

**Spring 2000**

Published for patients  
and friends of  
Budincich  
Chiropractic Clinic

# Spine-a-Line

## **BUDINCICH CHIROPRACTIC'S 5<sup>TH</sup> ANNUAL RED CROSS BLOOD DRIVE**

**O**n May 25, from 1:30 p.m. until 7:30 p.m., the Budincich Chiropractic Clinic will be holding its 5th annual blood drive. The American Red Cross will park their bloodmobile in front of the clinic and blood donations will be taken.

Over the last five years this has been quite an exciting event. For many, this was the first time they have donated blood. The procedure is quick, safe, and painless. The benefits are far reaching and life saving.

The amount of blood that is needed daily in Los Angeles County alone cannot be met by local donations. The amount of blood that is needed rises in the summer months and around the holidays. Having a blood drive right before the start of summer is a fantastic time to help to replenish the blood banks. The blood you donate will most likely be used within 72 hours.

The donation process takes about an hour. You must be at least 18 years of age or older, be in good health, have not had hepatitis, cancer, AIDS, and not be ill at the time of donation. Other factors may limit your ability to donate.

### **REGARDING GIVING BLOOD**

Many years ago in another city there was a little girl named Liza who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her five-year-old brother, who had miraculously survived the same disease and had developed the antibodies,

needed to combat the illness.

The doctor explained the situation to her little brother, and asked the boy if he would be willing to give his blood to his sister. The doctor saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save Liza." As the transfusion progressed, he lay in bed next to his sister and smiled, seeing the color returning to Liza's cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?" Being young, the boy had misunderstood the doctor; he thought he was going to have to give her all his blood.

The little boy was willing to give his LIFE up for his sister. We are not asking for your life, just your help so

someone can enjoy another birthday, another sunset, another smile, another holiday, another day to live.

We will reward you for your giving. If you are an established patient, and donate blood, you will receive a certificate

---

**Having a blood drive  
right before the start of  
summer is a fantastic time  
to help to replenish the  
blood banks. The blood  
you donate will most likely  
be used within 72 hours.**

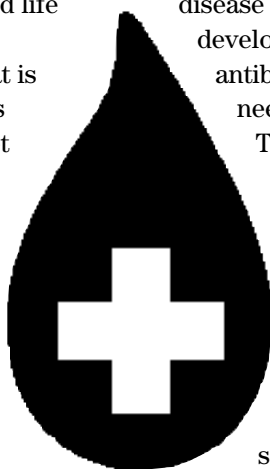
---

redeemable for a complimentary office visit, or you can give the certificate to someone you care about whom needs to be checked to see if chiropractic can help him or her. This is a comprehensive physical examination that includes x-rays (if needed) and a written and oral report of findings. This is a \$100 to \$200 value. This is our way of additionally saying thanks. By your giving a life can be saved, by chiropractic care your health is optimized.

All donation times are pre-scheduled Call early for best donation times. (626) 792-3390.



**American Red Cross  
Blood Services**



---

# CHIROPRACTIC FOR INFANTILE COLIC

by Dennis R. Buckley, D

Infantile colic is a curious and mysterious condition. It is estimated that, on average, 22.5% of all newborns suffer from colic, defined as “uncontrollable crying in babies from 0-3 months old, more than three hours, more than three days a week for three weeks or more, usually in the afternoon and evening hours.” But only “47 percent of infantile colic cases have disappeared before six months of age, and the remaining 12 percent of cases persevered until between the ages of 6 and 12 months.”

A randomized, controlled clinical trial on colic in Denmark that compared chiropractic adjustments to daily doses of dimethicone have concluded: “Spinal adjustments has a positive short-term effect on infantile colic.”

Numerous medical and nonmedical treatments have been studied, including music and sounds; vibration; dicyclomine hydrochloride; gripe-water; alcohol; atropine; skopol; phenobarbital; merperidine; homatropine; and merbentryl. These

treatments have shown either “no effect when compared to placebo treatment” or “serious side effects.”

The study used 50 infants who met the criteria for colic. They were divided into two groups of 25: dimethicone daily for two weeks or spinal adjustments by a chiropractor for two weeks. The infants over the two weeks received on average 3.8 adjustments.

