



BackTalk Newsletter

May 2026



"The world's favorite season is the spring. All things seem possible in May"

-Edwin Way Teale



COMING THIS FALL....
PERSONAL INJURY POWERHOUSE SEMINAR

Sponsored by Personal Injury Training LLC & Larson Law

SATURDAY, OCTOBER 24TH, 2026
8 CE HOURS for \$80

Springhill Suites by Marriot
11280 S River Heights Drive
South Jordan, UT 84095

More details and information about speakers will be coming soon!
Mark your calendars for this amazing seminar!

Understanding REM Sleep



Sleep & Recovery: Why REM Sleep Matters for Your Patients

After a long day, everybody needs sleep to recover—and it's doing more behind the scenes than people might think. Sleep happens in cycles that include both deep sleep and **REM (rapid eye movement) sleep**, the stage where most dreaming occurs and the brain is highly active.

During REM sleep, the brain processes information, supports memory, and helps regulate emotions, while the body stays mostly still. In contrast, deep sleep is when the body focuses on physical healing—repairing tissues, building muscle, and strengthening the immune system.

Quality sleep plays a critical role in musculoskeletal healing and overall recovery. During sleep, the body cycles through deep (NREM) sleep and **REM (rapid eye movement) sleep**, each serving a distinct purpose.

- **Deep sleep (NREM 3)** supports physical repair—tissue healing, muscle recovery, and immune function.
- **REM sleep** is a neurologically active phase linked to cognitive processing, emotional regulation, and procedural learning.

For patients recovering from injury, both stages are essential. While deep sleep facilitates structural healing, REM sleep may help patients better process pain, improve adherence to care plans, and support neuromuscular re-education.

Adults typically require **7–9 hours of sleep**, with REM sleep comprising about **25%** of total sleep time. Because REM is concentrated in the latter part of the night, insufficient sleep duration may disproportionately reduce this critical phase.

Clinical Considerations:

- Poor sleep may contribute to increased pain sensitivity and inflammation
- Disrupted REM sleep may impact emotional resilience and recovery outcomes
- Fatigue can interfere with patient compliance and rehabilitation progress

Supporting Better Outcomes:

Encouraging patients to adopt consistent sleep habits—regular schedules, limiting stimulants, and optimizing sleep environments—can complement chiropractic care and enhance recovery.

Takeaway:

Sleep is a foundational component of healing. Integrating sleep education into patient care may help improve both physical recovery and overall treatment outcomes.

Article- <https://www.goodrx.com/well-being/sleep/rem-sleep>

**6th Annual
Utah Chiro Heroes
Golf Event**



Where:

**Talon's Cove,
Saratoga Springs**

2220 S Talons Cove Dr,
Saratoga Springs, UT 84045

When:

June 17, 2026

7:00AM - 1:30PM MDT

REGISTER NOW



 <https://www.chiroheroes.org>
 eharrisondc@yahoo.com

BREAK THE CHAINS

Join ChiroHeroes In Our Fight Against Human Trafficking, Sex Slavery, and Slavery.
100% of Proceeds Go Directly to Support Those Impacted by Human Trafficking.

It is time once again to register for our 6th annual Chiro Heroes Golf Event! We want to thank you all for your prior participation and invite you to join us again this year!

As always all proceeds from this event go DIRECTLY to help fight human/sex trafficking.

To help offset the costs of the golf tournament we are looking for a TITLE SPONSOR. If any of you are interested please let me know.

Thank you in advance!

Sincerely

Dr. Eric J Harrison
CEO Chiro Heroes

Strategies to strengthen patient engagement and reduce risk!



Stronger Communication = Better Outcomes (and Fewer Claims)

Research shows that engaged patients are more likely to follow treatment plans, achieve better health outcomes, and feel confident in their care. On the flip side, poor communication and lack of engagement can lead to dissatisfaction—and even malpractice claims. In fact, recent data found that cases involving low patient engagement often resulted in more severe injuries and higher payouts, especially in office and clinic settings.

Why it matters:

Health care works best as a team effort. When patients feel heard, informed, and involved, they're more likely to trust their providers—and less likely to pursue legal action.

