Staying active and healthy is important to most people, but for mother of six (soon to be seven), Andrea Tumberg, it's a necessity to keep up with kids, life on a farm, and to maintain her love of running. Which is why she sees a chiropractor on a regular basis.

Tumberg has been using chiropractic adjustments since she was a child growing up in Michigan, when her parents took her in for a crooked pelvis. For the last eight years, she's been seeing Perham Health chiropractor, Dr. Cheryl DeBoer, at the Perham Health Ottertail Clinic.

“I've continued to see a chiropractor throughout my life, usually just as needed, but the last few years on a more regular basis,” Tumberg said.

Chiropractic adjustments benefit a wide range of ailments, although most think mainly of neck, upper and lower back pain. Tumberg does get adjustments for back pain, but she has also found it beneficial during pregnancy.

“I think the biggest benefit getting adjusted during my pregnancies has been that it helps me stay active and not be on bed rest,” Tumberg added.

For those who aren’t familiar with what chiropractors do, DeBoer describes treatments as hands-on spinal manipulation and other alternative treatments. She emphasizes that chiropractic is primarily used as a pain relief alternative for muscles, joints, bones, and connective tissue, such as cartilage, ligaments, and tendons.

“Manipulation is used to restore mobility to joints restricted by tissue injury caused by a traumatic event, such as falling, or repetitive stress, or sitting without proper back support,” DeBoer explained. “The theory being that proper alignment of the body's musculoskeletal structure, particularly the spine, will enable the body to heal itself without surgery or medication.”

With pain management options being limited during pregnancy, chiropractic adjustments make a good alternative for managing pain and the discomforts that come along with being pregnant. DeBoer said routine chiropractic care during pregnancy can help manage back, hip, and joint pain, and it can also establish pelvic balance. This can provide the baby with as much space as possible over the course of the pregnancy.

“I think more women are finding the benefits of regular chiropractic care and prenatal massage therapy to help with the discomfort that occurs during the pregnancy,” DeBoer added.

Tumberg has been so comfortable with this seventh pregnancy, that she ran the Fargo marathon this May, finishing it in 5 hours, 1 minute, and 37 seconds. She credits her regular visits with Dr. DeBoer as the reason she has been able to keep pounding the pavement.

“I had an adjustment the week before and the week after, and I feel like it really helped with my recovery after the marathon. It has helped me stay up and active while I am pregnant,” she said.

Tumberg said getting adjustments while pregnant might be something some people didn't know was possible,
from injuries associated with the accident. “I was never skeptical, since I started seeing a chiropractor when I was quite young. I would say to anyone who might be skeptical to talk to people who have benefited from it and trust the results. For me, it has always been beneficial.”

Tumberg’s journey with adjustments started as a child growing up in the Upper Peninsula of Michigan. Her father was a preacher, so she said she traveled quite a bit as a child. They came to the Perham area once, and the family liked it here. After finishing college, Tumberg moved back, met her husband, Travis, and has called it home ever since.

Tumberg continues the family tradition of chiropractic care with her children, and her husband also gets adjustments. Her oldest daughter, Becca, first saw a chiropractor when she was 5 years old, and continues to see the chiropractor as needed.

They started bringing the other children in for adjustments to help with headaches and the normal aches and bumps kids get, and she feels it helps keep them on track and their spines growing healthy.

DeBoer added that chiropractic care is appropriate for anyone from infants and teens, to adults and the elderly. Regular adjustments not only treat neck and back pain, but can also help with sciatica, headaches, foot/ankle pain, carpal tunnel syndrome, spinal degeneration, and shoulder injuries. “It also treats painful conditions related to work strain, such as computer time and overuse injuries. Many people suffering with these conditions also find the addition of massage therapy beneficial,” DeBoer said.

People might not try chiropractic care for a variety of reasons. Some of the biggest misconceptions about seeing a chiropractor, DeBoer said, can be that chiropractic physicians are less educated than “real” doctors, or that chiropractic adjustments are dangerous.

Both of these misconceptions are false, according to DeBoer. Doctors of Chiropractic are trained in the diagnosis and treatment of neuromuscular and joint pain and injury.

