



Budincich Chiropractic Clinic, Inc.

Spine-A-Line

February 2007 • For patients and friends of Budincich Chiropractic Clinic

“Doctors With A Heart” Program Debuts on Valentine’s Day

In conjunction with other chiropractic offices that Dr. Budincich is affiliated with, the clinic will sponsor “DOCTORS WITH A HEART,” a chiropractic outreach program for our patients and their families. DOCTORS WITH A HEART began on Valentine’s Day (February 14) and will continue for four weeks, until March 17, 2007.

The DOCTORS WITH A HEART program will only be available to current clinic patients, who will receive special coupons by mail. Patients of ours who have been in our office within the last calendar

year will be eligible for this program. By giving a close family member or friend one of these coupons, they will receive a complimentary new patient service with one limited x-ray study included, if needed. We hope that all of our patients eligible for this program will take advantage of it and our generosity, by referring someone they love and care for during the month of February 2007.

Should you have any questions about this program or your eligibility, contact Tabitha at our front desk for details at (626) 792-3390. ■

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Foot Problems Can Cause Back Problems

by Michael N. Budincich, D.C.

I am constantly amazed at the answers I receive when I question patients in my office about how much they know about the different conditions that chiropractic treats. Patients and potential patients are always surprised to hear that we as chiropractors treat a lot of foot problems. These foot problems can also cause, by compensation, back pain problems and curvature of the spine problems. Chiropractic students are taught the importance of foot balance early in our training.

Just as every contractor knows the importance of a solid, level foundation when constructing a building, the chiropractor knows that the foundation of a healthy spine is

balanced and level feet. During our initial examination of our patients, we always notice the foot position in relationship to each other in standing, also noticing pronation or supination, any noticeable limp, and relative rotation of the legs, either internally or externally. We also watch a patient walk and the way they carry themselves to see if they are favoring one foot over the other because of pain or habit.

Spinal problems can come about when the feet are not balanced, and people begin to limp or walk in an imbalanced way. On a recent trip to Mexico in January 2007, at one of my many free clinics I do each year, a man came in with a one-inch corn

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on the sole of his foot. He had received a “stone bruise” while fishing on the rocks and badly bruised his bare foot. Slowly over the last six months, the bruise had built up into this protective callus. The callus had become particularly hard and was pushing into the tender bone and connective tissue below, causing the patient a noticeable limp. It took me nearly an hour and a half and two surgical scalpels to shave off the corn and make him a functional orthotic to relieve his pain. He walked away happy. Although I do not normally remove corns in the office (that is generally the domain of a podiatrist), when I go to Mexico I do whatever I can to help my patients, since I am usually the only doctor who knows how to do it.

Custom Orthotics Can Help

In our offices in Pasadena and Monrovia, we commonly cast and fit custom orthotic devices, and also ready-made, semi-custom orthotics for patients with “foot faults” and foot imbalances that cause foot and/or back pain. The most common problem we see is classical bilateral foot pronation, which is when the ankles bow in, resulting in “flat feet.” The loss of the arch of the foot typically occurs when ligaments of the ankle are not supporting the foot in a normal, upright position. We see this run in families, and we also see it from a breakdown of feet over a period of years in people over 40 or 50 years of age.

When pronation is a congenital problem, children need to be cast early so that their foot problems do not affect their knees and hips and spine, nor affect their competitive advantage in sports. Pronated feet, if not corrected, can cause many injuries to the foot, knee, hip and

leg, as well as to the lower back. It is amazing how a simple pair of custom orthotics can totally change the performance and injury tendency for a young athlete.

Anatomical short leg or leg length insufficiency is also a common cause of back pain in children and adults, and can be corrected with orthotics and heel lifting. Statistically we have found that half of our new patients who come in with lower back pain have an anatomical short leg that needs correcting. It is a routine part of our examination.

Foot problems can affect the entire spine, especially if leg length discrepancy is involved. If one foot is pronated and the other is not, it can lead to a false short-leg syndrome that can also be corrected with orthotics. An actual anatomical short leg cannot be corrected by orthotics alone unless a heel lift is involved on the short side.

All of these conditions must be evaluated by a skilled practitioner, knowledgeable in these conditions.

Going to a podiatrist alone for foot pain may result in an excellent pair of orthotics, but the podiatrist will not know the actual length of your legs unless evaluated by your chiropractor. So, the orthotics may help one part of the problem, but the pain in the back may still remain because of the imbalance of leg length still present.

