



# 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 7<sup>th</sup> & 28<sup>th</sup>)

### 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)

***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."

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

## *Did you know...*

- We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?*

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

*~ Albert Schweitzer*

## **Maintenance care extends beyond the chiropractic clinic**

A maintenance and injury prevention-style treatment plan is unique to each patient, just like self care. After an assessment, chiropractors work with their patients to set health goals and make recommendations on treatments. Often, patients are able to fulfill these recommendations independently.

"It's common for chiropractors to teach their patients stretches and simple exercises to build into their lives," Says Dr. Cooksley. "These activities can help build strength, loosen stiff muscles and joints, improve your quality of movement and help break unhealthy movement habits we get into during our daily life."

## **Maintenance care does not mean you will need to visit your chiropractor forever**

"We are here to support you when you want to change your activities or lifestyle and need new tools to get you to your goals." Explains Dr. Cooksley.

Maintenance care can include teaching patients stretches, helping to monitor existing physical conditions, nutritional counseling and providing advice to empower patients.

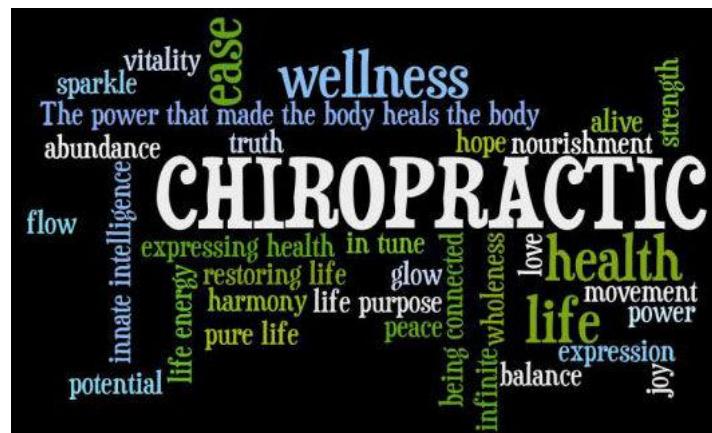
"A good chiropractor wants to give you the tools to become self-sufficient and in control over your aches and pains, not have you rely on his or her services for the rest of your life."

## **How do I know if chiropractic is a good choice for me?**

It's important to keep in mind that self care requires different tools to successfully support your health. Chiropractic is a great way to keep your body flexible and relieve pain, and it fits well with other kinds of self care activities.

The best way to determine whether chiropractic care is for you is by having a conversation with a chiropractor. Depending on your needs, your chiropractor may work with another health care professional, or refer you for a different kind of treatment.

"Seek out health-care professionals that are dedicated to helping you live a healthier, happier life. That may be a chiropractor, and it may be massage therapists, acupuncturists, nutritional counselors and physiotherapists," Suggests Dr. Cooksley.



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!

