



BackTalk



A Monthly Newsletter by the Chiropractic Health Centre
586 Oxford St. East. London, Ontario

May 2012
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Clinic News

 May 1st to 7th is 
Spinal Health Week!

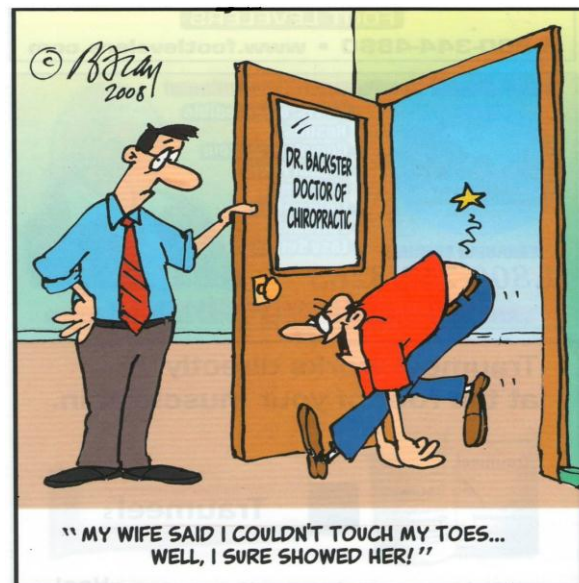
This is a great opportunity for you to bring in your family, friends and co-workers for a complimentary Spinal Check-Up.

Let's put a spring in their step!!

As a thank you for your referral, you will receive your next adjustment free and you will also be entered into our monthly referral draw.

Health is one's most valuable possession. Let us help with being the loving parent, the responsive spouse or the dependable employee. *Its time to invest in their health with chiropractic care-they're worth it!*

Who do you know that would benefit from a spinal check-up?



Office hours for Victoria Day weekend:

Friday May 18th 9:00 – 12:00 & 2:30-6:00
Saturday May 19th - CLOSED
Monday May 21st- CLOSED
Tuesday May 22th -8:00-12:00 & 2:30-6:00



Keep Your Child's Spine in Line



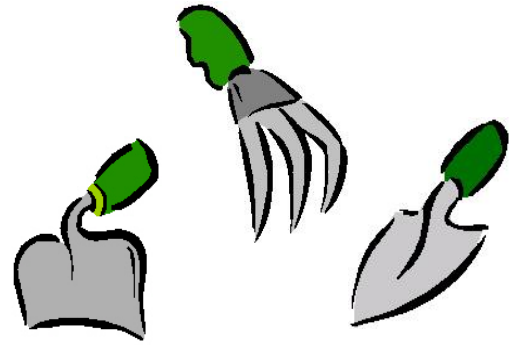
Carefree warm weather days of play, with their bumps, jars and tumbles are fast approaching! **Now is the perfect time for a spinal check-up** to get ready for the effects of end-zone tackles, blocked foul shots and head-first dives into second base. Children's poor postural habits and sudden stops, starts and directional changes can add extra stress and cause spinal misalignments, altering the energy



transmission from the central nervous system and affecting the child's development.

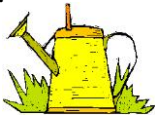
Regular spinal check-ups can keep your child's spine in line. They can also detect the early signs of scoliosis conditions, which can be corrected with early treatment. **On your next visit bring your child in for a spring check-up**, it's the best way to maintain vibrant health for a happy and energetic spring and summer.

Gardeners are Athletes too!



Raking, hoeing, lifting, digging, kneeling, planting... almost enough physical activity to qualify for the Olympics. OK, maybe not quite. But gardening certainly does count as physical activity, and as with any sport, you must use the right form and technique to avoid injury.

Remember these important tips:



- **Do the “scissors” when you rake:** Stand with your right leg forward and your left leg back while you rake. Switch every few minutes. This will keep you from bending and twisting your way into a sore back. Take periodic breaks while you’re working.
- **Change hands frequently:** Changing hands when raking and hoeing prevents muscle strain on one side of the body. Try to stand as straight as possible with your head upright. Pause every few minutes to stretch.
- **Use long-handled tools:** Long-handled tools let you avoid bending forwards and sideways as you work, which can cause you to strain your neck or lower back. Check at a garden store for the latest models.
- **Lift properly:** Face the object you plan to lift, bend your knees, and draw the load in close to your body. Use the muscle power of your legs to lift. Don’t lift heavy objects above your waist. Ask for help moving big flowerpots and bags of soil or garden waste.
- **Kneel to weed and plant:** Constant bending and squatting can put strain on your back, neck and leg muscles. You can buy special kneepads and mats that make kneeling on the ground more comfortable.

And finally, like all good athletes, drink plenty of fluids throughout your workday. Cool down at the

end of your garden workout; repeat these stretches or take a short walk around the block. You’ve earned it!

Before you grab those garden tools, limber up with some easy stretches:

1. While seated, extend your leg out straight in front of you, and place your heel on a low step or footstool (even a phone book will do). Keep your knee straight and lean forward gently until you feel a pull in the back of the thigh (that’s your hamstring muscle). Don’t bounce or strain. Hold for 15 seconds, relax and repeat. Now repeat with the other leg.
 2. Stand up and balance yourself. Reaching behind you, grab your left ankle with your left hand. Pull your heel toward your buttocks and hold for 15 seconds. Relax and repeat. Now repeat with the other leg.
- Stay standing and raise your arms above your head. Knit your fingers together, palms toward the sky, and lean to one side for 10 seconds. Then lean to the other side. Repeat this three times.
4. Hug yourself snugly and rotate as far as comfortable to one side. Hold for 10 seconds, and then rotate to the other side. Repeat three times.



Now you’re ready to rake and hoe!



