



Spinalguy Chiropractic

Relief & Wellness Newsletter

JULY 5, 2017

DR. TOM KELLY

Regular Hours

Mon 8am-12pm, 3pm-7pm
Tue 3pm-7pm
Wed 8am-12pm, 3pm-7pm
Thu Closed
Fri 8am-12pm, 3pm-6pm
Sat 9am-12pm

Summer Hours

June July August

Mon 8am-12pm, 3pm-7pm
Tue 3pm-7pm
Wed 8am-12pm, 3pm-7pm
Thu 3pm-7pm
Fri 8am-12pm
Sat Closed

Spinalguy Chiropractic

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We're on the Web!
www.spinalguy.com

Importance of Spinal Health

Children face many challenges to their spinal health. These challenges include: sitting for long periods of time, carrying heavy backpacks, bending over their homework and hunching over phones and tablets.

If your child is having regular aches and pains, consider talking to a chiropractor. Chiropractors are trained to treat all age groups and can provide advice on achieving a balanced and healthy lifestyle.

Common Concerns

Backpacks

Backpacks can place stress on growing spines. Risks include poor posture, distortion of the spinal column, muscle strain, headaches, neck and arm pain, and even nerve damage. What can you do to help your child?

- Choose a bag made of lightweight material, such as vinyl or canvas.
- Pick a bag that has two wide, adjustable and padded shoulder straps, along with a hip or waist strap, a padded back and plenty of pockets.
- The total weight of the pack should not exceed 15 per cent of your child's body weight.
- Never allow your child to sling a backpack over only one shoulder.
- Using the waist strap reduces the strain on your child's back and transfers some of the load to their hips.

Technology

As kids spend more and more time using devices, issues like text neck become real developmental threats. Use of these devices often reinforces poor posture. Associated risks include: headaches; neck and shoulder pain; upper and lower back pain; and sore hands, fingers and forearms.

- Limit or minimize the hours your child sits with their device(s).
- Kids are meant to move! Ensure your child is getting regular physical activity.
- When sitting, encourage your child to sit up straight with chest out and shoulders back.
- If your child must look down at their device, encourage them to tuck their chin into their neck instead of hanging their head forward.
- Make sure your kids stretch their hand, shoulder and neck muscles to strengthen their posture.

Did you know...

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."
~ Albert Schweitzer

Sports Injury

Children involved with sports are developing injuries at a much higher rate than in the past. A lot of these injuries are due to repetitive stress and overuse, sometimes called repetitive strain injuries (RSIs). What can you do to help your child stay in the game?

- Ensure your child is getting enough sleep, eating the right foods and drinking plenty of water.
- Make sure your child does warm up and cool down exercises before and after every activity.
- Allow for adequate recovery time – this means, for example, when hockey season ends, wait a month or so to enroll them in hockey school or power skating.
- Encourage them to try a different sport in the off-season. Kids who play many different sports usually develop better coordination and motor skills than their single-sport counterparts

Sitting & Slouching

Sedentary behaviour can create health risks that are completely avoidable including neck, shoulder and back pain, as well as tension headaches. Additionally, it may affect your child's confidence levels. What can you do?

- Make sure your child is reaching the daily limit for physical activity. **Canada's Physical Activity Guidelines** recommend at least 60 minutes of daily activity for children and youth.
- Kids should not be sitting for more than 45 minutes without standing and stretching.
- Instead of continually telling your child to sit up straight, encourage your child to take responsibility for their health. Try placing a bracelet or tying a colourful string around your child's wrist and allow them to remind themselves.

Alberta College and Association of Chiropractors Blog

*If you wear
out your
body...*

*Where will
you live?*



*“A person without a
sense of humor is like a
wagon without
springs. It’s jolted by
every pebble on the
road.”*

~ Henry Ward Beecher

Grilled Greek Chicken

Ingredients:

6 cloves garlic (or more to taste), crushed or very finely minced
2 tablespoons dried oregano
1 teaspoon red pepper flakes, or to taste
1 teaspoon freshly ground black pepper
1/2 cup lemon juice
1/4 cup olive oil
1 tbsp distilled white vinegar
6 chicken leg quarters
1 lemon cut into wedges

Directions:

Whisk garlic, oregano, red pepper flakes, black pepper, lemon juice, olive oil, and vinegar together in a large bowl.
Make 2 slashes on the skin side down to the bone in the thigh section and 1 in the leg section of each leg quarter. This will help infuse pieces with marinade and allow faster cooking on the grill. Season both sides of chicken generously with kosher salt. Transfer to bowl with marinade and thoroughly coat all sides. Cover and marinate in refrigerator 4 to 12 hours
Transfer chicken to paper-towel-lined sheet pan to drain slightly
Place leg quarters on grill skin side down over semi-direct heat (avoid intense direct heat so chicken cooks evenly and skin doesn't burn). Cook 6 or 7 minutes. Turn chicken and cook another 6 to 7 minutes. Continue cooking and turning until internal temperature reaches 165 degrees F (74 degrees C), 8 to 10 more minutes. Serve with lemon wedges.

