to rotate further than normal. This is a biomechanical issue that can be addressed with proper alignment with a biomechanical evaluation and possibly orthotics to correct the imbalance.

Are You Prone to Runner's Knee?

Do you have shoes on, take them off. Stand up and look down at your feet. Examine your arches. Do they collapse inward or roll out toward your pinkie toes? Or are you balanced with equal pressure on all sides of your feet? Most people roll inward or outward. Overtime this imbalance begins to place stress on the inside or outside of the knee. The next time you walk barefoot, try to be conscious of your steps and resist the inward or outward role to strengthen the arches. Walk with balance and equal pressure avoiding the typical arch collapse.

Other Contributing Factors Include:

- Weak quadriceps muscles
- Tight hamstrings or calf muscles
- Feet pronation
- Wide hips (female runners)
- Knock knees (Genu Valgum)

Runner's Knee Relief

With the initial onset of pain or minor twinge, begin taking steps to limit the long term damage and to speed up the recovery. Backing down on mileage to allow for healing may be needed but more importantly avoid downhill running. Also avoid exercises performed with the knee bent.

Tight posterior muscles, such as the hamstrings and calves should be stretched. When these muscles are tight, it can lead to foot pronation during walking or running. The domino effect of tight muscles leads to pronation creating an internal rotation of the leg and further increasing the Q angle. A tight IT band has a similar affect and puts strain on the knee and should also be stretched. Core exercises are also suggested, along with strengthening the glutes. A strong core helps to improve form and can lessen the stress on the knees.

Proper shoes with stability works to correct the pronation however further support may be needed. Orthotics are the next step as molds are made to address your exact arch support needs. Although knee pain is typically lumped into the category of Runner's Knee, it is important to get a proper evaluation to rule out other knee problems.

Run Knee Pain Free

With the beginning of discomfort:

- Avoid walking or running downhill, inclines or stairs
- Avoid activities that bend the knee
- Lower mileage or rest
- Stretch the hamstrings and calves
- Get a biomechanic and shoe assessment for pronation or other contributing factors
- Consider orthotics
- Muscle Stripping

Start getting relief and do not let knee pain stop you from enjoying the summer fun. Whether you are experiencing knee pain or have in the past, the discomfort and limits the pain places on life is frustrating. Whether a twinge or extreme knee problem, call the Running Doctor to hasten recovery and prevent future injuries. Dr. Thomas will work to find the source of the pain and create a unique action plan to bring about recovery. His treatments are not a band-aid but a long term fix.

Part 2: Poisoning Ourselves and the Dangers of Irradiated Food

By Dr. John Thomas, D.C.

Why They're Zapping Your Food: And what that does to it and to you

You know that radiation is used to kill cancer, but are you aware that some food manufacturers irradiated food with ionizing radiation? They do it to try to kill off the high amounts of the very mean bacteria, E- coli, which may be found in meat. They radiate potatoes and onions because they know that the average consumer will not buy potatoes that have roots coming out of them or onions that are starting to sprout like a tulip. The radiation supposedly helps to prevent the roots or sprouts from coming out.



Radiation therapy is extremely toxic. But tell that to the FDA. In the 1960's the FDA approved the irradiation of wheat and wheat flour to stop insects from throwing house parties in the wheat. Later on in the 1980' s the FDA allowed manufacturers to irradiate pork to kill trichina organisms-- which cause a nasty parasitic disease in humans. They also allowed the irradiation of herbs, spices and various vegetable based seasonings along with animal and pet food to eliminate insect and bacterial contamination. It was permitted to irradiate fruits and vegetables to slow down the ripening and growth process and for increased shelf life, and to stop the bugs from having a fruit feast. In the 90' s they started to allow the poultry and beef industries to expose poultry and fresh and frozen red meat to radiation to help eliminate microbial contamination.

Now perhaps all of this is necessary. But there is a price to pay. We may not know the cost until years from now in regards to how it may affect our evolution as a human race. What did your great-grandparents do? Did they x-ray their meat and potatoes before Sunday dinner? Would you do it if you were in charge of exposing your food even if it was only for a fraction of a second?

