



Budincich Chiropractic Clinic, Inc

# Spine-A-Line

Summer 2011 • For patients and friends of Budincich Chiropractic Clinic

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## SAVE THE DATES!

**Annual Toy Drive  
Dec. 12-17, 2011**

**IN EXCHANGE FOR A  
NEW, UNWRAPPED TOY  
(\$25 VALUE):**

**Established patients will  
receive a complimentary  
treatment.**

**New patients will receive  
a consultation, exam and  
xrays, report of findings.**

## Dr. Budincich Adopts New Tool for Pain Relief: PEMF

**D**r. Bud is always looking for ways to help his patients reduce their pain and increase function after injuries or from chronic issues.

His newest tool in his office toolbox is the Delta Pulse from Magnus Magnetica. Pulsed Electro-Magnetic Field (PEMF) Therapy is fondly known to Dr Bud's patients as the "click click" machine, for the low level, typewriter-like clicking the apparatus makes during use.

Budincich says "The unit was the most expensive piece of equipment I have ever purchased with the exception of my X-ray machine. But the results were so impressive and fast, I could not overlook the technology, and wanted to be one of the first five doctors in L.A. to get it.

"Some of the most dramatic results came recently, as a woman with three years of constant shoulder pain reported that her pain was totally GONE after four treatment visits," says Budincich. "I have had great results with chronic and acute severe low back and knee pain, sciatica, and even chronic prostate problems. The machine seems to greatly reduce the pain of fractures, contusions and injuries as well."

Comparing the machine to another widely-used therapy treatment, electrical stimulation, Budincich reflects that, "Electric stimulation (also known as "stim") is better for muscle spasms, neuromuscular reeducation and relaxing muscles. The Delta Pulse is actually



**PEMF THERAPY** being applied to a clinic patient's right shoulder.

a curative technology. It actually changes the polarity of tissue and promotes healing of the actual condition and does not just mask pain. In permanent cases, it does mask pain when healing is impossible, but many of my tough

cases are being treated and released.

This type of therapy has been around since the early 1900s, with commercially produced, higher power PEMF devices entering the marketing around 1975, focusing on the health of bones, muscles, nerves tendons, etc., reducing pain and cellular and tissue regeneration. In 1979, the FDA accepted PEMF use for increased healing of non-union bone fractures. Use in urinary incontinence and muscle stimulation was accepted in 1998, and anxiety in 2006.

Through its electromagnetic pulses, benefits of PEMF come through a chemical process that enables "nitric oxide cascades"

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## New Tool for Pain Relief, *continued from front page*

involved in tissue repair. PEMF has been shown to include direct and indirect vasodilatation (increased blood flow at the treatment site), anti-inflammatory and anti thrombotic (blood clot) effects and inhibits smooth muscle hyperplasia and seems to break up adhesions (a syndromatic unusual growth caused by excessive multiplication of cells, often seen as scar tissue after surgery or injury, that builds on itself).

Budincich's supplier, Henry Siegel of Magnus Magnetica in Sherman Oaks, came upon the therapy when a close friend, a fitness trainer, was severely injured in an automobile crash, with herniated discs and a dislocated shoulder. "No one was able to help her," Siegel recalls. At an event, a passerby noticed her injury and suggested PEMF. They brought the equipment to her chiropractor, who set up the treatment as a test. Twenty minutes later she was pain free, which lasted two days. After a dozen treatments, she was relatively pain free, and uses the PEMF for "maintenance" effect only these days.

"We've had amazing stories from the equine community at Santa Anita Race Track. We have seven units there," Siegel continued. "The horse trainers and owners love this technology, and it really provides a true reading of the therapy's effectiveness. The horses run better, with less pain. It's drug free and noninvasive."

Dr. Jon Postajian logs the patient responses to PEMF treatment by the Delta Pulse to keep careful track of the therapy. "Everyone has had a positive reaction to the treatment," he says, "with enthusiastic comments about the pain reduction, like 'My pain went from a 10 to a 6 in one day,' 'The pain goes away for almost all day,' and 'It feels good and feels like the pain is gone.'"

"Every patient's response has been really encouraging," says Budincich. "Patients line up for the machine and ask for it." My goal is to offer my patients the best hope for a complete recovery. Delta Pulse is a great additional tool that my patients are asking for regularly now."

Call 626-792-3390 today to talk with Dr. Bud about if PEMF therapy is right for you. ■

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### **DR. BUD'S MISSION CORNER**

## Dr. Bud is Still Doing His Baja Mission Trips

Patients and friends are frequently asking Dr. Bud if he is "still going down to Mexico with all the problems with the drug lords and violence?" The answer is an emphatic "YES!" Most of the drug cartel violence has occurred right at the US-Mexican border and generally in areas where drugs are bought and sold, or in the congested downtown areas where there is entertainment and night life. Most of the violence is between intra-rival gang members, against political figures, and otherwise related to the drug trade.

Our mission groups are small and we generally land at an armed military airport in Ensenada when we enter the country of Mexico. We then stay in packs and travel southbound, away from the general areas of violence that is north at the border. None of our teams have had any problems with drug cartels or the Mexican Federal Police at any time. Our groups are welcomed by the Mexican

government and are usually met with open arms at all of the airports of entry where we land in the country because of the strong reputation of volunteers serving there over the past 40 to 50 years through aviation.

Our next trip is Oct. 21-23, 2011, when we fly into

Ensenada and then drive southbound in our mission vehicles to Santa Tomas and San Vicente to serve with Dave and Lynn Johnson who permanently reside in the San Vicente area. Dave and Lynn have been hosting our mission teams three or four times per year for the past several years.

