

# **Bunion Relief Workbook**

**A Companion to the  
Musculoskeletal DVD**

**Stan Gardner, M.D.**



# Welcome to the

# Bunion Relief Workbook!

**You now possess this bonus workbook, containing exclusive information NOT found in the Musculoskeletal DVD! You will be able to**

- **Identify problem areas in your own body**
- **Learn how the various bones and muscles operate**
- **Determine your healthy alternative options for optimal health**
- **Create a goal plan for your desired body performance, based on true medical information**
- **Experience a stronger, healthier, more dynamic body by applying this knowledge**
- **Have more energy**
- **Feel fantastic!**

*Here's how to use your workbook to the best advantage:*

1. Make additional copies of this workbook. Start with one extra copy, and you can make more as you progress through this system.
2. Make notes in the side lines of your workbook. For your convenience, we have provided pictures of each slide in the presentation so you can identify the areas where you want to make notes.
3. As Dr. Gardner goes through his seminar, your mind will be drawn to areas that apply particularly to YOU. Write these down.
4. Set goals that are achievable in the areas of interest while you watch.
5. Set a pattern of how you want to achieve those goals, and make a commitment to do it.

6. Write down the date by which you will achieve the desired goal.
7. Begin your systematic, incremental application of the planned achievement pattern. This can often be accomplished best when you have a buddy to work with.
8. Reward yourself with a healthy recognition when you achieve your goals.
9. Watch the DVD again, and create new goals for yourself.
10. Keep yourself motivated by recognizing the progress you have made.

**CONGRATULATIONS!**

**You're on your way to dynamic health and energy!**


**Stan Gardner, M.D.**





**Congratulations! You DID it!**

**A Pain in the Neck  
(Back, Joints, and Other Places)**



**STAN GARDNER MD**  
healthy alternatives to drugs and surgery

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**PHYSIOLOGY**

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**BONE**

- Alters strength in response to mechanical stress by increased deposition of minerals and collagen along lines of stress.
- Lack of stress causes weaker bones with a reduction in minerals and collagen fiber deposition.
- Brittleness is caused by loss of collagen fiber which decreases the tensile strength of the bone.
- Lack of proper minerals weakens the bone matrix and overall bone strength.

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## MUSCLE

- Origin & insertion sites cross joints to act as movers.
- Tendon organs are at the muscle-tendon junction that relax muscles if excessive tension to prevent tears in the muscle or avulsion of the tendon.
- Muscle spindles are in the muscle itself. They regulate muscle tone when the muscle is at rest. When the muscle is suddenly stretched, it prevents overstretching by sending messages to the cerebral cortex and cerebellum to contract the muscles.

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## PATHOPHYSIOLOGY OF JOINT INJURY / DYSFUNCTION

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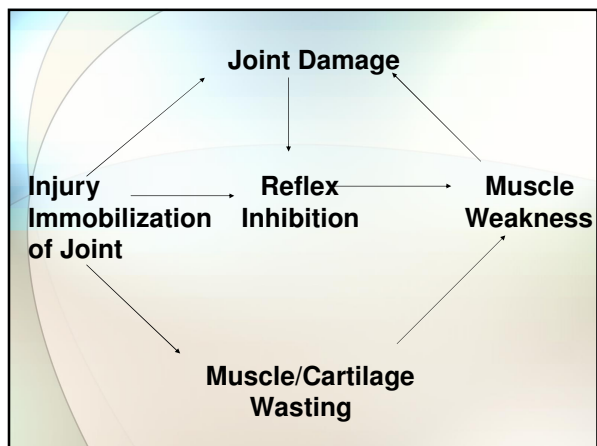
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**PATHOPHYSIOLOGY  
JOINT INJURY / DYSFUNCTION**

- Muscular imbalances
- Poor posture

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**TREATMENT  
&  
REHABILITATION GOALS**

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**TREATMENT  
& REHABILITATION GOALS**

- Strengthen muscles
- Stretch muscles
- Full range of motion in joints
- Joint lubrication, innervation, vascularization
- Improve muscle endurance
- Improve coordination and joint proprioception
- Reestablish motor engrams

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**GENERAL TREATMENTS**

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- “Energy”  
in subsequent slides  
refers to:**
- Acupuncture
  - Jin Shin Jyutsu (JSJ)
  - Craniosacral
  - Magnets
  - Ultrasound

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- Muscle relaxation**
- Trigger point pressure/injection
  - Massotherapy
  - Stretch muscles
  - Energy