Patients must be evaluated as a “whole person” when entering a chiropractic office and checked from top to bottom for any possible irritation from a variety of different imbalances, including foot faults, short legs, pelvic misalignments, curvatures of the spine, and congenital anomalies such as spinal bony defects. All conditions the patient has cumulatively must be taken into

account in order to give the patient the best result from treatment. Chiropractic adjustments alone will certainly give relief to most spinal conditions, but may not permanently correct the cause of the person’s problem if other things are not balanced, such as the feet and the leg length. This is where Budincich Chiropractic Clinic pays special attention!

Many of my patients complain that their HMO physicians, at Kaiser and other large HMOs, do not pay these “minor” conditions much attention. They suffer for months or even years, bouncing from doctor to doctor, because the proper specialist is never seen to diagnosis and fit the patient with what they need. HMOs do provide some chiropractic care on a limited basis, but the fitting and casting of custom made (not cheap ready-made) orthotics is a very rare thing indeed at these institutions. These types of specialty areas of diagnoses are often overlooked in large HMOs where their primary interest is saving lives, but not helping people with “minor” or chronic pain problems.

Our offices are chronic pain specialists. We usually see patients after they have seen everyone else and are frustrated by the care they received elsewhere. We promise you that if you come to Budincich Chiropractic Clinics with a particular foot problem that we cannot help, we will refer you on to someone who can help. Most foot, leg, and back problems are chiropractic problems, unless they require surgery. Help us be involved in the diagnosis and treatment of your foot, leg, or spinal problems in the future and let others know that this is one of our sub-specialties. ■

Our Patients Speak Out

Kimmy Conley

I have a story to tell you about Chiropractic care. I was 18 and in a head-on car crash, I was not wearing a seat belt. I spent two days in the hospital and no one even suggested that I might have injured my neck. I soon began getting major migraines and as years passed into decades and I tried many things to fix the problem from heating pads, ice packs, electrotherapy, acupressure, Imitrex pills and shots and even acupuncture and still had one to three migraines a month that could sometimes last for days and nights on end.

One day, my friend Bill called me after watching my pain and suffering to tell me that he had made me an appointment to see Dr. Bud. He gave me the address and time and I walked right into a miracle. After a few month's care I realized that I couldn't tell you when my last migraine was. That was years ago and now I can tell you that I may get one to three minor migraines a year, mostly sinus ones not tension ones.

I have found that three visits with Dr. Bud costs me less than a visit to a family doctor and the refill of my Imitrex pills. Dr. Bud has been able to prevent the migraines from even beginning, unlike my family doctor who could only mask the pain after it had taken over my life.

My story doesn't end there. I have a son who is now 11. When he was 3 he was diagnosed with Autism and with his many symptoms comes anger and spiteful responses. You

see, Autistic children usually have a high threshold to pain and do not know how to verbally communicate what is really making them angered, as my son sometimes did. About 15 months ago he was out camping and riding in a jeep over rough terrain and the following day the school nurse sent him home with a stiff neck. She told me to take him to his family doctor but I now knew better and I rushed him to Dr. Bud.



(Right to left) Kimmy, son Aaron and boyfriend Bill.

After his x-rays came back we found that he had whiplash but that wasn't all...Dr. Bud discovered that his left leg was shorter than his right and was causing him to stand tilted. This was making his spine pinch nerves going to other parts of his body, thus causing him discomfort that he was unable to tell us about. After three months of his treatments and a lift in his shoe, his whole personality changed. I was seeing a more patient and loving boy who smiled instead of growled and said, "I love you" instead of "get out of here." His school called me again and asked me what I was doing differently because they had noticed such a positive change in him. When I told them, they said keep it up because he is improving in leaps and bounds, not only with his personality and social skills but also with his concentration levels. When I tell Aaron that he has an upcoming appointment with Dr. Bud he says "YEA!"

Being a patient and a mom of a patient I say YEA! too.

As the sign in Dr. Bud's office says "Expect a Miracle today." I just happened to get two of them.

Debbie Rich

"Bones cracking as they are awkwardly pushed back into the right place." If someone mentioned chiropractic care to me in the past, that is the first thought that would come to my mind. I always hated it when people "popped" their knuckles or backs. I even let someone "pop my back" a couple times and it left me feeling squirmish and concerned about my back. I concluded, If I don't like these experiences then I definitely would not like the chiropractor. I started going to Dr. Budincich's Clinic in September. After my first visit, I realized I had been wrong about chiropractic care all these years.

I was in a car accident in early 2006, a freeway collision at 65 mph. Fortunately I walked away from the accident and was able to continue my daily activities, with the exception of painful headaches and back pain (which I assumed would eventually go away). After months of aspirin and continuous pain I began to consider more options to make my pain go away.