For this October trip, we are still in need of a dentist, a medical doctor, a female nurse practi-

tioner, dental assistants, and possibly an optometrist and other lay volunteers. If you have a heart for service to the poor, contact Dr. Budincich so that he may include you on one of his teams coming up – if not this year, then possibly in 2012. ■



# Orthotics Relieve Back, Hip, Knee, Ankle and Foot Pain

By Michael N. Budincich, D.C.

**H**undreds of our patients have benefited over the years from both custom-made orthotics that I have molded and cast for them as well as ready-made products from our laboratory, "KLM Laboratories." We use the same orthotic laboratory as hundreds of doctors in the Southern California area. This lab does high quality work and more importantly, guarantees their work for the satisfaction of both the patient and the doctor.

Many patients suffer from flat feet or bowed in arches, which is referred to as pronation. Pronation can also lead to bunions, particularly in women. Bunions are also prevalent in women who wear a lot of flat shoes with very pointed toes without any arch support.

The feet are the foundation of the body, and without balanced feet joint pain can begin in the forefoot and arches, transfer to the ankles, and affect the knees, hips, and eventually the lower back. Asymmetrical arches can cause you to have an anatomical short leg, for which you may also need a heel lift in conjunction with arch supports. Foot problems are extremely prevalent as one of the main problems of back pain, which is why chiropractors concern themselves greatly with foot alignment and casting of orthotics.

Our offices have been casting orthotics for close to 30 years, and we have great expertise in sports orthotics and orthotics to be used in various types of occupations. Orthotics to be used by extremely diabetic patients should be cast by doctors of podiatry, specializing in diabetic conditions. Diabetics do much better with a softer orthotic. Active adults, working and playing, do better with a semi-firm to a firm orthotic as a base with a slightly padded or covered top.

Those patients who wear small orthotics of 9mm or less can actually have their heel lift built directly into their orthotic, which simplifies using the heel lifts and placing them from shoe to shoe. Orthotics turn every pair of your shoes into a custom-made shoe or at least they feel that way when your foot slides into a new shoe wearing your already-broken-in orthotics.

There is nothing more miserable than sore or aching feet or ankles. When the feet and ankles

are sore, it makes the whole body sore and transfers stress up the entire spine. So many spinal and other joint conditions could be avoided if the feet were balanced with orthotics. Most patients do not ask us about foot care and rarely mention that they have foot problems, thinking we are only interested in the spine as chiropractors. You need to tell us all of your symptoms, and especially those related to your feet since there is such great benefit we can provide you with orthotics.

There has been a lot of misunderstanding in patients regarding our office fabricating custom orthotics and dispensing ready-made orthotics. Therefore, I am going to be offering a special coupon in this newsletter. Please clip out the newsletter coupon and you may redeem it for either (a) \$50 off on a pair of custom fabricated orthotics or (b) 20% off a pair of ready-made, custom-fit orthotics from our offices.

We want to give our patients an incentive to take better care of their feet, arches, and spines by realizing the relief they can obtain from these simple products that can last anywhere from 10 to 20 years when taken care of. Orthotics are a very durable investment in your health. I personally regularly use two pairs of orthotics; one I have had at for least 15 years and the other for 10 years. Compared to my large frame and weight, you may be able to expect an even longer service life and greater wear in yours. ■



Budincich Chiropractic Clinic, Inc.  
Michael N. Budincich, D.C. & Associates

## DISCOUNT COUPON

Bring this coupon to our Clinic and receive a **20% discount** off Ready Made KLM blue shell orthotics, or **\$50 off** custom cast orthotics from KLM laboratories.



BCC sal-092011 — Offer expires 12-31-11



Michael N. Budincich, D.C.

**Budincich Chiropractic Clinic, Inc.**

*Michael N. Budincich, D.C. & Associates*

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## Repetition: The Key Principal in Chiropractic Success

**S**ometimes, new or inexperienced chiropractic patients have unrealistic expectations as to the speed of their pain or condition recovery. Since we live in a “fast-food world,” many people expect their results from healthcare to occur just as quickly as ordering a fast-food lunch. Many years of breakdown of joints, muscle, and nerve tissue eventually brings the body to the point where pain develops due to long-term stress.

Because most conditions begin from a long-term problem, it is unrealistic for patients to assume that their conditions will disappear overnight. It is true that usually three to six chiropractic adjustments will give initial substantial relief, but in a chronic problem, the relief will not last. Most chiropractic conditions that we see in the office take

anywhere from 30 days to 6 months to fully recover and even longer in the case of a herniated disc, which can taken longer than a year. With 30 years of full-time chiropractic experience, our office has come to know the typical length of time each type of case will take to recovery.

The frustration of many patients is they have not allocated the time, the energy, or the resources for us to take care of them properly over a long enough time. Too many are impatient with their recovery and opt for a quicker fix, such as epidural blocks, Medrol Dosepaks, or even spinal surgery in lieu of giving the spine an extra few months to try to recover naturally. Studies have shown that, after one year, results were pretty much the same for people who had undergone back surgery and those with the same

symptoms on whom surgery was not performed. Time and conservative treatment will cure 90% to 95% of most spinal problems – if proper treatment and rest is employed.

So, new patients who may be reading this column need to be patient and realize that recovery from a chronic healthcare problem takes months rather than days, and true stabilization of an acute or extremely chronic case could take a year or longer. We will not make false promises about our expectations of the length of your recovery. You must invest in yourself, eat properly, do the stretches and exercises required, lose the weight as expected, and follow the treatment plan as provided by your chiropractic doctor. Anything less will be short-changing yourself and will give you a less-than-satisfactory result. ■