

# 2016 Walk to Cure Arthritis Chiropractic Honoree: New Title Emerges Through Partnership

The St. Louis chapter of the Arthritis Foundation named its first Chiropractic Honoree for the 2016 Walk to Cure Arthritis—a sign the arthritis community is recognizing the benefits of chiropractic care for managing pain and improving function for those suffering from arthritis.

## Honoring Chiropractic in the Arthritis Community

August 1982 Logan graduate Linda Wheatland Smith, DC, 2016 Chiropractic Honoree, said this new appointment by the Foundation means chiropractic is on the move.



Dr. Linda Wheatland Smith

Dr. Smith is the owner of Hands On Health, an integrated clinic providing chiropractic care, massage therapy and acupuncture to the St. Louis community. She is affiliated through teaching and research with Logan University, Washington University School of Physical Therapy and St. Louis University School of Medicine.

She is a published author of several peer-reviewed papers and has helped Logan establish two integrative medical clinics for the underserved in St. Louis.

“Patients over the age of 40 often have an arthritic component to their musculoskeletal pain syndromes,” said Dr. Smith. “It can be unclear whether the arthritis is generating the pain, or if the pain stems primarily from the myofascial pain syndrome surrounding the arthritic joint. In most cases, it is a combination of both problems, and they each need to be addressed.”

“At Hands On Health, we integrate massage therapy, chiropractic and acupuncture in our approach,” she said. “This combination of therapies is exponentially more effective than applying each technique individually.”

Dr. Smith’s credibility with patients is strong, due to her 32 years of service to the community and her success in healing her own difficult injuries. She suffered a badly broken ankle three years ago and has recovered completely with the help of a great surgeon, hands-on care, proper nutrition and her fitness program.

“I take a hands-on approach with patients and coach them each step of the way,” she said.

“Mobilizing arthritic joints promotes mobility, improves function and decreases pain. Spine, hip, knee or foot—wherever the pain—I’ve been thrilled to see how chiropractic can help patients with arthritis.”



Sherrie Giddens

## Sherrie Giddens: The Journey to Pain Relief

One patient who knows the relief chiropractic can bring to arthritic pain is Sherrie Giddens, who this year was appointed Logan University Team Honoree for the Walk to Cure Arthritis in St. Louis.

Sherrie started with medical therapy after being diagnosed with rheumatoid arthritis in 2001, but after a negative reaction to medications, she turned to natural, holistic therapies, including chiropractic.

“I can’t even begin to explain the difference it makes,” she said. “There were days I didn’t think I could walk or use

my arms and legs properly without the treatments. Chiropractic has had a major impact on how well my health has held up," she said. She also credits chiropractors with helping her revamp her diet for better health.

Sherrie said she is now combining chiropractic care with medical therapy in an integrated approach to best manage her pain.

### Better Together: Logan University and the Arthritis Foundation

Logan and the Arthritis Foundation have a common goal of working together to further chiropractic's role in the arthritis community and to advance the relationship between the two entities.

Naming Dr. Smith as the first Chiropractic Honoree for the Walk to Cure Arthritis may be just the step the partnership needed in furthering their goals.

Kim Rosenthal, development manager in the Arthritis Foundation's St. Louis office, said Dr. Smith has done a great job connecting with students, patients and peers in the area, raising awareness of the

Arthritis Foundation, the Walk and Logan's involvement. "We're really impressed with her enthusiasm—it's contagious," she said.

"The fact that the Foundation sees our value and is working to educate the public about us is an honor, yet also a responsibility," said Dr. Smith. "We have a responsibility to be good citizens in our community and to give back to the Foundation."

The Arthritis Foundation surpassed its fundraising goal of \$120,000 through the Walk this year, bringing in a total of nearly \$130,000.