During the two-week treatment the parents kept a daily colic diary and nurses visited the homes to administer a weekly “infantile colic behavior profile.”

All 25 infants in the adjustment group completed the 13-day study. There were 9 dropouts in the dimethicone group. Five dropped out in the first week due to worsening of their condition.

The average number of hours of crying for the chiropractic group decreased from 3.9 hours per day to 1.2. The dimethicone group went from an average 3.4 hours per day of crying to 2.4. Because the nine infants

dropped out, their group would have fared much worse than the results suggested if they would have been included in the final tally.

Spinal adjustments are normally used in the treatment of musculoskeletal disorders. The effects of the adjustments may also affect visceral disorders or the visceral disorder of colic may be caused by musculoskeletal problems. More study on this phenomenon must be performed.

If your infant has colic or colic like symptoms and traditional care from your pediatrician has not resolved the problem, you may want to consult with the doctors at Budincich Chiropractic Clinic who have experience treating infants. The treatments are safe and now have been shown to impart a positive effect on this condition.



---

## Are You Subluxated?

by Dennis R. Buckley, D

To avoid sickness and injury you must raise your level of health. One of the best ways to do this is to remove subluxations from your body. This will allow your body's performance to be optimized. If you are subluxation free you can then use exercise, nutrition, posture, sleep, and a positive attitude to make you stronger.

What are subluxations? Subluxations come from the two words, *sub*, or less than, and *luxation*, or dislocation. Subluxations are less than a dislocation, in a joint, that interferes with normal function. Primarily subluxations affect nerve energy flow.

You can't feel subluxations but you feel their effects. Subluxations originate from trauma to the body. The trauma could be physical such as an auto accident, causing whiplash. The trauma could be chemical in nature. This is from the things we put in our body. Fatty foods, cigarettes, alcohol, prescription drugs, illegal drugs, and even the air we breathe. The third cause is mental trauma. Stress, real or imagined, imparts an effect on our body.

Do you have pain, reduced energy, numbness or tingling, disturbed sleep, digestive problems, irritability, depression, or hormone imbalances? These

symptoms could be caused by subluxations.

There are no outer cures for disease if subluxation is the cause. The drugs we take for the symptoms we have, can also have terrible side effects.

The symptoms we feel show up long after the cause of the problem has started. Even if you cut a nerve to a muscle or organ, how many massages, vitamins, pills, potions, or lotions would it take to reconnect the nerve?

The body works by the brain, connected to the body through the spinal cord and spinal nerves, controlling and coordinating the

*continued on page*

---

---

# *Have You Been Wearing Your Heel Lift?*

*By Michael N. Budincich, D.C.*

Every month several returning patients come back into the office for the continuing care for a flare-up. Most of these patients dropped out of care months or years ago after being worn or been prescribed an orthopedic heel lift for leg length discrepancy. After undergoing extensive treatment and correction of their pelvic unleveling and short leg problem, I come to find out that many of you no longer wear your heel lifts. Most of the excuses that I hear from patients are, "I lost it," "I did not know I had to wear it anymore since I was feeling good," "I did not know where to go to get them after I had lost them." Or several unique responses from the female patients are "I don't like the way it looks in my pumps," "It slips down in my shoe and hurts my heel," or "I don't like the way it looks taped down to the back of my sandals." Whatever your excuse is for not continuing to wear your heel lift after a corrective process, you are only person you are fooling is yourself.

The heel lift was fitted specifically for you to correct a specific unleveling of your pelvis. Many of you who have gone without heel lifts for most of your life will find that your x-ray's are riddled with spinal arthritis because your pelvis was unlevelled. The reason we put your heel lift in the first place was to arrest the ongoing progression of spinal arthritis, or in a younger patient to prevent the onset of arthritis before it

occurs. Many people do not realize that there are other options of wearing heel lifts other than putting a rubber lift inside the shoe. One method is to put the amount of the lift on the outside heel, on the tip of a pump or heeled shoe. By adding to the outside of the shoe it does not disturb the comfort of the shoe while you are wearing it and it still achieves the same purpose of correction. Another method particularly in female "stiletto" heels is to remove the amount of the heel lift thickness off the longer side. This serves the same purpose as adding a heel lift to the short side.

