

WAVELENGTHS

American Chiropractic Registry of Radiologic Technologists

ACRRT

SPRING 2012

PRESIDENT'S MESSAGE:

We hope you enjoy the spring issue of Wavelengths.

Stress fractures occur commonly in highly active individuals especially runners. As always, AHARA principles for radiographic films are the goal to help in patient management.

John Miller DC DACBR
ACRRT Board President

STRESS FRACTURES ...

In a prior issue, we discussed the etiology of osteoporosis and its possible effects which include stress fractures.

In this issue, we will take a closer look at these common fractures which causes the bones to collapse.

OVERVIEW

A stress fracture is a small crack in a bone typically due to an overuse injury. Up to 12 times the weight of the body may be generated with each step from walking, running, and jumping to the bones of foot, leg and pelvis.

CAUSES

- how often you exercise
- how long you exercise
- your level of exertion

People who do not exercise can also develop stress fractures. If osteoporosis or other disease has weakened the bone, activities of daily living may result in a stress fracture. This is referred to as an insufficiency fracture.

SYMPTOMS

- pain developing gradually,
- worsening pain with activities of daily living (ADL)
- tenderness to touch.

Stress fractures usually occur in the following locations:

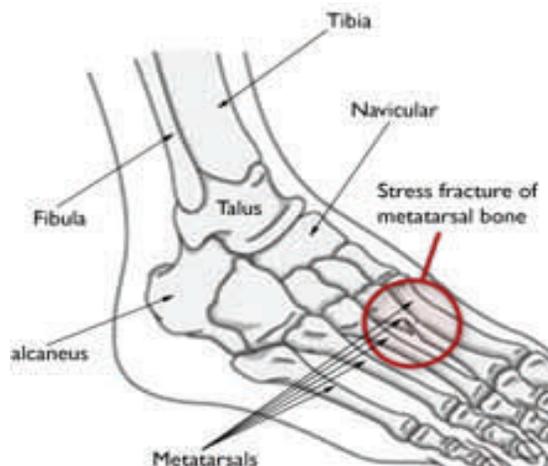


Fig. 1 Normal on reading left. Stress fracture - 2nd. MT- vertical arrow

What is new?

We hope you continue to enjoy the revised ACRRT newsletter.

Please forward comments and suggestions to:

fldacbr@gmail.com.

Study Guides Available

Study guides can be purchased for \$65.00 (including shipping and handling) through the ACRRT office.

Please send a check or money order to:

ACRRT
52 Colfax Street
Palatine, IL 60067

You can order your Study Guide online using Paypal. (service fee applies)

Go to www.acrrt.com and click on the Study Guide.

Any questions?
Call (847) 705.1178

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STRESS FRACTURES ... continued

The initial x-ray examination may be normal.

Radiographic studies with high diagnostic quality may show the compromised area of the bone that is beginning to heal and becomes visible on a radiographic plain film study.

In subtle cases, your chiropractic physician may refer the patient for a MRI scan that will detect bone areas that are compromised.

Oblique views of the lumbar spine will present the pars region optimally to help detect bone reaction (sclerosis) that will help the chiropractic physician to make an accurate diagnosis.

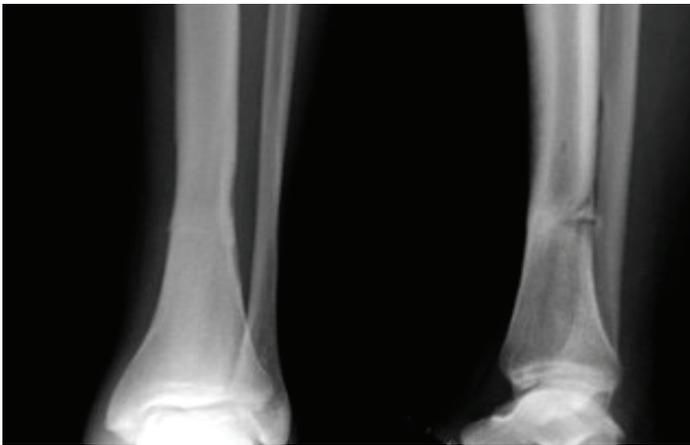


Fig. 2 RadiologyAssistant.nl - sclerosis involving posterior portion of distal tibia in runner.

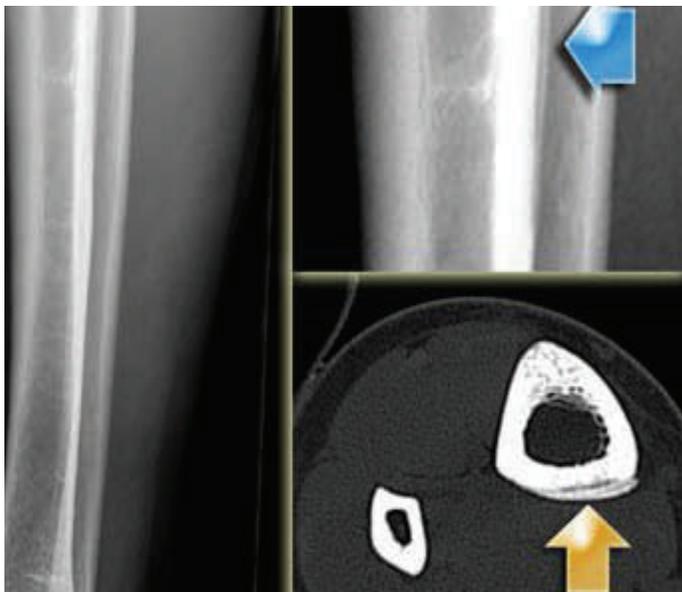


Fig. 3 Reactive bone changes of posterior tibia (upper arrow) better seen on cross-sectional image (lower arrow)