I don't really like the idea of prescription drugs or anything stronger than aspirin and if I went to the medical doctor I figured that would be their action plan, so that was out. Then I thought maybe I would just get frequent massages. That sounded good to me, but my insurance wouldn't cover it.

My pain was increasing and making it difficult for me to concentrate on everyday tasks. I would take naps all the time because that seemed to be the only way to escape the pain. Studying for my exams was ten times harder than it already was and at times when I was driving I would get so overwhelmed with pain that I would be tempted to pull over.

Insurance Companies, *continued from back page*

faster will cause your body more injury than if the car is going more slowly when the accident happens. In many cases, this is true. But low-speed, rear-end auto accidents kill thousands every year; they also cause considerable ligament and disc damage as well as muscle strain of the neck of the victims. Many rear-end auto accident victims initially have very few or no symptoms at the scene of the accident. These symptoms occur later, sometimes taking two or three days before they become moderate or severe. If you do not seek health care from a health care provider within 24 to 48 hours of a collision, the insurance company representing the faulty party is excited about this, because they then have a case against you that “you really weren’t injured at all.” However, they know, statistically and factually, that is not true.

In the last several years, injured patients who came to me for care have gone on to settle their cases with the faulty insurance company of someone that hit them, or their own insurance company in hit-and-run cases, but have been denied adequate medical reimbursement for the injuries sustained to their necks and backs. Because insurance companies claim that no injuries occur in low-speed accidents (even though they know that is not true), they argue with the injured party that they “could not have been injured that badly” to justify medical bills over a few hundred dollars. Even though they are untruthful in describing the statistics to you, insurance companies intimidate many of our patients each year into thinking they have no legitimate claim against the injuring party’s insurance simply because of the speed of the accident causing the injuries.

In the past, insurance companies would settle cases reasonably with injured parties, but they are now fighting nearly every accident as if the victim were a criminal and taking advantage of the insurance company’s generosity. Although auto insurance premiums continue to rise each year, medical payments and settlements due to injuries caused in accidents have been diminishing, because of insurance company intimidation of the injured parties and their attorneys. Legitimately injured people who have received reasonable medical and chiropractic care are often times being flatly denied any reimbursement for those medical services or physical therapy treatments, simply because of *the speed of the vehicles* at the time of the collision.

You Don’t Have to Settle

The second thing insurance companies don’t want you to know as the victim in these automobile cases is that *you don’t have to accept their poor settlement offer, regardless of their argument that you could not have been injured*. Time is definitely on the side of the injured person. Recent laws have extended the statute of limitations from one year to a maximum of two years, or double the original span of time. This is positive for the victim in many ways:

- (a) to give them more time to assess their injuries and whether the injuries still bother them a significant amount of time after the accident;
- (b) to assess the injuries with follow-up x-rays to determine long-term, degenerative changes;
- (c) to determine if legal representation is needed, and time to choose the proper counselor

- without pressure; and
- (d) to keep the case open longer, which becomes more expensive for the insurance company long-term and motivates them to settle your case more reasonably to your benefit. If you do choose legal representation to oppose the defendant’s insurance company, there is significantly more time to build an argument and to negotiate a settlement before a complaint needs to be filed.

Attorneys – Pro & Con

Over half of our patients do not seek legal representation in the settlement of these auto crash injury claims. Although choosing an attorney to represent you in an automobile accident can certainly make it a lot easier on your time, it can also result in little or no settlement for you, the victim, at the end of the case. Attorneys usually contract for a fee of 33% to 40% of the settlement proceeds from an automobile accident case. If the case goes to trial, it is usually at a rate of 40% or more, plus attorney expenses; that is, if a settlement is reached and you win the case.

Most attorneys in these legal times are reluctant to take any automobile crash/injury case to court unless severe injuries occur, such as fractures, dislocations, evidence of herniated discs, or permanent impairment. This is because the average attorney handling these cases wants to make a “quick buck” and wants to turn the cases quickly without much legal work or discovery. Low-speed auto accident injury cases are being rejected more and more by attorneys because of their low reimbursement rates and low settlement rates.

In addition, most insurance

Acupuncture Comes to Budincich Chiropractic

Beginning in March 2007, acupuncture treatments will be offered at our Pasadena location on Tuesdays and Thursdays.

Acupuncture is the gentle insertion of hairfine thin needles into specific points on the body. The practice originated in China over 3,000 years ago. It is recognized and endorsed by the World Health Organization as an effective form of treatment for many conditions.

