



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

JULY 31, 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

214, 12100 Macleod  
Trail SE  
Calgary, Alberta  
T2J 7G9

**Phone**  
**403-278-7876**

**Fax**  
**403-278-9555**

**We're on the Web!**  
**[www.spinalguy.com](http://www.spinalguy.com)**

Chiropractic care is among the most commonly used form of conservative therapies. Not surprisingly, health promotion and prevention has been core to the profession's work and training. MSK conditions including low back and neck pain remain one of the most common reasons for physician visits, disability and lost time. The importance of prevention is crucial in decreasing the burden of these conditions on the healthcare system and Canadians alike.

Inherently, chiropractors are health promoters and keenly interested in prevention of injuries and conditions. Commonly, chiropractors include public education related to physical activity and lifestyle in patients' plan of management in an effort to prevent reoccurrence. Also, studies<sup>1,2</sup> have demonstrated that receiving periodic maintenance treatment can help prevent reoccurrence of MSK conditions and keep you healthy and active.

#### How Can Our Experts Help?

These are examples of how chiropractors can help.

#### Prevention & Maintenance

As MSK experts, chiropractors can provide valuable information on how to prevent injuries and treat back and neck pain, as well as other MSK pain and dysfunctions. If aches and pain are affecting your ability to engage in your activities of daily living and actively participate in life, consider visiting a chiropractor today. Even without symptoms and pain, preventative care may be right for you. Studies have demonstrated that maintenance care can reduce likelihood of reoccurrence and decrease overall care costs.

#### Lifestyle

Canadian chiropractors are trained to provide a thorough assessment and suggest a comprehensive plan of management to meet your goals and needs. As part of the treatment plan, chiropractors can also provide guidance for physical activity, nutritional counselling and recommend injury prevention strategies.

#### Falls Prevention

Falls can happen to anyone; however, seniors are more at risk and usually suffer greater consequences as a result of a fall. Seniors who have suffered a fall know too well the impact both physically and psychologically, such as loss of independence and confidence.

Falls remain too common affecting one in every three Canadians over the age of 65 with hip, wrist and pelvic fractures as the most common injuries<sup>3,4</sup>. Canadian chiropractors can help treat MSK conditions that may contribute to falls but also provide some guidance in terms of falls prevention strategies

1. Wenban, A., Nielsen, M. (2005). Chiropractic maintenance care and quality of life of a patient presenting with chronic low back pain. *JMPT*. 28(2): 136-142.
2. Rupert, R. (2000). A survey of practice patterns and the health promotion and prevention attitudes of US chiropractors. Maintenance care: part I. *J Manipulative Physiol Ther*, 23:1-9
3. World Health Organization. (2008). Global Report on Falls Prevention in Older Age. Geneva: World Health Organization.
4. Scott, V., Peck, S. & Kendall, P. (2004). Prevention of Falls and Injuries Among the Elderly: A Special

*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*

## 7 Tips for Smart Hiking

Author: CCA Staff Team Date: Jul 26, 2017



Hiking is a great way to get exercise outdoors; socialize with friends, family, or coworkers; and celebrate Canada's parks this summer. In every case, it's always a great idea to hike smart.

Here are some quick tips to add to your checklist for a hike that is safe, smart, and fun!