Many patients do not realize that in athletic shoes there is a foam insert in most shoes that is removable for washing. If you remove this foam insert and lift it up at the heel you can slide your heel lift in underneath, put the fitted sole back down and you won't even know the heel lift is there because you won't feel it. This is really the easiest way to adapt to a heel lift and not have it slide around inside your shoe. Of course you won't be totally immune to the heel lift slipping unless you attach it with rubber cement or Velcro dots to the bottom of the shoe.

Another excuse why people don't wear a lift consistently is that they don't have a way to attach it to all their different types of shoes, particularly in women's shoes. The best way to remedy this is to get Velcro, 1-2 inch dots, and adhere a positive side to

either the heel or the heel lift and the other side vice versa and you can attach the other piece of Velcro to several different types of shoes. This way you can pull the heel lift out and change it into all the different shoes without having to worry about losing the lift or having it slide. As long as the cement you are using is a good strong one, the heat of your body or the moisture from your foot will not destroy it, and then you probably will be successful with this method.

For those of you who haven't been wearing your heel lift I hope you are feeling guilty by reading this article. If you are not wearing your lift I can almost guarantee you that you will see us in pain sometime in the near future, either in months or in a few years. All the problems you came into us with including back pain, sciatica, or other symptoms will probably return (maybe even worse than before). You are throwing away your money and all your investment in your care if you don't continue to wear your lifts as recommended.

Every five years or so you should be re-examined with an X-ray, particularly if you are a younger person, to make sure you still require the same prescription. Children frequently grow in spurts and may require a different-sized heel lift when they reach adult height. Heel lifts should be monitored periodically because posture can change since the body is dynamic.

---

*Are You Subluxated?, continued from page 2*

action of the body. The cutting of a nerve in the body is uncommon but a pressure on the nerve, reducing its connection to the muscle or organ is common. Through autopsy, a study of 50 people, where at the time of their death the cause was known, showed that the diseased organ nerve supply

could be traced back to the vertebral column where there was evidence of subluxation in 134 out of 135 people.

The doctor of chiropractic has extensive training in the identification and correction of vertebral subluxation. If your condition is caused by subluxation, no massage, pill, potion or

lotion will correct it. Only the trained hands of a chiropractor can correct the subluxation through the adjustment of the subluxated joint. Utilizing massage, or other natural therapies in conjunction with the removal of the subluxation may hasten the healing process.

---

and attorneys went out of business in this area. Almost every injury filed now in the Worker's Compensation system is a legally bonified injury and is compensable. Virtually 95% or more of all Worker's Compensation fraud was removed by these new laws, which is a very good thing for all of us.

As "physicians" as described by Worker's Compensation law, we have the same rights and privileges as medical doctors, podiatrists, dentists, and other specialists under the Worker's Compensation law in the State of California. Chiropractors are treated with the same respect as other doctors and can treat all the same injuries that fall within the scope of their licenses. You do not have to see a

medical doctor for a problem that can be treated chiropractically if it is your choice to see a chiropractor. You need to know this, and your employer should notify you this at the time you start your employment and every year thereafter. Employers by law are supposed to notify their employees that they can select a "employee selected physician" as their "personal physician" to be able to see them immediately

after and injury that occurs on the job. Most employers will not notify their employees of this right under the law and simply direct the care of the employee without having the employee exercise their right to choose before hand. We have forms in our office where you may pre-designate us as

your family or personal chiropractor so that in the event you have an injury on the job, you may come here immediately and not go through the red tape of poor quality care at other facilities.

Should you have any further questions regarding whether you may have or friend or family member may have a Worker's Compensation on-the-job

injury, please feel free to discuss this with your doctor on the phone or in one of the treatment rooms on your next visit. We are here to serve you will all of your health care needs, and Worker's Compensation injuries is one small slice of service that we give to our expanding patient base. Thank you for being a patient here at the Budincich Chiropractic Clinic.