Key ways providers can improve patient engagement:

- **Create a patient-focused experience:** Set clear expectations, communicate before appointments, and provide excellent service at every touchpoint.

- **Keep communication simple and clear:** Avoid medical jargon, encourage questions, and use techniques like “teach-back” to confirm understanding.
- **Listen and show empathy:** Take time to understand patient concerns, goals, and potential barriers to care.
- **Respond quickly to concerns:** Open, compassionate communication after complaints or unexpected outcomes can help preserve trust and prevent escalation.

Bottom line:

Patients may not remember every detail—but they will remember how they were treated. Clear, compassionate communication not only improves care but also reduces risk and strengthens patient relationships.

Article from Physicians Practice: https://www.physicianspractice.com/view/3-strategies-to-strengthen-patient-engagement-and-reduce-risk?ekey=RUTJRD05MjNDODYxQi1FOElzLTQzMzltODk4Ny04OTNBRjU2RjAzMTY%3D&utm_campaign=emailname&utm_medium=email&_hsenc=p2ANqtz--7_YQUQCBi0fUFHpLNk-ZwkacR3UWW_Pv4F3YW-HLv8WqD0F7C7zBSPsNrTR2fPjloSj2uS2u6C1XKjqPuNdKQAdW0AVdel01mEP7M6pcpgoN3UME&_hsmi=366227119&utm_source=hs



May Safety Reminder:

As spring turns into early summer in Utah, activity levels increase—and so do injury risks. Here are a few timely reminders you can share with patients this month:

1. Watch for Increased Road Traffic

With more travel leading up to Memorial Day, car accidents tend to rise. Remind patients to avoid distracted driving and to seek evaluation after any collision—even if symptoms seem minor at first.

2. Spring Sports & Outdoor Injuries

Warmer weather brings running, biking, hiking, and youth sports. Encourage proper warm-ups, stretching, and gradual increases in activity to help prevent strains, sprains, and overuse injuries.

3. Yard Work & Weekend Projects

Gardening and home projects can lead to back, neck, and shoulder injuries. Patients should use proper lifting techniques, take breaks, and avoid overexertion—especially after a sedentary winter.

4. Recognize Delayed Symptoms

Soft tissue injuries, whiplash, and nerve-related issues (like numbness or tingling) may not appear immediately after an accident. Early evaluation and documentation are key for both recovery and care planning.

5. Encourage Early Care

Prompt chiropractic assessment and treatment can improve outcomes, reduce long-term pain, and help patients return to normal activities more quickly.

We're Here to Help

If your patients have questions following an accident or need guidance navigating injury claims, our firm is always available as a resource.



www.larsonlawutah.com

801-601-8323

Super Lawyers®

Congratulations to our own Bryan A. Larson!

Bryan has been selected to the **2026 Mountain States Super Lawyers list**—an honor awarded to no more than 5% of attorneys in the region.

This recognition reflects his dedication, excellence, and commitment to the legal profession.



**Thank You for Your Trust –
Referrals Are Appreciated!**

We are truly grateful for the trust you place in us to handle your personal injury cases. Your referrals are the highest compliment we can receive, and they help us continue doing what we do best: supporting patients through challenging times.

If you know someone who has been in an accident and could benefit from experienced legal guidance, we would be honored to assist them in getting the care and compensation they deserve.

You can rest assured that anyone you refer will receive the same dedication, respect, and attention to detail that we provide to every client.

Thank you for your confidence in us—
we truly value your partnership.

HAVE A WONDERFUL MONTH OF MAY FROM ALL OF US AT LARSON LAW!!

**Larson Law
Pamphlets & Business Cards**

Please let us know if you are in need of Larson Law pamphlets and business cards.

We can mail them out to you or feel free to stop by to pick them up.

Let us help you with your Personal Injury case flow!



www.larsonlawutah.com

801-601-8323

Did you know Larson Law has Facebook Pages, Instagram, TikTok and more!

Click icon links below to follow our pages!

We'd love for you to join and like our pages!

**If you have any recommendations for our BackTalk newsletter or our upcoming seminar,
please email us at ceri@larsonlawutah.com**

Find Us Online



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This email is being sent to you as a respected chiropractor in our community.

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