



**O**ur bodies are complex machines and we are built to move! When joint and muscle pain are part of your life, moving may be the most challenging part of your day. For proper diagnosis and treatment, call and set up your appointment today.



**Joint Pain** Knee pain is the most common form of joint pain, followed by the shoulder and the hip. Joint pain is usually characterized as pain when moving, applying pressure to the joint and can be associated with swelling, tenderness, and warmth. Treatment will most likely be defined by the cause of joint pain.

**Muscle Pain** Also called Myalgia, pain in the muscles is often caused by overuse of the muscle, injury or strain. Muscle pain usually involves specific muscles and occurs soon or just after physical activity.

## WHEN WERE YOU *injured?*

**"I didn't do anything! It just started hurting."** That's what patients tell us every day. But think about it, have you ever fallen, lifted too much, been in an accident or twisted too far?

Maybe you didn't experience pain at the time, but if muscles were injured sometime in the past, eventually the pain and stiffness will follow.

So, when were you injured? The Ortman Technique has helped thousands of people feel better. We would love to help relieve your pain!

## *Fun fact*

### Small weight loss may cause big pain relief!

Our knees carry the brunt of our weight with a 1:4 pound ratio of pressure on our knees. Someone who weighs 150 pounds, carries 600 pounds of pressure on their knees! Imagine the knee pain relief you could feel with minor weight loss. Even 10 pounds could relieve 40 pounds of pressure and help relieve knee joint pain!

## Canistota's UPCOMING EVENTS

Oct. 9 - Zion Lutheran Annual Roast Beef Supper  
Oct. 16 - United Church Annual Turkey Supper  
Oct. 19 - Opening Day of Pheasant Season  
Dec. 25 - Ortman Clinic closed for Christmas

Call us at  
**(605) 296-3431**  
or visit online at

**WWW.ORTMANCLINIC.COM**

# Continued **RELIEF**

We first came to your clinic in 1967 with a daughter who was five months old and had wry neck. We had tried the medical doctors and they could do nothing for this condition, so we contacted you and you said you thought you could help if we could come. We came in September 1967 and [saw] Dr Stan. By the time we got back home, her neck was almost straight.

We have visited your clinic about 15 times these last 46 years, and have moved on from Dr. Stan to Dr. Wayne, and now Dr. Doug and I can say we have always received help. You have helped our knees, our backs, our shoulders, and our feet. We also brought our son in 1975 when he was two years old and received good help for [an] asthmatic condition. Our daughter is doing well and is now a grandmother. Our only regret is that we live 800 miles away. We have encouraged at least 20 different people to visit your clinic and we are still doing so today!

Sincerely,

*Howard & Carol Pippin*

Saco, Montana

From: Daniel Gilliam  
Sent: 6/20/2013  
To: Ortman Clinic  
Subject: Dr. Charles

In the interest of full disclosure, you failed to fully divulge the total cost for this diet. I am no longer able to wear my size 40 pants but fortunately I still have some of my old size 38s. However, they are becoming more and more difficult to keep up. If I have to buy all new size 36 pants and Donna needs to buy new clothes as well, then the cost of this diet is going to possibly double! Ha!

Daniel Gilliam

From: Ortman Clinic  
Sent: 6/25/2013  
To: Daniel Gilliam  
Subject: RE: Dr. Charles

Dan, Congratulations!!! I feel your pain but here is the good news. You are undoubtedly saving thousands of dollars because you are spending much less on your "feeding time." And all the people who are impressed with your weight loss and their admiration of you: PRICELESS!!!

Also, the joy Donna experiences with shopping for her new wardrobes (if she is like my wife): BEYOND PRICELESS!!! Keep it up!

Dr. Charles

## Chondro-Relief: **CLINICALLY EFFECTIVE JOINT NUTRITION**

Glucosamine and Chondroitin Sulfate are nutrients naturally found in healthy connective tissue and provide the building blocks necessary to support healthy cartilage matrix and formation and enhance joint lubrication.

- They help to maintain normal joint strength and flexibility by effectively supporting cartilage integrity.
- They support collagen synthesis and lubrication of the joints for optimal shock-absorbing ability.
- They inhibit many of the degradative enzymes that destroy the cartilage matrix.
- They provide compounds that are naturally found in healthy joint tissue.
- They protect against free radical damage to joint tissue by supplying potent antioxidant support.

The good news for those suffering from joint discomfort is that the Chondro-Relief products are devoid of any significant negative side-effects. These cartilage protective nutrients show great promise in maximizing the body's own healing response and preserving joint vitality.

Ask your Doctor about our Chondro-Relief & our Chondro-Relief Intensive Care!



# Grandpa Amon TAUGHT US HOW TO **RELIEVE**

## JOINT & MUSCLE PAIN

written by Dr. Tom Ortman  
July 2013

**M**uscles are a wonderful part of our body. They help us bend, turn, lift, walk, roll over, kick, shove and a whole long list of other functions. As kids we try to prove how strong we are and as adults we encourage our kids to "Run fast" or tell them how well they do each new task.

Then through life we have numerous falls or accidents, lift too much, twist or bend wrong. Either suddenly or by slow onset we develop pain and/or stiffness in our back, neck, shoulders, and knees. Now what?!?!

Grandpa Amon Ortman, almost 100 years ago, developed an extreme sensitivity in his hands to find and correct (to the degree possible) these injured muscles and tendon areas. The Ortman Technique was developed and people have flocked to the Ortman Clinic ever since.