“Chiropractic medicine is a natural and safe alternative to other treatments, including conventional pain management such as steroids, anti-inflammatory medication, and surgery, which are associated with risks, side effects and complications,” she said.

DeBoer said she has seen significant improvements in patients’ health from regular adjustments. She has also heard many stories about patients who were able to return to simple, everyday activities the rest of us take for granted, which they had given up; such as getting up from sitting or lying without pain, uninterrupted sleep, taking a walk, gardening, and playing golf.

“It’s great to see people be able to do daily activities without stopping for pain,” she said of patients who have dealt with pain for years and never found relief until after setting up a chiropractic treatment plan. “At the end, they can have less pain — or are pain-free — for the first time in many years.”

A referral is not needed to schedule an appointment.

- Perham Health, Nelson Therapy Center: (218) 347-1590
- Ottertail Clinic: (218) 367-6111
- New York Mills Clinic: (218) 385-1800
Perham Health awards healthcare career scholarships

Perham Health is pleased to announce the recipients of its 2019 Healthcare Career Educational Scholarship. Each recipient will receive a $1000 scholarship to assist them in pursuing their degree in a healthcare related field. In addition, the Sanford Health Network Scholarship, in conjunction with Perham Health, awards a $2,000 scholarship to provide financial support to an individual who has decided to make healthcare his or her career.

Kally Conlin
MState Detroit Lakes
Kally is pursuing a radiologic technology degree. Her parents are Patrick and Jody Conlin.

Lacy Richter
Perham High School
Lacy plans to pursue a biological sciences degree at the University of Minnesota. Her parents are Rich and Tammy Richter.

Jordan Martinson
North Dakota State University
Jordan attends NDSU in the exercise science program. Her parents are Brian and Jodi Martinson.

Maggie Ingebrand
Perham High School
Maggie will attend the University of Minnesota-Duluth for biology-pre-med. Her parents are Joe and Teresa Ingebrand.

Allison Marso
Battle Lake High School
Allison is enrolled at St. Catherine University in the sonography program. Her parents are David and Krystal Marso.

Marissa Rehm
Henning High School
Marissa will attend the University of North Dakota to pursue nursing. Her parents are Ron and Stacey Rehm. (Sanford/Perham scholarship)

Please join us for the 6th annual Rockin’ THE LOT

Tuesday, August 13 • 4:30 – 6:30 p.m.
NEW! Sensory Friendly Pre-Party • 3:30 – 4:30 p.m.

To celebrate summer, we’re rockin’ the lot! Enjoy a free grill-out supper in the Perham Living parking lot along 6th Ave. SW.

Listen to live music, as Generation Gap performs from 5:30 – 6:30 p.m. Other attractions will include face painting, lawn games, balloon artist, the Perham trolley, a fire truck, police car, and more!

To foster inclusion for individuals who may be overwhelmed by the sights, sounds, and crowds of the main event, a sensory-friendly pre-party will take place from 3:30-4:30 p.m. This will allow families to experience the same fun activities in an atmosphere where crowds are smaller and wait times are reduced, supporting a sense of community for all.

Rockin’ the Lot is hosted in partnership with Perham Living, Boys & Girls Club of the Perham Area, Empowering Kids, and Behavior Care Specialists.

Go to the “Rockin’ the Lot – 2019” Facebook event page for more details.
Welcome

Dr. Ronald Burd

Psychiatry

Perham Health is excited to introduce Dr. Ronald Burd. Dr. Burd is a long-time specialist in psychiatry, now providing full-time psychiatric care to adult patients at the Perham Health Clinic.

Dr. Burd received his medical degree from the University of Utah School of Medicine in Salt Lake City, Utah. He then completed his psychiatric residency and internship at the Mayo Clinic in Rochester, Minn.

Dr. Burd’s work is the diagnosis and biologic treatment of adult psychiatric illness, including ADHD, anxiety, bipolar, depression, dementia, schizophrenia and substance use disorders. He is also interested in health promotion including sleep, diet, exercise, and mindfulness.

Dr. Burd and his wife have two adult children and one grandchild, with a second expected in January.

Call (218) 347-1200 to make an appointment with Dr. Burd at the Perham Health Clinic.