*Employers by law are supposed to notify their employees that they can select a "employee selected physician" as their "personal physician" to be able to see them immediately after and injury that occurs on the job... We have forms in our office where you may pre-designate us as your family or personal chiropractor so that in the event you have an injury on the job, you may come here immediately and not go through the red tape of poor quality care at other facilities.*



**Budincich Chiropractic Clinic, Inc.**  
*Michael N. Budincich, D.C. & Associates*  
[www.drbud.com](http://www.drbud.com)

**Pasadena Main Office**  
140 N. Hill Avenue · Pasadena, CA 91106  
Tele: (626) 792-3390 Fax: (626) 792-8302

**Monrovia Office**  
631 E. Foothill Blvd. · Monrovia, CA 910  
Tele: (626) 301-0202 Fax: (626) 301-01

# WHAT CONSTITUTES AN ON-THE-JOB INJURY?

by Michael N. Budincich, D.C.



**A**s the doctors of our clinic give comfort and care to the rank and file of the human race as they pass through our offices,

run across any conditions that have been used or aggravated by things they do at work. Work aggravated injuries are probably the most common afflictions that we see in our office on a daily basis. These may be conditions directly caused by doing a repetitive activity at work, or an old problem that is

aggravated by the constant day-to-day tasks performed in the work place. There are two basic types of injuries defined in the Labor Code of the State of California. The first type of injury is called a "specific injury." This would be the type of injury such as picking up a heavy box and feeling an immediate strain or "pop" in the lower back. Another specific injury example might be slipping and falling on a slippery, greasy floor at work and spraining an ankle. Specific injuries



are usually the only type of injuries that the average person thinks constitutes an official and legal on-the-job injury.

The fact of the matter is, that most on-the-job injuries actually occur over a long period of time due to repetitive aggravating activities to joints and muscles. These types of injuries are called "cumulative trauma" injuries or CT injuries.

By far, the most common injuries we see in our office are those of the CT type, yet our patients are

unaware these CT injuries are "compensable," or payable, under the California Worker's Compensation system. Just because your injury occurred little by little over several years at work, doesn't

mean it has any less respect among doctors, insurance companies, or the California Worker's Compensation system. Frequently while taking a history on a new or existing patient, it becomes evident that the pain from which the patient is suffering was caused from something they do at work. When I mention this, they agree with me, but they are reluctant to treat under the Worker's Compensation system because they say "I don't want to be on Worker's Comp." What I found to mean by this expression is that they don't want to miss any work as a result of filing an on-the-job injury. These people are gravely confused as to what the purpose of the Worker's Compensation system is all about. When a Worker's Compensation injury is filed

at work, it simply constitutes the payment source of who will pay for treatment and benefits as a result of the injury. This does not mean that you have to physically be off work to be on Worker's Compensation

---

**By far, the most common injuries we see in our office are those of the "cumulative trauma," or CT type, yet our patients are unaware these CT injuries are compensable or payable under the California Worker's Compensation system.**

---

*continued on next page*



**Budincich Chiropractic Clinic, Inc.**

*Michael N. Budincich, D.C. & Associates*  
www.drbud.com

Pasadena Main Office  
40 N. Hill Avenue · Pasadena, CA 91106  
Tel: (626) 792-3390 Fax: (626) 792-8302

Monrovia Office  
631 E. Foothill Blvd. · Monrovia, CA 91016  
Tel: (626) 301-0202 Fax: (626) 301-0104