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**Muscle Strengthening**

- Weightlifting
- Isometric exercises

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**Joint Dysfunction**

- Correct muscle imbalance
- Hydration
- Range of motion
- Chiropractic
- Arch supports
- Toe spacer
- Braces

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**Reduce Inflammation**

- Frequency specific microcurrent (FSM)
- Energy
- Anti-inflammatories
  - MSM/DMSO
  - Quercetin
  - Bioflavonoids
  - Ginger root
  - Capsaicin
  - Curcumin
- Heat
- Ice

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## Nutrients That Improve Healing

- **Anti-inflammatories**
  - MSM
  - Curcumin
  - Bioflavonoids
  - Quercetin
- **Proteolytic enzymes**
  - Bromelain
  - Trypsin
  - Chymotrypsin

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## Nutrients That Improve Healing, cont'd.

- **Proteoaminoglycan synthesis**
  - Glucosamine 500 mg 3x / day
    - Glucose + amine
    - From chitin
    - Stimulates structural components of cartilage, glycosaminoglycans
    - Promotes incorporation of sulfur into cartilage
    - NSAIDs inhibit cartilage repair

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## Nutrients That Improve Healing, cont'd.

- **General healing for collagen synthesis**
  - Vitamins: C, A, B1, B2, E
  - Minerals: zinc, copper, manganese, iron

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**What Inhibits Healing?**

- Poor nutrition
- Diabetes
- Steroid use
- Infection, inflammation, swelling
- Re-injury
- Smoking
- Poor blood supply (ligaments)
- Stress

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**Proper Posture and Walking**

- Middle of ear at center of shoulder
- Hip movement with each step
- Arm moves with opposite leg
- Shoulders back
- Chest forward

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**Benefits of Walking for Exercise**

- Low impact aerobic good for back
- Improve posture and alignment
- Improve circulation
- Improve joint movement
- Psychological benefit, especially if outdoors
- Need proper shoes replaced about every 6 months and a good surface on which to walk

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## **Autoimmune Disease**

- Anti-inflammatories
- Low-dose Naltrexone
- Remove possible triggers
  - Metal allergy
  - Organisms

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## **TREATMENT OF SPECIFIC DISEASES**

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## **Muscle Tightness**

- TMJ (temporomandibular joint dysfunction)
  - Massotherapy
  - Chiropractic (C1)
  - Dental bite plate
  - Eat softer foods during treatment
  - Magnets
  - Ultrasound
  - Rarely orthodontist

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**Muscle Tightness, cont'd.**

- **Carpal tunnel**
  - Caused by repetitive wrist motion leading to inflammation around transverse carpal ligament that impinges on median nerve causing tingling, burning & muscle weakness
  - Treatment
    - Massotherapy on forearm muscles
    - Energy

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**Muscle Tightness, cont'd.**

- **Tennis elbow**
  - Prototype for muscle tightness or imbalance
  - Caused by repetitive use of one muscle group without stretching of that muscle or strengthening of surrounding muscle groups which pulls on tendon insertion site on bone causing inflammation and pain
  - Treatment
    - Massotherapy
    - Energy
    - Anti-inflammatories
    - Rest

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**Muscle Tightness, cont'd.**

- **Plantar fasciitis**
  - Tightening of the calf muscle causing inflammation of the fascia on the sole of the foot
  - Caused by standing on hard surfaces
  - Treatment
    - Massotherapy
    - Regular stretching of calf muscles
    - Night splint
    - Orthotics

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**Muscle Tightness, cont'd.**

- **Shoulder Pulled Forward Affecting Posture & Breathing**
  - Caused by excessive muscle use of pectoralis muscles and inadequate strengthening of back muscles
  - Treatment
    - Massotherapy
    - Pectoralis stretching
    - Back strengthening

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**Muscle Tightness, cont'd.**

- **Tenosynovitis**
  - Inflammation of tendon, tendon sheaths, and/or synovial membrane around joint causing pain, tenderness & swelling
  - Often caused by muscle tightness causing chronic pull on tendon connection to bone
  - Treatment
    - Massotherapy
    - Anti-inflammatories
    - Energy

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**Muscle Tightness, cont'd.**

- **Scoliosis, Kyphosis, Dowager's Hump**
  - Caused by imbalance of back muscles, pulling vertebra out of proper alignment
  - Treatment
    - Massotherapy
    - Energy (especially Jin Shin Jyutsu)
    - Chiropractic

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**Muscle Tightness, cont'd.**

- **Myofascial pain**
  - Specific muscle involvement precipitated by trauma, emotional stress, chilling, immobilization, nutritional deficiencies
- **Treatment**
  - Trigger point pressure/injection
  - Massotherapy
  - Energy
  - Frequency Specific Microcurrent (FSM)