If you research this further you will find people for it and people against it. The people for it will tell you that the amounts of ionizing radiation used are harmless. I'm exposed to radiation in my clinic on an almost daily basis, because I take x-rays of my patients. Exposure to any amount of radiation, when it comes to my patients, my staff, and myself is something we take very seriously. Radiation causes cancer. It causes DNA damage too.

Radiation is very harmful to the body. People who go through radiation therapy to fight cancer know this all too well.

New studies are showing that there's actually a brand new category of chemicals that are formed when food is subjected to ionizing radiation. These new chemicals are called **CYCLOBUTANONES**. Scientists didn't see these chemicals until they started putting our food through radiation chambers. The food and drug administration knows all about this biggie, too. Cyclobutanones have been found to be capable of damaging human cells and genetic material. It's unknown what implications they will have in our lives in the days, months or years to come. They could be responsible for a disease process that is brewing in your body right now as we speak.

These are very real dangers to not only your health but your family's health too: your kids, your husband, your mother, your father all the people you love and everybody else in between. There is not a day that goes by that I don't think about the consequences of all of the chemical poisons I'm exposed to.

You are probably wondering how you can tell if you are eating irradiated food? It will be hard to find it because: Under federal law, irradiation is considered a food additive. It has been mandated that irradiated food must have this symbol on the packaging either stamped on or put on with a sticker or label. But here's something pretty disturbing. You are probably saying to yourself that you have never seen this symbol. The symbol is only required on meat product labels.

Also, the only people required to tell you that your food is irradiated are food stores. There are no federal requirements for your kid's schools, the restaurants you go to, hospitals, nursing homes or other public places to inform you about what they are feeding you.

As I wrote the last two months, toxins are the quiet killer, found in seemingly innocuous food and hygiene products you might find in your neighborhood grocery store. In the next few months, I'll continue revealing some of these secret sources of toxins to you along with how you can make a difference in your daily and long-term health.

Toxins are filtered through the lymphatic system. The lymph nodes in your neck or armpits get tender and enlarged when your body fights a cold. You have these nodes and lymphatic vessels all over your body. Your lymphatic system and your immune system work with your liver, the major organ of detoxification, to keep you safe from toxins.

Today's diet and hygiene practices put too much toll on the system. Toxins overflow from the lymph system to your fat, where they are stored as fat-soluble toxins. When

you go to the gym with your new year's resolution to lose weight, part of the reason exercise will leave you feeling sick, is the release of years of toxic buildup. Lactic acid buildup in your muscles will also cause you pain. This is why so many people quit a workout regimen.

Toxins in muscles cause them to tighten up. This chronic tightness causes joint pain, headaches, burning between your shoulder blades, cramping, tightness in your neck and back, a lack of energy, insomnia, crankiness, muscle spasms and more.

A build up of toxins in the body also causes oxidative breakdown. In nature, oxidation causes wood to rot and metal to rust. In our bodies, toxins act as free radicals. Free radicals rob the body of electrons causing instability at the microscopic level to huge numbers of atoms and molecules. Toxins enter through our food and the outdoor or indoor environment.

Toxins cause oxidative damage to the DNA in that tissue. As the DNA replicates, it replicates with damaged copies. These bad cells continue to duplicate, until there is a large mass of them. By the time a doctor finds it, it's called a tumor.

You are exposed to many harmful toxins in what you eat and drink, the polluted air you breathe and the stuff that you rub into your skin. These toxins accumulate in your body over the years and are documented to cause all kinds of health problems and conditions including cancer.

Cancer cells float around in our bodies. Bad cancer cells in your body can outnumber good fighter cells at any given moment if the recipe for death is right. All you need is a dangerous mix of bad habits, bad health, bad genetics, bad diet, bad environment and a bad lifestyle.

We don't have to be poisoned. Dr. Thomas developed an effective, affordable way to detoxify from cyclobutanones and other cancer-causing free radicals. Dr. Thomas' Full Body Detoxification Program combines a personalized program with holistic nutritional testing and one on one consultation, along with diet modification and included weekly visits. A month's supply of Dr. Thomas herbal detoxification products are also included.

Detox kits or tea from the store won't analyze your personal health and lifestyle. They won't sit down with you and ask you about your exercise and eating. They won't give you the personalized approach that you need for success like Dr. Thomas' Full Body Detoxification Program.