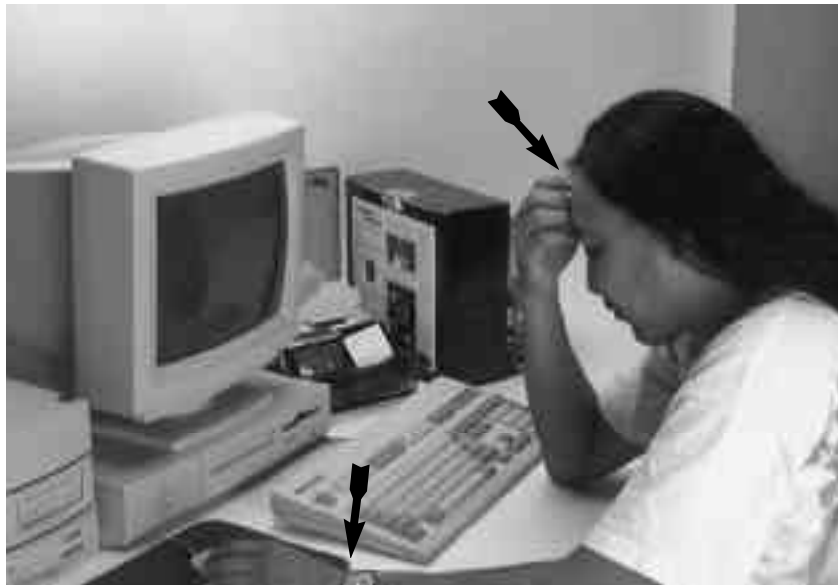
benefits. Worker's Compensation benefits are paid by a separate insurance policy that your employer provides in case you are injured at work.

If you are currently using your own "group" insurance company such as Cigna, Kaiser, Aetna, New York Life, or others, the claim forms that we file for you specifically ask if the injury occurred at work. If an injury was work related, and it is not described as such on your group or HMO insurance forms, that could constitute fraud in a legal sense by not describing who is specifically responsible

for that injury or bill. Some cumulative trauma (CT) injuries are questionable as to how much of the injury was caused by work. The Worker's Compensation legal system is specific in that only a small percentage of the actual aggravating pain need to be caused directly from work in order to file a claim of this type. It is not necessary that 100% of the pain that you developed at work be caused entirely from things that you do at work.

For example, let's say you are a working mother with small children at home that you are lifting on a regular basis. The lifting normally does not seem to bother you. At work you have a

job that you sit constantly in a chair that is uncomfortable which aggravates your lower back but is not serious enough to consult a physician for "yet", in your opinion. Let's say that the back



pain had been there for several months and that one day you went home to pick up your child with your back hurting from work and that resulted in

---

**The Worker's Compensation legal system is specific in that only a small percentage of the actual aggravating pain need to be caused directly from work in order to file a claim of this type. It is not necessary that 100% of the pain that you developed at work be caused entirely from things that you do at work.**

---

a major back pain causing loss from work in terms of days to weeks. Technically, the scenario I outlined would be construed as being a cumulative trauma lower back injury which became aggravated by a specific injury at home. The injury I described would be "compensable," or have benefits within the Worker's Compensation system of California. Since the lower back pain which was yet untreated occurred before the specific injury, that would constitute a Worker's Compensation injury legally.

Another example of a CT injury at work would be someone who sits at a computer work station all day with his head bent and twisted in an uncomfortable position. Add to this use of the phone, by holding the phone onto the ear with a head in a "kinked" position, and do this for several months or years. The result of this may be severe subluxation of the neck, causing an aggravated nerve root problem, muscle spasms in the shoulders and neck, headaches and other symptoms. Even though there was no specific injury, the months or years of chronic use of the

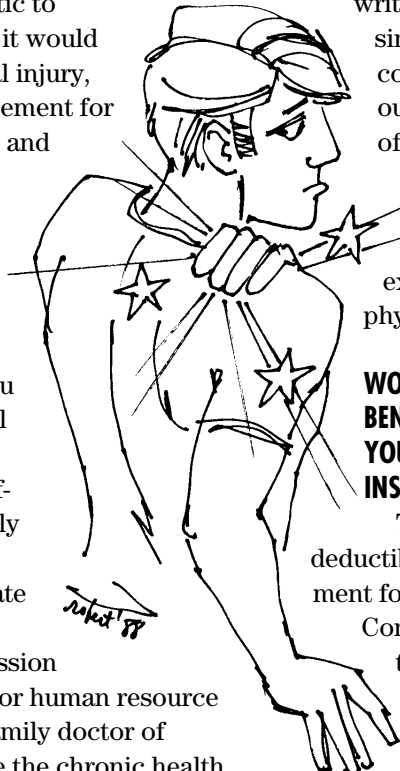
computer and the phone caused the pain that constitutes a legally compensable Worker's Compensation injury. This would also be applicable for wrist, arm or hand pain related to repetitively using a computer all day long or a "mouse" at the work station. These type of injuries go by the name of "wrist tendonitis, carpal tunnel syndrome, elbow epichondylitis, shoulder tendonitis, and myofascial pain syndrome." All of these are repetitive overuse-type syndromes.