Using the yin – or cold, slow and passive principle, and the yang – the hot, active principle, the Chinese medicine system seeks to balance the two principles in the body. The Chinese believe that an imbalance in the yin and yang blocks the flow of energy along 20

pathways, also known as meridians, in the body, often resulting in disease.

Here is just a partial list of conditions for which acupuncture has been found to be effective: chronic pain, fibromyalgia, chronic fatigue syndrome, headaches and migraines, lower back pain and sciatica, frozen shoulder, insomnia, arthritis, PMS, weight loss, and addiction control (smoking).

This will be a wonderful addition to the services we offer our patients. Talk with Dr. Budincich or Dr. Venerable for more information.

Please call Tabitha at (626) 792-3390 if you would like to set up a consultation with our new practitioner. ■

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companies and attorneys do not want these cases to go to court because they are expensive to try. Attorneys you may hire to represent you are especially resistant to “try cases” unless they may yield large settlements for significant injuries.

The Small Claims Solution

The third thing the insurance companies don't want victims to know is that *the victim can take the faulty party directly to “small claims court” if the settlement offers stall*, to get their doctors paid and to increase the insurance carrier's low offers. The holder of the policy will get angry with their own carrier if you serve them with court papers to a court where no attorneys are allowed – “SMALL CLAIMS COURT.”

Most low- and moderate-speed auto accidents do not result in immediate injury, but have long-term consequences of arthritis and disc disease, which take years to develop. Ask our doctors or staff specific questions about these low speed issues and the injuries they cause. ■

Our Patients Speak Out, *from page 3*

After mentioning my pain to a coworker, she suggested that I see a chiropractor and she gave me Dr. Bud's card. I decided to give his office a call and give chiropractic care a chance. I was scared to come into the office and get adjusted. I sized up the office and the people. All the doctors and staff seemed like normal, kind people and they all believed in this sort of care. I started to calm down. The office was filled with brochures and articles on chiropractic care; I selected a few to read. One article was a message about the myths of chiropractic care and neck injuries. The article had facts, statistics and evidence that chiropractic care is the safest, most effective treatment. I began to breathe easy about all this chiropractic stuff. After reading the brochures and watching the educational videos, I felt relaxed and prepared for my first adjustment. Dr. Bud made me feel very comfortable and made sure that I knew what he was going to be doing to get me well. The adjustment was quick and painless. I was ready for more. Those next few days, I expected my head-aches at certain times of the day – but they never came. I was able to drive without getting a stiff neck or any pain. After my first adjustment, I was a believer.

Before I went to the chiropractor I had adapted to the pain I was in. After my first adjustment I felt like I was introduced to an easier, more comfortable way of living that I never knew. I was surprised that I felt such a difference after my first adjustment. The adjustments since have left me feeling free of pain, able to endure longer workouts, I can study for as long as I need to and I don't get agitated with simple tasks. Life after chiropractic care is good, seriously. ■

CHARITABLE FUND RAISING

If you are involved with a fund-raising effort through a church, school, or charitable organization helping the poor, contact Dr. Budincich or Dr. Venerable to see if your organization may qualify for our charitable giving programs. Tell us your group's purpose and vision – we will most likely present you with a valuable certificate (worth several hundred dollars) to auction off at either a silent or live auction for your group. ■

Three Things Insurance Companies Don't Want You to Know After a Car Crash Injury

Every week our offices receive several new cases from patients that were victims of vehicle accidents and the resultant injuries. Statistically, a person living in the United States will be involved in at least one auto accident every ten years. This means that, statistically, you can expect to be in about eight auto accidents in your lifetime. Of course, not all vehicular crashes result in major injury, but all involve major G-forces that affect your body and your vehicle.

In Florida, over 500 people died in 1999 from so-called "low speed" auto accidents – crashes that occur at

less than 10 miles per hour. I am sure if these statistics are true for Florida, other states have similar figures. Victims of vehicular accidents, particularly from rear-end collisions, who have underlying arthritic changes or atherosclerotic changes in their bones or arteries, are particularly susceptible to more serious injury.

The insurance companies that represent the people that hit you do not want you to know about the dangers and long-term morbidity factors of low-speed collisions, particularly when your vehicle is

struck from behind. Cars are massive objects, weighing on average 4,000 pounds. Large SUVs can weigh considerably more than that. If you are struck from behind by a Volkswagen Beetle as opposed to a Suburban or Expedition at exactly the same speed, injuries and damage caused by the SUV will be exponentially greater because of greater kinetic energy.

The Hidden Truth

What the insurance companies *don't want you to know* when their client is at fault in these injuries is that *the severity of your injury has nothing to do with the speed of impact of the vehicles*. Certainly it is logical to assume that a car going

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