1. **Know the trail, and stick to it:** Get to know your trail before you set out. Review the map. Get to know the entrances and exits to the trail. You should also take the time to figure out where water is available along the trail and mark it on your map. Let someone know where you'll be hiking and when you plan to be back. Don't venture off the plotted route.
2. **Choose an appropriate hike:** Know your fitness level, and choose a hike that's suited to your abilities, and the abilities of those in your group. Stay within your limitations and abilities, and be considerate of the group's needs as well.
3. **Dress appropriately:** This includes checking the weather and dressing appropriately or bringing along any necessary gear to accommodate an expected shift in sun, rain, or other weather patterns. Don't set out on an overcast sky with a 50% chance of rain without a raincoat or a poncho.
4. **Pack wisely:** Pack light and strategically. The heaviest items should be food and water (and you **MUST** bring water) and they should be easily accessible. Try to pack the heavier items close to the centre of the pack and higher up to help maintain your centre of gravity. Other essential packing items include a flashlight, extra batteries, a map, compass, whistle, and a first aid kit. Remember to consider a waterproof cover for your backpack in rainy conditions.
5. **Wear it right:** This is important for your back. If you have a pack with hip and chest straps, put on the backpack, loosen all the straps, and tighten the hip belt at the hips (not above) before tightening the shoulder straps. Tighten the strap across your chest for shoulder support last.
6. **Walk and talk:** When you hike, make sure you have enough energy to chat with your hiking partner. If you're out of breath or breathing deeply, you might be pushing too hard. You know you have a good pace going if you can carry on a conversation with the person you're hiking with.
7. **Take breaks:** Don't let your initial excitement get the better of you. Take a break for ten minutes every hour. Take that time to have a snack and drink some water. Make sure to keep your body fueled before, during, and after your hike.

If you have any concerns about carrying your pack, or about what physical activities are right for you, visit your family chiropractor.

*If you wear  
out your  
body...  
Where will  
you live?*



## 9 Benefits of Getting Your Exercise in the Pool, Lake, or Ocean

Author: CCA Staff Team Date: Jul 19, 2017

Summer is well underway and water activities are in full-swing. Whether it's at a nearby lake, beach, or swimming pool, it's time to talk about water exercises and why they're good for you.

Here are nine benefits of exercising (particularly swimming) in water:

1. **There's low impact on your joints:** Water gives you buoyancy—i.e., you float! This decreases the impact on your joints, so when you swim or exercise in the water, you have a lower risk of injury.
2. **It does a better job at keeping you cool:** Working out can cause you to overheat, especially in the summer. Exercising in the water helps the body cool off faster and reduces the risk of overheating. If the water is warm, it may not help keep you cool, but it does help increase blood circulation, which is a plus when exercising.
3. **Water has built-in resistance:** Because you're moving your body through water instead of through air, you're working harder. This resistance is great for building all-around strength and endurance.
4. **You can adjust the resistance:** Depending on your speed, position, or form in the water, the resistance you face is dynamic. For example, the more streamlined your swim stroke, the faster you'll travel with less resistance. If you're jogging or running in water, particularly if it goes higher than your waist, you're getting much more resistance (this is often done if you're training to improve your running speed, strength, and endurance when you're on land).
5. **It gets easier over time:** The more knowledge and skill you have with respect to swimming, the more efficient your body becomes when moving through the water. This translates to less energy and effort exerted, and greater speed. The good news is that the more you learn, practice, and condition your body, the easier swimming will be.
6. **You can incorporate rest:** You don't have to stop exercising in the water to give your body a rest during a workout. If you're swimming, you can add resting strokes like sidestroke or elementary backstroke for a minute or two (or a lap or two in the pool) until you recover.
7. **You can increase intensity slowly:** The benefit of swimming is that you can make gradual changes to your routine without much effort. Simply increase the time spent swimming continuously and take shorter rest breaks—or replace your breaks with rest strokes (see tip #6) as you build up your swimming regime.
8. **It's great for keeping joints limber and toning muscles:** Since exercising in the water is so low impact, your joints stay nimble. With the built-in resistance of the water, swimming is great for keeping your muscles toned.
9. **It offers support for the whole body:** Not only is exercising in the water low-impact, it's also excellent for support. Bonus: it supports your back! You don't have to worry about the weight of your body on your spine or your posture when you move your body through water. If you're not a swimmer, you can still use the water for gentle exercise: do some walking workouts waist-deep in a swimming pool to take the pressure off your joints and back while still getting movement.

So, take the pressure off, hit up your local beach or pool, and go for a swim! Before you take a dip, check out our safety tips on swimming both in pools and open water.

Talk to your family chiropractor to find out what types of exercises are right for you.

*"The best preparation  
for tomorrow is doing  
your best today."*

*-H. Jackson Brown Jr.*

