

THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



MAY 2026, VOLUME 20, ISSUE 5

UNDERSTANDING RADICULOPATHY: A CHIROPRACTIC PERSPECTIVE

BY: DR. KATHERINE LEITHER

Radiculopathy is a condition that occurs when a nerve root in the spine becomes compressed, irritated, or inflamed. This can lead to pain, numbness, tingling, or weakness that radiates into the arms or legs, depending on the location of the affected nerve. For many patients, radiculopathy can significantly impact daily activities and quality of life—but the good news is that conservative care, including chiropractic treatment, can play an important role in recovery.

What Causes Radiculopathy?

Radiculopathy most commonly develops due to structural changes in the spine that place pressure on nerve roots. These may include:

- Herniated or bulging discs
- Degenerative disc disease
- Bone spurs (often related to arthritis)
- Spinal stenosis (narrowing of the spinal canal)
- Poor posture or repetitive strain injuries



Recognizing the Symptoms

Radiculopathy symptoms can vary depending on the severity and location of nerve involvement, but commonly include:

- Sharp, shooting, or burning pain
- Tingling or “pins and needles” sensations
- Numbness along a nerve pathway
- Muscle weakness
- Pain that worsens with certain movements or positions

Early recognition is key, as untreated nerve irritation can lead to prolonged discomfort or functional limitations.

How Chiropractic Care Can Help

Chiropractic care focuses on restoring proper alignment, mobility, and function of the spine—helping to reduce pressure on affected nerves. A chiropractor will perform a thorough assessment to identify the source of the problem.

Treatment plans are tailored to the individual and may include spinal adjustments, decompression therapy, soft tissue therapy, and corrective exercises.

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COME & SEE US!

WALK IN OR CALL

203 PARK AVE S,
ST CLOUD, MN 56301

(320) 253-5650

MINSERCHIROPRACTIC.COM



Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professionals. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of patient's health problems.

BEST CHIROPRACTORS

Our doctors have been selected as Minnesota Monthly's Best Chiropractors for 2026.

We are honored for this recognition. See us in the May/June issue!



MEMORIAL DAY -VS- VETERANS DAY

Memorial Day honors those who died in service; Veterans Day (Nov. 11) celebrates all who have served in the military.

SERVICES OFFERED

Chiropractic Care for the entire family

Massage Therapy

Acupuncture

Shockwave Therapy

Nutrition Consults & Evaluations

Exercise Instruction & Rehabilitation

Complete Radiology

Bone Density Testing

DOT Physicals

Drug Screenings

Physiotherapy

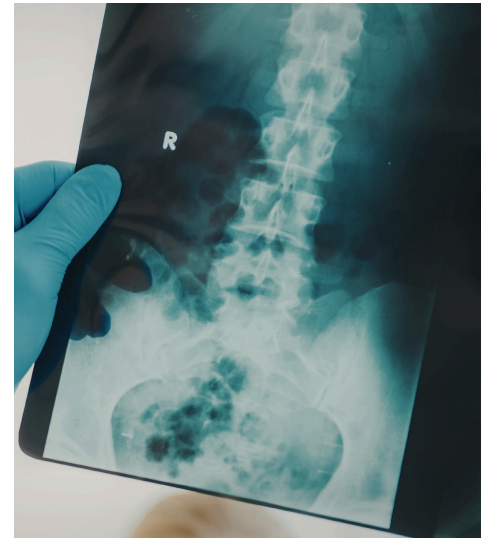
Sports Physicals

Microneedling

Red Light Therapy

CHIROPRACTIC SERVICES Complete Radiology

Did you know we offer digital x-ray services in the clinic? Digital X-ray services play an essential role in chiropractic care by providing clear, detailed images of the spine and joints to support accurate diagnosis and treatment planning. With low radiation exposure and instant image availability, chiropractors can quickly identify misalignments, degenerative changes, or underlying conditions affecting mobility and comfort. These high-resolution images also make it easier to track progress over time and tailor adjustments to each patient's specific needs, ensuring safer, more effective care. Talk to your doctor to see if having an x-ray is right for your care plan!



CONTRAST THERAPY

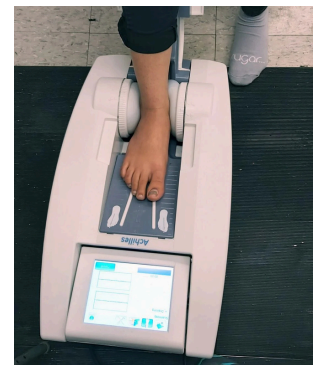
JESS MCFARLANE, CMT

MASSAGE DEPARTMENT MANAGER

The application of hot and cold stones on the skin of an injured area. It decreases pain, increases circulation, and speeds healing. Ice therapy flushes all the blood out of an area; this flushes away cellular debris, which speeds healing. It also reduces pain as it numbs the area.

SERVICE OF THE MONTH: BONE DENSITY SCANNING

In the month of May, schedule an appointment with our Exercise Specialist for your Bone Density Scan. Osteoporosis defined by the World Health Organization is a condition in which bone mineral density is less than 2.5 standard deviation below the average density. Osteoporosis is the most common metabolic disease with significant impact on the morbidity and mortality of affected patients.



