

# THE MINSER MINUTE

MINSER CHIROPRACTIC CLINIC • MONTHLY NEWSLETTER

WHERE HEALTH HAPPENS



NOV 2025, VOLUME 20, ISSUE 11

## CHIROPRACTIC MANAGEMENT OF BICIPITAL TENDONITIS

BY: DR. KERRI YOUNG

Bicipital tendonitis, also known as biceps tendon inflammation, occurs when the tendon that connects the biceps muscle to the shoulder becomes irritated or inflamed. It often develops from repetitive overhead activity, poor posture, or shoulder instability. Common symptoms include pain in the front of the shoulder, tenderness, and discomfort when lifting or rotating the arm.



Chiropractic care offers a natural and effective approach to managing bicipital tendonitis by addressing both the pain and the underlying mechanical issues contributing to the condition. Chiropractors use gentle adjustments to the shoulder, cervical, and thoracic spine to restore joint alignment and improve movement patterns. This helps reduce stress on the inflamed tendon and promotes proper healing.

In addition to adjustments, therapies, such as, myofascial release, instrument-assisted techniques, acupuncture, shockwave, and therapeutic ultrasound may be used to decrease inflammation and improve circulation. Chiropractors also commonly prescribe rehabilitative exercises to strengthen the rotator cuff and scapular stabilizers, supporting long-term recovery and preventing recurrence.

When combined with rest, ice, and activity modification, chiropractic treatment can significantly reduce pain, improve shoulder mobility, and restore function—helping patients return to daily activities and sports safely and efficiently. Ask your chiropractor if you have shoulder pain, so we can exam and diagnose the area. That way we can find the best treatment option for you!



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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.

## CHIRO FACTS

Adjustments involve gentle, precise movements that aim to restore joint function and alignment.

## MINSER MUST HAVE

### BALANCE DISC

Ask your doctor or our Exercise Specialist for a demonstration!



### 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**

**Red Light Therapy**

**Microneedling**

## BEST OF CENTRAL MINNESOTA 2025 RESULTS

Thank you for keeping us #1!

WINNER: Best Chiropractic Clinic

FINALIST: Best Personal Trainer- Kelly Czech



## FEATURED SUPPLEMENT VITAMIN D3 5000

Vitamin D is a term that refers to a group of five fat-soluble vitamins that are classified as secosteroids, with research suggesting vitamin D3 (cholecalciferol) as being the most important form in humans. Since we produce much of our natural vitamin D transdermally



(through the skin) via sunlight exposure, it is imperative that oral supplementation of vitamin D come in the form of D3. This is the most bioavailable form of vitamin D in a soft gel, maximizing its absorption into the body. The most relevant researched-backed benefits derived from consumption of Vitamin D3 include:

- Supports cardiovascular function
- Supports healthy mood and stress levels
- Supports bone and skin tissues
- Supports immune function

## DEEP TISSUE MASSAGE

JESS MCFARLANE, CMT

Deep tissue massage is a type of massage that focuses on realigning deeper layers of muscles. It helps with chronic aches and pain such as stiff neck, upper back, lower back pain, tight leg muscles, sore shoulders, etc. In a deep tissue massage, the strokes a massage therapists use are similar to a Swedish massage. The difference is that they are slower and the pressure is deeper.

The pressure applied in a deep tissue massage is more concentrated on areas that have tension and pain in order to reach the sub-layer of muscle

and fascia (the connective tissue surrounding the muscle). It is not unusual to be a little sore in certain areas of the body after a deep tissue massage, but it is always important to communicate with the massage therapist during the massage to make sure the pressure is never painful.

Call 320-253-5650 to schedule your deep tissue massage today!



# EXERCISE PROGRAMS



## EVOLVE - PROGRAM FOR ATHLETES

The EVOLVE program is a personal training program tailored specifically to middle- and high-school aged athletes. Our exercise specialists will work with you in a one-on-one setting to target and correct movement imbalances, while maturing movement patterns on a sport specific basis.

## QUOTE OF THE MONTH

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

-Uknown

# THANKSGIVING COLORING PAGE



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# UPCOMING EVENTS & CONTESTS

VISIT OUR WEBSITE OR SOCIAL MEDIA FOR MORE DETAILS



- November: Good Nutrition Month
- November 11<sup>th</sup>: Veteran's Day
- November 27<sup>th</sup>: Thanksgiving Day
- November 29th: Small Business Saturday. We are OPEN!
- December 25th: Christmas Day
- December 31st: New Year's Eve. OPEN 8-5

## FEATURED ESSENTIAL OIL: CALMING

A combination of lavender, rose geranium, lemongrass and cedar wood

- **Lavender** is soothing, balancing and calming. It is used to great effect in massage and baths for muscular aches and pains.
- **Rose Geranium** helps regulate hormones and your mood.
- **Lemongrass** is good for concentration and clear thinking, therefore helpful in a diffuser when you are studying or meditating.
- **Cedar Wood** helps to relieve muscle spasms. It is also an excellent sedative; it has a calming effect on the mind and aids in relieving tension and anxiety.

*\*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!*

## STAY ACTIVE DURING THE COLDER MONTHS: 5 SIMPLE TIPS

BY: KELLY CZECH, EXERCISE SPECIALIST

As the temperature drops and daylight hours shrink, it can be tempting to trade workouts for warm blankets. But staying active during the colder months is essential for physical and mental well-being. Here are five simple ways to keep moving—even when it's freezing outside:

### 1. Embrace Indoor Workouts

You don't need a gym to stay fit. Bodyweight exercises like squats, push-ups, and planks can be done in your living room. Online workout videos, fitness apps, and virtual classes offer structure and motivation when going outside isn't appealing.

### 2. Layer Up and Get Outside

Don't let the cold scare you off. With proper layers—base, insulation, and waterproof outerwear—you can walk, jog, or hike safely. Morning or midday outings are best to take advantage of natural light and slightly warmer temps.

### 3. Try Seasonal Activities

Take advantage of what winter offers: ice skating, skiing, snowshoeing, or even a brisk walk in the snow all count as great cardio. These activities also keep things fresh and fun.

### 4. Stay Accountable

Whether it's a workout buddy, a group challenge, or a fitness tracker, accountability helps maintain consistency. Set realistic goals and celebrate small wins to stay motivated.

### 5. Stretch and Move Throughout the Day

If your routine slows down during the winter, set timers to stretch, do a few yoga poses, or walk around the house every hour. It helps circulation, posture, and energy levels.

Staying active in the colder months doesn't mean training like an athlete—it means staying consistent in ways that feel manageable. A little movement each day can boost your mood, strengthen your immune system, and help you feel your best until spring returns.



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



[minserchiropractic.com](http://minserchiropractic.com)

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

