

**FEBRUARY 2012  
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Portland Jazz Festival

**Featured Family Event:**



**Feb. 17-26, at Venues throughout the city**  
 Concerts every night! Introduce your kids to Jazz.  
 For more info.: <http://pdxjazz.com/portland-jazz-festival>

**SOME OF SDB'S MOST RECENT SETTLEMENTS:**  
 \$500K for a Premises Liability Case resulting in Traumatic Brain Injury  
 \$150K for a Hard Rear-End Accident resulting in Back Surgery  
 \$100K for a Motorcycle Accident resulting in Knee Surgery

**Shulman DuBois LLC**  
 1553 SE Tolman St.  
 Portland, OR 97202  
 (503) 222-4411

**RETURN SERVICE REQUESTED**

We wrote this newsletter ourselves — it's another way to connect with you and our community!  
 We want you to think of us as your personal resource for all personal injury law.  
 Please feel free to refer us to any friends, family, and neighbors that may need our expertise.  
 We welcome the opportunity to help! Call us with any questions at 503-222-4411.



# Shulman DuBois LLC



**FEWER CASES.  
BETTER  
RESULTS.**

1553 SE Tolman St.  
 Portland, OR 97202  
 (503) 222-4411  
 Fax: (503)224-6424

**Email:**  
[info@pdxinjurylaw.com](mailto:info@pdxinjurylaw.com)

**Website:**  
[www.PDXinjurylaw.com](http://www.PDXinjurylaw.com)

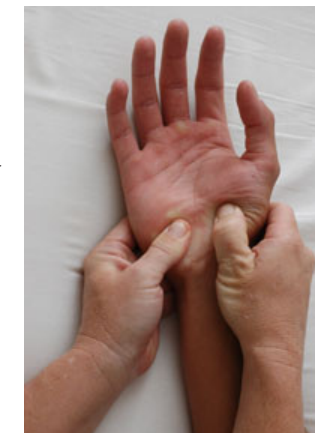
- Areas of Practice:**
- Personal Injury
  - Car Accidents
  - Construction Accidents
  - Bike Accidents
  - Pedestrian Accidents
  - Hit and Run Accidents
  - Products Liability
  - Child injury
  - Animal Attacks
  - Brain/Burn Injuries
  - Assault/Sexual Assault
  - Wrongful Death

**Call Today for a FREE  
consultation.**

**Getting Un-Wrecked After a Car Wreck:  
How Rolfing® Helps People Heal After Car Accidents**

By Guest Expert Karin Wagner, Certified Rolfer

After an injury, it's common to start guarding the injured area. Holding the injured part very still and close to the body creates a feeling of safety but prevents full healing. To return to full health, it's essential to re-learn how to move naturally. Rolfing® Structural Integration can help your brain and your body re-learn natural movement and alignment, so you can heal from your accident.



**A Typical Session of Rolfing®**

During a typical Rolfing session, your Rolfer will watch you stand and walk. Most of the session is hands-on bodywork that is slow and sometimes very deep yet sometimes superficial. The purpose is to reshape the connective tissue (fascia) that wraps every structure in the body. You will probably feel some interesting changes after the first session. The classic way to do Rolfing is a 10-session series which results in a full-body overhaul. However, for motor vehicle claims, sessions are more geared toward your specific injuries.

*Rolfing and Your Injuries, Continued Page 3*



**Are Oregonians Better Drivers  
than Washington Residents?**

According to a study recently released by [carinsurancecomparison.com](http://carinsurancecomparison.com) using data from the National Highway Transportation Administration, the American Motorists Association and MADD, both Oregon and

Washington drivers ranked in the top 15 safest states in the country. But one of them had to rank higher...

**Oregon Ranked Higher Than Washington For Good Driving Behavior**

Oregonians actually were ranked the sixth best drivers in the country, according to the data. Washington drivers came in at a highly respectable 13th. That's not to say that Oregon drivers are better than their Washington counterparts in all respects. For example, Oregon motorists receive a far greater number of drunk driving citations than do Washington drivers. In fact, Oregon ranked a worrying 37th of the 50 states in that category. But Washington ranked a lowly 36th of 50 in citations issued for careless driving offenses, and fell behind Oregon in several other categories.

*Best and Worst Drivers, Continued on Page 2*

### 10 Best States for Good Drivers... and the 10 Worst States

The states with the safest drivers in the country, and their respective "Bad Drivers" scores (points awarded for different driving citations) are:

1. Rhode Island: 47 points
  2. Connecticut: 53
  3. Massachusetts: 56
  4. Virginia: 60
  5. New Hampshire: 68
  6. Oregon: 89
  7. Maine: 91
  8. Illinois: 97
  9. Nebraska: 98
  10. Ohio: 101
- Honorable mention: Washington with 109 points (in 13th Place)

The roll of ignominy concludes with the 10 states with the worst drivers in terms of safety.