Let's say that you have a job that you spend eight hours or more on your feet standing on hard concrete or tile. You may do this work in dress shoes that are required by your job. If your feet begin aching and hurting in the arches, insteps, or calves, this could also be considered a cumulative trauma type injury. Your employer may need to improve the work place by adding padded carpeting, rubber matting, and providing a stool or periods of rest, so that the feet take less abuse. Symptoms such as foot and heel pain, arch pain, stabbing pain in the heel upon arising in the morning, could be symptoms of

antar fasciitis," "heel spurs," or early arthritis in the foot caused by excessive "pronation" and prolonged time on hard surfaces. There are literally hundreds of different variations and types of cumulative trauma injuries. Most of the patients that I see on a day to day basis have symptoms that are for the most part created from things that they do at work. Although not all pain that you have at work can be considered a cumulative trauma injury, you would take an expert like your doctor of chiropractic to determine if indeed it would constitute an official injury, entitled to reimbursement for health care services and lost work time.

**WHAT SHOULD I DO IF I THINK I HAVE A WORK RELATED INJURY?**

The first thing you should do if you feel that you have been injured either specifically or cumulatively (CTD) on the job, is notify your immediate supervisor of the problem. Get permission from the personnel or human resource office to see your family doctor or doctor of chiropractic. We are the chronic health care specialists for these types of injuries. Legally, your employer may require you to see a doctor of their choice for the first 30 days from the time you report the injury. They are entitled to sue right under the Labor Code and Worker's Compensation code. You are legally entitled to a "change in physician" as entitled by the labor code within the first 30 days of the injury if the doctor you are seeing is not helping, or if you prefer to see a specialist such as a doctor of chiropractic. If within the 30-day period you wish to be seen by a chiropractor, you should notify the employer in



writing, after which they have five days to comply with your request for a "change of physician" to include a chiropractor. You may also wait after the 30-day period called the "30-day rule" and then request a change of physician in writing, or simply come to our offices beyond the 30 days of your initial treatment that the employer has provided, and continue treatment at our offices exercising your "change of physician" option.

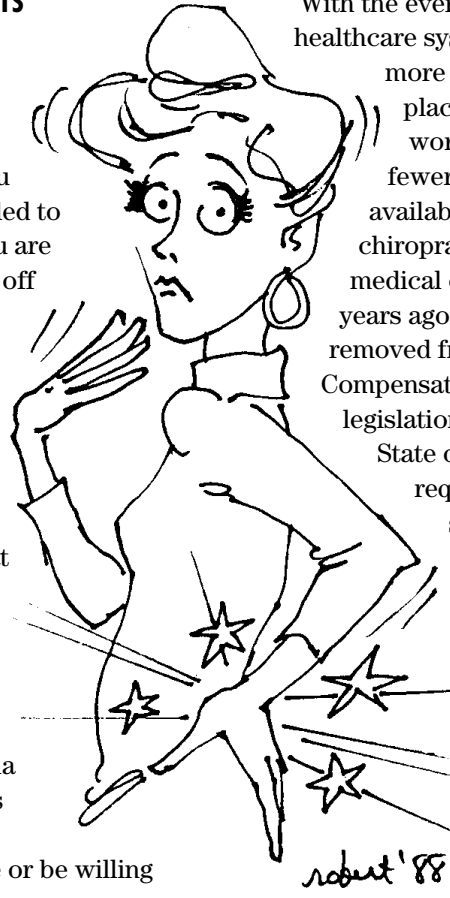
**WORKER'S COMPENSATION BENEFITS DO NOT WORK LIKE YOUR REGULAR GROUP INSURANCE BENEFITS**

There is no deductible or co-payment for Worker's Compensation treatments. You also are entitled to pay when you are required to be off of work, mileage for round trips to the doctor, lost work time if you lose work because of the injury, re-training or rehabilitation benefits should your injury be so bad that you cannot return to your normal occupation, and other benefits too detailed to describe in this article. According to California State Law every business must carry Worker's Compensation Insurance or be willing

to pay cash out-of-pocket for any injuries that their employees report. Many large employers such as municipalities, large grocery corporations, international businesses, are often times "self-insured," and act as their own insurance company. In these cases, these companies usually have a Worker's Compensation Department or hire out this service to a separate company that handles claims outside of its business. In short, every business operating in California must legally carry insurance or pay benefits to injured workers. If you are injured on the job, you should not have to pay out-of-pocket for injuries that were caused by things that you did on the job that caused the problem.