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*The subject of fibromyalgia is too complicated for this lecture. Watch for it to be addressed as a topic by itself at a future lecture!*

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**Muscle Tightness, cont'd.**

- **Torticollis**
  - Tight muscle secondary to trauma or tear in muscle (newborn birth)
- **Treatment**
  - Stretching
  - Massotherapy
  - Anti-inflammatories (if older)

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## Joint

- **Low back disc degeneration/herniation**
  - Caused by wear & tear or trauma causing nerve compression as it exits the spine with subsequent pain in the low back, buttocks, down the leg & muscle tightness
  - Treatment
    - Energy
    - Massotherapy
    - Chiropractic
    - FSM
    - Thigh/low back/calf muscle stretching
    - Abdominal strengthening

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## Joint, cont'd.

- **Other causes of low back pain**
  - Sacroiliac joint inflammation
  - Gluteus medius/piriformis muscle tightness
  - Vertebral subluxation
  - Facet syndrome
  - Treatment
    - Massotherapy
    - Chiropractic
    - Energy
    - Anti-inflammatories

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## Joint, cont'd.

- **Loss of neck curvature with head forward**
  - Forces neck muscles to hold 10-12 pound head up instead of resting on the spine thus causing neck muscle stress, headaches, diminished breathing and eventually upper back hump
  - Treatment
    - Massotherapy
    - Chiropractic
    - Craniosacral
    - JSJ
    - Practice good posture with head erect, shoulders back, chest out and walk with pretend string pulling head up

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**Joint, cont'd.**

- **Frozen shoulder / hip**
  - Caused by immobilization physically (cast) or pain on movement which causes inflammatory connective tissue bonds
  - Treatment
    - FSM
    - Massotherapy
    - Passive range of motion
    - Energy
    - Anti-inflammatories

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**Joint, cont'd.**

- **Bursitis**
  - Inflammation of bursa (padding in joints)
    - 1 in each shoulder
    - 1 in each elbow
    - 3 in hip
    - 11-14 in each knee
  - Treatment
    - Anti-inflammatory
    - Energy

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**Joint, cont'd.**

- **Gout**
  - Painful (usually big toe) joint caused by uric acid crystals
  - Treatment
    - Colchicine (miraculous!)
    - Anti-inflammatories

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**Joint, cont'd.**

- **Costochondritis**
  - Inflammation of the junction of the rib with the sternum; common cause of chest pain
  - Treatment
    - Anti-inflammatories
    - Energy

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**Joint, cont'd.**

- **Osteoarthritis**
  - Wear and tear on joint
  - Treatment
    - Anti-inflammatories
    - Glucosamine
    - Correct muscle imbalance
    - Muscle strengthening around joint

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**Joint, cont'd.**

- **Rheumatoid arthritis**
  - Autoimmune attack of the joints by the body resulting in inflammation, joint destruction and connective tissue bands in joint
  - Treatment
    - Anti-inflammatories
    - Avoid or treat autoimmune triggers (metal allergy, organisms)
    - Energy
    - Low dose Naltrexone

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**Joint, cont'd.**

- **Knee pain**
  - May be referred from lumbar spine, weak supporting muscles, patellar tendonitis, weak ankle or foot problems
  - Treatment
    - Stretching
    - Strengthening
    - Depends on cause

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**Joint, cont'd.**

- **Hammer toe**
  - Caused by short shoes – physical compression of the joint with subsequent restructuring of joint support tissue
  - Treatment
    - Massotherapy
      - More effective if early, before permanent joint damage takes place

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**Joint, cont'd.**

- **Sprain**
  - Ligament and joint capsule injury
  - Treatment
    - Immediate = energy or ice and pressure to reduce swelling
    - Stabilize joint
    - Vitamins A, C, glucosamine to stimulate collagen formation
    - Isometrics to maintain muscle strength
    - Rest and stabilize joint if tears

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## **Bones**

- **Shin splints**
  - **May have several causes**
    - Tendonitis of anterior lower leg muscles
    - Inflammation of the tibia
    - Stress fractures
  - **Treatment**
    - Anti-inflammatories
    - Massotherapy (if muscular)
    - Energy
    - Rest

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## **Bones, cont'd.**

- **Bunions, spurs**
  - **Caused by tight fitting pointed shoes that force the big toe laterally placing a strain on the joint and tendon causing bone growth (due to stress) on the first metatarsal**
  - **Treatment**
    - Toe spacer
    - Anti-inflammatories
    - Massotherapy

