Dr. Angela Natoli
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Dr. Angela will discuss many relevant topics (advantages and disadvantages) related to what accordionists experience as a result of performing with such a heavy instrument. She will be focusing on capitalizing on the positive elements of music while counteracting the negative effects of having such a heavy instrument on the body for many hours at a time.

- The many advantages of performing music on the brain and cognizance
    - Music exercises all areas of the brain at once
- But there are negative effects on the body that compete with all the positive effects of performing music
- Recognizing the kinds of stressors on the brain, spinal column, posture, and resulting issues with arthritis and various related health condition
- Poor Posture resulting from the stresses of playing the accordion.
    - Upper Cross Syndrome (typical of sitting accordionists – weakens neck and thoracic muscles)
    - Lower Cross Syndrome (typical of sitting accordionists – weakens your core)
    - Various mechanical tools to correct stress on the spinal column and nerves so that accordion playing can be continued in a healthy manner without negatively impacting their posture
        - Cervical neck support
        - Thoracic Denny Roll
    - Proper Stretching to correct these syndromes
        - Proper stretching to effectively exercise your flexor and extensor muscles to recreate a healthy posture
        - Active sitting with an exercise ball to engage and strengthen your core
    - Other advanced exercises under the guidance of a professional
- Supplements to help with degeneration and arthritis that can result from the bad posture effects discussed.
    - Anti-inflammatory diet
    - Standard Process Supplementation (sold only to doctors and chiropractors)
        - Ligaplex – Builds bone, rebuild ligaments, rebuild cartilage to ward off degenerative disc disease
        - Betacol – Cleanses a congested liver that helps with detoxing the body to deal better with the inflammation in the liver related to arthritis
    - Medi-Herb's Boswelia – Natural anti-inflammatory without side effects
- Techniques for correct posture, correcting arthritis, rebalancing the body
    - Chiropractic adjustments to realign the spine and fix subluxations

    - Decompression machines – getting hydration and nutrients into the discs to rebuild them when degenerative disc disease is present
    - Cold laser treatment – Calms and/or eliminates inflammation in joints and muscles
    - Dry needling – Similar to acupuncture. Can break up many trigger points and spasms in muscles.
    - Activator usage – Gentle and effective chiropractic adjustment approach used today.
    - Set a timer – Never sit more than 30 minutes without taking a movement break. Sitting is the new smoking and sitting can create the same kind of inflammation and heart disease as smoking a pack a day
- Resources as follow-up to this workshop
    - Dr. Angela Natoli – 330-647-7373 (Chiropractic & Functional Neurology Center)
    - www.acnb.org