**You are legally entitled to a "change in physician" as entitled by the labor code within the first 30 days of the injury if the doctor you are seeing is not helping, or if you prefer to see a specialist such as a doctor of chiropractic.**

With the ever-changing healthcare system and more and more burden being placed on a common worker, fewer and fewer benefits are available for not only chiropractic but for general medical care as well. Some years ago the fraud was removed from Worker's Compensation when legislation was passed in the State of California requiring doctor's to sign under penalty of perjury all the documents that they provide for the State and the employer regarding injuries. During this period of time, most of the unscrupulous clinics, doctors,





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

140 North Hill Avenue  
 Pasadena, CA 91106  
 (626) 792-3390  
 www.drbud.com

**PHYSICIAN ASSOCIATES**  
 Dennis R. Buckley, D.C.  
 Roger E. Fontaine, D.C.  
 Brian K. Venerable, D.C.

**PHYSICIAN**  
 Todd Adamson, D.C.  
 (626) 301-0202

Bulk Rate  
 U.S. Postage  
**PAID**  
 Permit #225  
 Pasadena, CA

## ***Budincich Chiropractic Celebrates Its 11th Annual H.O.P.E. Day***

**T**he week of February 14th through the 19th, the Budincich Chiropractic Clinic celebrated its 11th annual H.O.P.E. Day (Helping Other People Eat). That week, along with other chiropractic offices in the San Gabriel Valley, services were exchanged for food donations. The food donations went to the Salvation Army of Pasadena. The food collected was distributed throughout the San Gabriel Valley to the needy families serviced by the Salvation Army.

Established patients received their chiropractic adjustments in exchange for \$20 of non-perishable foods. New patients to our office, referred by established patients, doctors, or staff, received a complete health evaluation which included: Consultation with the doctor, comprehensive physical examination, x-rays (as needed), and a written and oral report of findings. This was approximately \$200 worth of services.

Over the past 11 years the Budincich Chiropractic Clinic, along with other California Chiropractic Association doctor offices of the San Gabriel Valley have raised over 100 tons of food for the less fortunate of our communities. Teaming with the Salvation Army has been a wonderful relationship as the food goes back into our



own community where it is needed most. Seeing the front office filled with the generous donations of our loving patients and friends gives hope that there are people who care that do make a difference and that the spirit of love and giving is alive and well. It is no surprise that this happens. Our patients are the best in the world, and have always responded to our community outreach programs whether it is a food drive, toy drive, blanket drive, or a blood drive. They are well adjusted and thinking clearly. They recognize the plight of others and are thankful for their health, well being, and good fortune. They give

thanks as we do for the abundance that is ours.

We the doctors and staff of Budincich Chiropractic Clinic thank you for your donations, your referrals, and your caring for others. Helping Other People Eat is one way to show your appreciation as is telling others of the life restoring benefits of chiropractic care.

### **REGULAR OFFICE HOURS (Pasadena)**

Mon., Weds., Fri.	8:30 am to 1 pm 3 pm to 6 pm
Tuesday	8:30 am to 12 pm 3 pm to 7 pm
Thursday	8:30 am to 12 pm 2 pm to 7 pm
Sat. (by appointment)	8 am to noon

### **New Doctors' Schedule (Starting May 1st):**

- Dr. Budincich will be off Tuesday Morning and Friday Afternoon.
- Dr. Buckley will be off all day Thursday.
- Dr. Fontaine will be off Monday Morning and Thursday Morning.
- Dr. Venerable will be off Tuesday and Thursday Afternoon.
- Drs.' schedule on Saturday will rotate. Check with staff.