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## **Bones, cont'd.**

- **Flat feet, fallen arches**
  - **Caused by inadequate arch support causing flattening of the normal arch of the foot**
  - **Treatment**
    - Arch supports (may not be able to reverse damage, but should be able to stop further progression and lessen pain)

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**Bones, cont'd.**

- **Osteoporosis**
  - Normal physiologic aging seen on DEXA scan
  - Bones that fracture easily lack nutrients to form proper bone matrix and collagen fibers
  - Treatment
    - Avoid phosphates (soft drinks)
    - Control FSH if greater than 80
    - Minerals (found in good multiple vitamins)
    - Add strontium and silicon to multiple vitamin
    - Walking / swimming

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**Bones, cont'd.**

- **Short leg**
  - True anatomic short leg treated with lifts
  - Most "short leg" is muscle tightness in the hip
    - Treatment
      - Massage
      - Chiropractic
      - Energy

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**Bones, cont'd.**

- **Spinal cord stenosis**
  - Vertebral thickening inside the spinal canal that may impinge on spinal cord or nerves leaving the spinal cord
  - Treatment
    - Anti-inflammatories
    - Energy

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## Ligaments

- **Torn rotator cuff**
  - Refers to the muscles and tendons that strengthen and provide stability to the shoulder joint
  - Caused by trauma or twisting of joint or inadequate muscle support
  - Treatment
    - Glucosamine
    - Anti-inflammatories
    - Energy
    - Rest (prevent re-injury)
    - Isometric exercise
    - Surgery

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## Ligaments, cont'd.

- **Laxity**
  - Usually genetic
  - May stretch with “cracking” joints or over correction with chiropractic
  - Treatment
    - Stop “cracking” joints
    - FSM
    - Correct underlying cause with chiropractic, massotherapy, energy

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## Nerve

- **Thoracic outlet syndrome**
  - Caused by compression of nerve bundle coming out of the neck at one of three places
    - Between lateral and middle scalenes
    - Between clavicle and first rib
    - Between pectoralis minor and second rib
  - Treatment
    - Massotherapy
    - Chiropractic
    - Energy
    - Strengthen back

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## Nerve, cont'd.

- **Morton's neuroma**
  - Pain between 2<sup>nd</sup> and 3<sup>rd</sup> metatarsal or 3<sup>rd</sup> and 4<sup>th</sup> metatarsal
  - Unknown cause (probably inflammation)
  - Nerve gets caught in the soft tissue
  - Treatment
    - FSM
    - Shoe support and softer standing services
    - Massotherapy

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## Other

- **Whiplash**
  - Usually from rear-end vehicular accident
  - Caused by head whipping backward followed by forward head movement and possible backward head movement again causing any number of injuries.
    - Muscle strain/sprain
    - Vertebral disc tear
    - Avulsion fracture of vertebrae
    - Intervertebral capsular sprain/tear
    - Contusion of articular cartilage
    - Compression fracture of vertebrae
    - Spinal cord compression/contusion
    - Traction injury to vertebral artery
    - Vertebral subluxation/dislocation
  - Treatment
    - Immediate energy work
    - Chiropractic
    - Neck brace

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## Other, cont'd.

- **Headache (Migraine)**
  - Stimulating trigger causes vaso-constriction (which causes "aura" prodrome with subsequent vaso-dilation with resulting edema, pressure, inflammation felt as headache)
  - Treatment
    - Avoid trigger
      - Food allergies/sensitivities
      - Bright or flashing lights
      - Turning head a certain way
      - Hormonal changes
      - Weather/barometric pressure changes
      - Stress
      - Chemicals
    - Dark room
    - Feverfew
    - Massotherapy
    - Chiropractic (C1 often a problem)
    - Energy
    - Biofeedback/relaxation therapy
    - Magnesium
    - Hypnosis

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**Other, cont'd.**

• **Headache (Non-migraine)**

- May have multiple causes
  - Systemic infection
  - Low blood sugar/oxygen
  - "Hangover"
  - Caffeine withdrawal
  - Hypertension
  - Allergies
  - Stroke
  - Temporal arteritis
  - Sinusitis
- **Treatment**
  - Treatment (if any) depends on cause

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**Other, cont'd.**

• **Headache (tension)**

- Usually starts in the back of the neck with muscle tightness and goes up the head
- **Treatment**
  - Massotherapy
  - Chiropractic
  - Energy
- **Biofeedback/relaxation techniques**

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**For further information:**

[www.stangardnermd.com](http://www.stangardnermd.com)

*Healthy alternatives to drugs and surgery*

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