



Spinalguy Chiropractic

Relief & Wellness Newsletter

MARCH 1 2019

DR. TOM KELLY

NOVEMBER THRU APRIL

Mon: 8am-12noon, 3pm-7pm
Tues: 3pm-7pm
Wed: 8am-12noon, 3pm-7pm
Thurs: Closed
Fri: 8am-12noon, 3pm-7pm
Sat: 9am-12noon (Dec 7th & 28th)

MAY THRU OCTOBER

Mon: 8am-12noon, 3pm-7pm
Tues: 3pm-7pm
Wed: 8am-12noon, 3pm-7pm
Thurs: 3pm-7pm
Fri: 8am-12noon
Sat: 9am-12noon (twice per month in Sept and Oct, please phone)

Spinalguy Chiropractic

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

Chiropractors have a role to play in their patient's general well being and self care. One way that chiropractors do this is through maintenance care.

Most people associate a visit to the chiropractor with injuries like whiplash, thrown backs and other kinds of pain that require immediate treatment. That is only one part of a much bigger picture.

What is maintenance care

The goal of maintenance care is to maintain optimal function and movement, keep your body balanced and to prevent future injuries.

"Think of it like when you go to the clinic for an annual checkup." Explains Dr. Taylor Cooksley. "When you go to your chiropractor for maintenance care, they will assess your posture, movement and general musculoskeletal health. This kind of care is beneficial for everyone, not just people who are physically active."

Based out of the Brentwood Chiropractic Clinic in Sherwood Park, Dr. Cooksley regularly sees patients of all ages for acute and maintenance treatment.

"When we examine younger patients, we can monitor how their bones are developing and ensure their movement patterns are correct and normal. When we see senior patients, we often work to keep our patients mobile and help prevent future falls and injuries."

Maintenance care goes hand in hand with self care

The end goal of maintenance care and self care is the same: to ensure you are healthy. Maintenance care focuses your physical well being, which is one part of the bigger picture of your health.

"Good self care and health is a balance between looking after your physical health, as well as your emotional health and mental health." Says Dr. Cooksley.

It isn't hard to incorporate self care into your day. Maintenance care, getting restful sleep and eating well are just a few ways to keep you at your best. Dr. Cooksley maintains her own self care in a number of ways.

"My own self-care practice includes deep, belly breathing throughout my day to help calm my mind and relax tension from my muscles. I also try to get at least 20 to 30 minutes of physical activity a day, something I recommend to all my patients."

*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

Tight For Time in the Morning? Me Too!

Overnight oats are my go to breakfast, aside from the health benefits, they are fast and easy to make the night before so you can grab and go in the morning! These will keep in the fridge for up to 5 days so it’s incredibly easy to take 10 minutes and prepare oatmeal for the whole week!

In a container or mason jar, mix equal parts oats and milk of your choice. Stir and put in the fridge overnight. It’s that easy!

Some of my favorite things to add are:

- Any kind of berry or fruit
- Cinnamon
- Peanut butter
- Honey
- Nuts / Seeds
- Chocolate chips

Get creative and make it your own!



HAPPY   
St. Patrick's
   **DAY**