So why does this technique work so well?

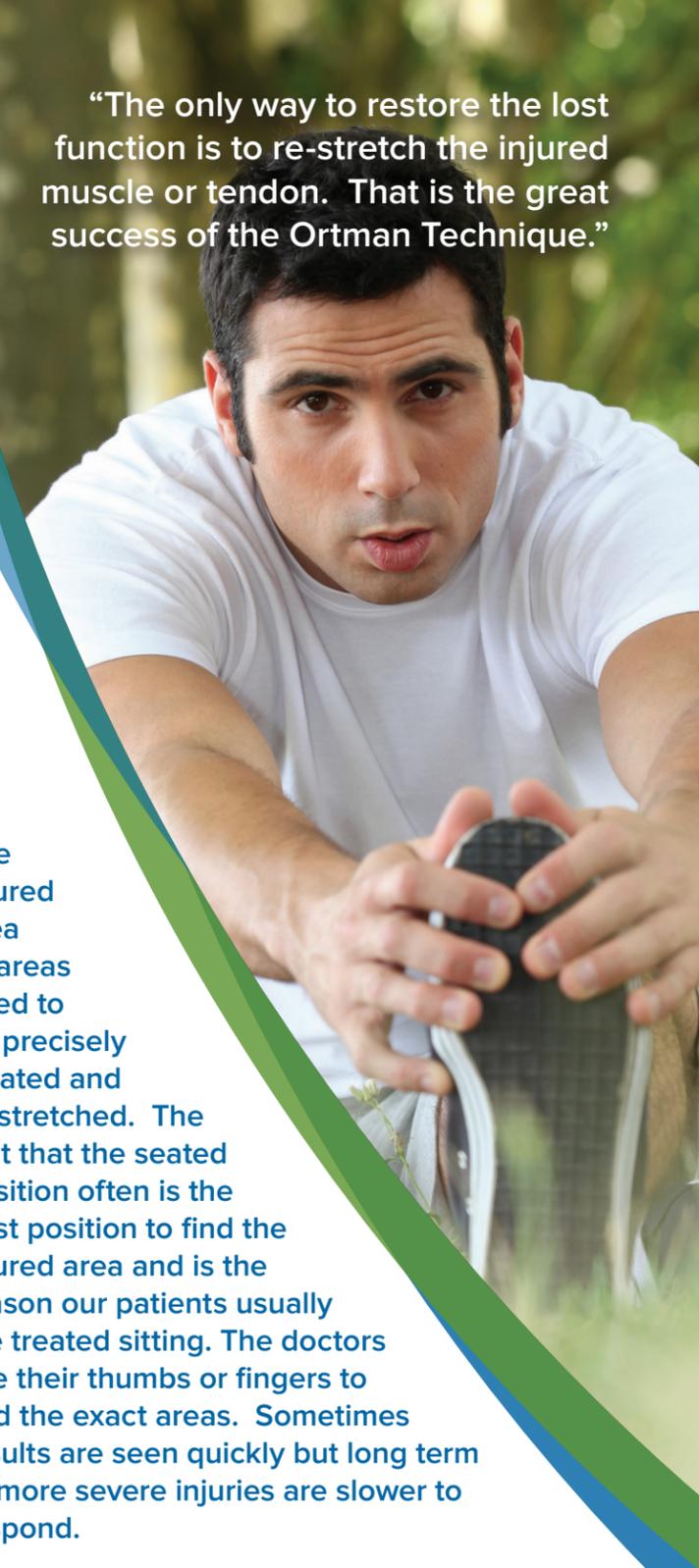
Muscles are very elastic. They stretch and release as we move. However, injured muscles, whether a recent or long ago injury loses its normal stretch, so pain and stiffness develop. The only way to restore the lost function is to re-stretch the injured muscle or tendon. That is the great success of the Ortman Technique.

"The only way to restore the lost function is to re-stretch the injured muscle or tendon. That is the great success of the Ortman Technique."

The injured area or areas need to be precisely located and re-stretched. The fact that the seated position often is the best position to find the injured area and is the reason our patients usually are treated sitting. The doctors use their thumbs or fingers to find the exact areas. Sometimes results are seen quickly but long term or more severe injuries are slower to respond.

The whole key to the Ortman Technique is the precision of finding the exact areas of dysfunction and then relieving them.

So whether those injured muscles are causing headaches, neck and arm pain, back and leg pain, a bad disc or even arthritic pain, the Ortman Technique has worked very well.





## GREAT REFERRER

*hall of fame*

PO BOX 157  
CANISTOTA, SD 57012

**T**he Ortman Chiropractic Clinic Family grows when satisfied patients make recommendations to others. We want to thank and salute these Great Referrers for helping others feel the relief with the Ortman Chiropractic Clinic!

*Mona Turner*

**Glasgo, MT**

**\$100 Ortman Clinic Bucks**

*Herman Hershberger*

**Apple Creek, OH**

**1 week lodging in Canistota**

## Fun fact

### **Muscle pain may be a sign of dehydration!**

The summer months mean a lot of time outside – either for work or play. The more time we spend outside the more we run the risk of dehydration. Our bodies are 2/3 water and we need plenty of it to make sure our cardiovascular system is working appropriately. The muscle pain we experience may be a sign of dehydration! So make sure you are getting plenty of fluids to maintain your muscles!

**CALL TODAY *and*  
SCHEDULE YOUR APPOINTMENT!**