1. Louisiana: 196 points
2. Missouri: 184
3. Texas: 183
- T-3rd. Florida: 183
5. Oklahoma: 180
6. Arizona: 178
7. Kentucky: 167
8. Alabama: 165
- T-8th. Montana: 165
10. Nevada: 159

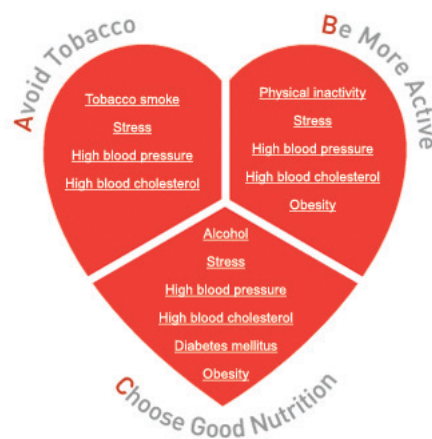
Interestingly, the majority of the worst states for driving safety are in the South and primarily rural. The #1 state for worst drivers, Louisiana, had 49 fatalities per million miles driver.

It is also important to mention that, despite good scores in the categories of number of tickets received and failure to obey traffic laws, Oregon had a very high number of drunk driving citations.

### February is American Heart Month

Stay healthy with the following tips...

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Select and purchase foods lower in salt/sodium.
- If you drink alcohol, drink in moderation. That means no more than one drink per day.
- Keep an eye on your portion sizes.



Source: <http://cdc.gov/features/heartmonth/>

### Valentine's Day Word Scramble



Your Certified Rolfer will use gentle but direct pressure to sculpt your connective tissue, muscles, nerves, and bones back into position. For car accident recovery, your session will include detailed attention to the injured areas, but also adjacent areas. For instance, low back pain will require re-alignment of the pelvis, and pain in the back of the ribs will require work to be done in the front of the ribs. You will often have "homework," usually practicing a new way to sit, bend over, stand, or walk. If driving aggravates your symptoms, your Rolfer may come out to your car to troubleshoot the situation.

#### Rolfing® Structural Integration

Rolfing® was developed in the 1940s by Ida Rolf. Rolfers help the body's posture through techniques that manipulate connective tissue. These techniques are meant to re-align the body for "structural integration" and have been compared to yoga, massage, physical therapy, and chiropractic treatments in terms of healing injuries.

#### Signs of a healthy parasympathetic nervous system:

- Restful sleep
- Good digestion
- Able to see the "big picture"
- Reaction to others is generous, patient
- Able to stay present mentally



Rolfing® Structural Integration is an amazing, transformative process that can help you develop both physically and emotionally. Rolfing can reduce physical pain, improve your posture and balance, and make movement easier. After a car accident, consider treating with a certified Rolfer to regain both physical and mental balance.

Karin Edwards Wagner, the author of this article, is a Certified Rolfer in the SE Hawthorne district. She is able to bill PIP claims. For more information about Rolfing, please visit [www.portlandrolfer.com](http://www.portlandrolfer.com) or [www.rolf.edu](http://www.rolf.edu). For more information about trauma healing, check the library for books by Peter Levine: *Waking The Tiger* and *In an Unspoken Voice*, or visit Karin's website [www.portlandrolfer.com](http://www.portlandrolfer.com). Karin also offers short classes on movement, posture, and the nervous system.

### Rolfing® and the Sympathetic Nervous System

During your Rolfing sessions, you will also learn to use your body awareness to track your brain's process of healing from the trauma of the accident. Your brain is hard-wired to respond to danger. "Fight or flight" can get us out of a bad situation and back to safety. But this stressed state can linger for weeks – or longer – after the accident has passed. It's called a "sympathetic" nervous system response.

#### Signs that your sympathetic nervous system is over active:

- Sleep trouble
- Nausea
- Racing heartbeat or panic attacks
- Muscle tension, especially in back, neck, shoulders, arms
- Overreacting to minor stress

You can learn how to get your nervous system back into balance. With patience and self-awareness, you can get the "parasympathetic" aspect of the nervous system to turn back on so you can relax and enjoy more peacefulness in your daily life.

#### Ways to re-balance your nervous system:

1. Slow down, take time to be present
2. Tune in to your body sensations
3. Soften your eyes, expand your peripheral vision
4. Seek out a friend in times of stress
5. Nurture yourself with a hot bath or a walk in nature
6. Get help from a practitioner who is familiar with trauma