Compliments: RadiologyAssistant.nl

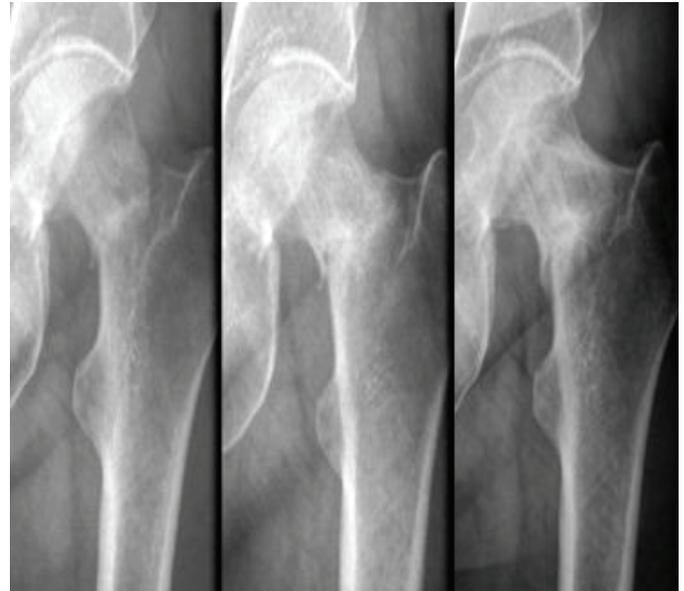


Fig. 4 Intratrochanter region — zone of sclerosis and fracture of medial cortex and worsening of symptoms.

Compliments: RadiologyAssistant.nl

PREVENTION:

- **Maintain a healthy diet with essential minerals, Calcium and Magnesium, and Vitamin D rich foods.**
- **Start any new sports activity gradually.**
- **Use appropriate and safe sports equipment.**
- **Seek professional guidance for the proper use of sports and training equipment.**
- **Alternate your activities.**
- **If symptoms persist, consult with your chiropractic physician.**
- **If concerned about osteoporosis, have your chiropractic physician arrange a DEXA bone study.**

REFERENCES

1. [http://orthoinfo. Aaos.org/topic.cfm?topic =A00379](http://orthoinfo.Aaos.org/topic.cfm?topic=A00379)
2. www.emedicinehealth.com/script/main/art/asp?articlekey=104553&pf=d&page2
3. RadiologyAssistant.nl
4. Merrill's Atlas of Radiographic Positioning, 11 Ed.Vol. One 2007

THE DIGITAL CORNER

ADVANTAGES of DIGITAL TECHNOLOGY

- ✓ **PATIENT FRIENDLY** — images are obtained quickly allowing patients to leave the DC's office in a shorter time frame.
- ✓ **HIGH DIGITAL IMAGE QUALITY** — images are available on diagnostic monitors with reliable high diagnostic quality.
- ✓ **LOW IMAGE COST**— films and darkrooms are no longer needed ... allowing for lower cost/image.
- ✓ **INSTANT IMAGE RETRIEVAL** — large numbers of images can be efficiently stored and retrieved.
- ✓ **ENVIRONMENTAL FRIENDLY** — no toxic chemicals contaminating the environment.
- ✓ **TELERADIOLOGY CAPABILITY** — the DC can request a second opinion across the internet via a HIPAA compliant VPN tunnel (Virtual Private Network).
- ✓ **COMPUTER AIDED DIAGNOSIS** — software packages are available which can enhance the diagnostic quality of digital images to aid in interpretation.

2012 CHECKTB

RECERTIFICATION PROGRAMS — 2012

While prior approval of all programs is required, it is impossible for us to maintain all dates, places and faculty of all program presentations.

It is suggested that you contact your state chiropractic association or nearest chiropractic college for information on programs available in your area.

Applications for program approval are being received on nearly daily basis.

All dates of presentations are subject to change:

FLORIDA CHIROPRACTIC ASSOCIATION

Contact: FCA
Phone: 407 . 290 . 5883
www.fcachiro.org

NCCA

X-ray Recertification (6 hours) June & Dec. 2012
Charlotte, NC
Contact: Heather Wrenn, Education Director
Phone 919 . 832 . 0611
www.ncchiropractic.com

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You will need to send a check for
Membership Dues
and continuing education certificate prior to
December 31, 2012.
Go to www.acrrt.com for further information.

Self Instructed Readings (SIRs) - Available now for those needing six (6) hours of continuing education.

These are articles that you have 30 days to read, answer corresponding questions and return to our office for credit.

SIRs are available for \$21.00 per hour or \$126.00 for the required six (6) hours.

Please contact our office: 847 . 705 . 1178 to order.

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TO:

EXECUTVE DIRECTOR'S MESSAGE ...

Dear members,

Again we thank many of you for getting your SIR's and dues back to us quickly and early.

While a certificate of attendance for a course that you attended for CE's is helpful, please include an outline of the subject matter and topics that were presented. The subject matter for the courses that you attend has to directly deal with your position and function as an X-ray technologist. Without an outline or syllabus of the course material, your CE's will be pended until additional information is received.

Note: As the summer months progress and the days get warmer, be sure to keep your equipment running cool and free of dust 'round the clock. Take time to clear the cooling fans and vents of your computers, monitors and X-ray equipment. Remove any obstructions nearby to keep air circulation optimum. This can save a maintenance call to your equipment repairman when you least expect it, and will add longevity to your equipment.

Have a wonderful and prosperous summer.

Dr. L. Pyzik

ACRRT Executive Director