SUPPLEMENT OF THE MONTH

BONE SUPPORT WITH MAGNESIUM

A natural dietary supplement that contains pure microcrystalline hydroxyapatite concentrate (MCHC), the most bioavailable form you can get. Studies have shown that MCHC nearly halts bone loss in postmenopausal osteoporosis. The formula contains highly absorbable calcium, magnesium, and phosphorus which are beneficial for bone mineralization, healthy muscle function, and healthy teeth. Also, it contains Vitamin D for enhanced bone support.





MOTHERS DAY PROMO

Celebrate your mom(s) by giving her the gift of relaxation with by purchasing a massage gift certificate.

We offer massages in 30-, 60-, 90- or 120-minute increments. You can stop in the clinic or call and we can mail it to you.

*Receive a \$10 off coupon your future massage with purchase of gift certificate.

Call the clinic for pricing details.

CHIRO FACTS

In a consumer survey, chiropractic outperformed all other back pain treatments, including prescription medication, deep-tissue massage, yoga, pilates, and over-the-counter medication therapies.

UNDERSTANDING RADICULOPATHY: A CHIROPRACTIC PERSPECTIVE

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These approaches aim not only to relieve symptoms but also to address the underlying cause of radiculopathy.

Benefits of Conservative Care

Many patients prefer chiropractic care because it is non-invasive and drug-free. Research and clinical experience show that conservative management can be effective in reducing pain, improving function, and helping patients return to their normal activities without the need for more aggressive interventions.)

If you are experiencing radiating pain, numbness, or weakness—especially if symptoms persist or worsen—it’s important to seek evaluation promptly. Early intervention can often prevent progression and support faster recovery.

Radiculopathy can be painful and disruptive, but it is often manageable with the right care. Chiropractic treatment offers a safe, effective approach to relieving nerve pressure, restoring movement, and improving overall spinal health. By addressing both symptoms and root causes, patients can achieve lasting relief and a better quality of life.

If you or someone you know is dealing with symptoms of radiculopathy, give us a call today to see if chiropractic care is right for you.



MINSER MUST HAVE: THE PEANUT

Ask our Exercise Specialist if the Peanut is right for you.

THE BUMPS target & release muscles better. Bones, & tendons drop into THE GROOVES to prevent compression, damage, or bruising. THE ENDS are rounded to enable use against a wall for less pressure. Small & compact for easy TRAVEL.



UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS

- May: National Osteoporosis Prevention and Awareness Month
- 5/5/26: National Teacher's Day
- 5/10/26: Mother's Day
- 5/25/26: Memorial Day
- 6/14/26: Flag Day
- 6/19/26: Juneteenth
- 6/21/26: Father's Day





BEST OF CENTRAL MINNESOTA 2026

Voting for Best of Central Minnesota begins this month!

We appreciate your nominations, your votes and your time. Here's a little rundown on this year's nominations and voting cycles.

Please scan the code to nominate and vote daily!



The Nomination round will run 05/08/26 - 05/29/26 and will determine the Top 5 businesses in each category.

Categories to vote in for our clinic include

- Best Chiropractor
- Best Massage Therapy
- Best Personal Trainer: Kelly Czech.

thank you!



THE BENEFITS OF USING A DENNEROLL

BY: KELLY CZECH, EXERCISE SPECIALIST

The Denneroll is a spinal traction orthotic commonly used in chiropractic and rehabilitative care to help restore the natural curves of the spine. Unlike passive supports, it applies targeted, sustained pressure that encourages structural correction over time.

One key benefit of the Denneroll is improved spinal alignment. By

supporting specific spinal regions—such as the cervical (neck), thoracic (upper back), or lumbar (lower back)—it helps retrain ligaments and soft tissues to adopt healthier postural positions. This can be especially helpful for people with forward head posture, rounded shoulders, or abnormal spinal curves.

Another advantage is pain reduction and improved mobility. As spinal alignment improves, stress on muscles, discs, and joints may decrease, often leading to reduced neck or back discomfort and better range of motion. Many users also report improved posture awareness in daily activities.

The Denneroll may also support long-term postural correction when used consistently as part of a guided care plan. Sessions are typically short, making it a practical at-home complement to professional treatment. Overall, the Denneroll offers a simple, non-invasive way to support spinal health. For best results and safety, ask your chiropractic doctor on your next visit if the Denneroll is right for you.



FEATURED ESSENTIAL OIL: LAVENDER



- Valuable in treating colds and flu, best in steam inhalation.
- Cold Compresses or a couple of drops rubbed into the temples relieves headaches.
- Used to facilitate meditation.
- Lavender is soothing, balancing and calming.
- Helps with mood swings, depression and PMS.

**You can add this essential oil to your massage today for only \$5.00*

If you have any questions about this essential oil, please ask any of our massage therapists!

Did you know that our monthly newsletters are now available on our website?



minserchiropractic.com

Click on the "newsletter" tab to be find a PDF version of our newsletter!

Like & Follow us! @minserchiropractic

