



# Barrhaven Chiropractic Health Centre

## NEWSLETTER

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## Do This, Not That!

As a chiropractor one of the most common questions asked by patients is, "what exercise can I do when I go to the gym to strengthen my back?" Well, contrary to the objective of a body builder trying to achieve a perfect beach body, by working on superficial muscles, strengthening our backs for spinal health requires that we train the deep muscles that attach to our spine. Also, many exercises you see being done in fitness facilities produce a large amount of force on our spine and discs and can lead to injury. So the next time you're at the gym or at home about to work on those back muscles, DO THIS....

### Birddog



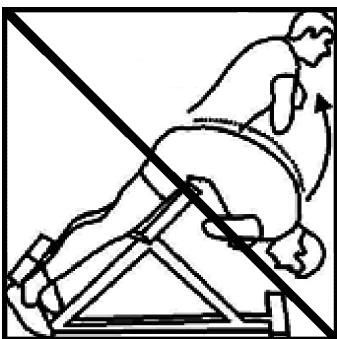
From an all-fours position, extend one leg and the opposite arm so that they are parallel to the floor. Hold this position for a count of two, and then repeat with the opposite arm and leg. Try doing 3 sets of 20 (10 on each side)

### Key points to remember

Maintain the natural curve of your spine throughout the exercise.  
Maintain a mild contraction of the abdominals to help ensure spine stability.  
Avoid "hiking" the hip, which twists the spine.

### Not That...

*Back extensions*



*Back extension machine*



## Glucosamine, how much is enough?

As our population ages and the increased interest and importance of health prevention become more prominent, more and more people are adding natural supplements to their chiropractic routines. One of the most commonly used supplements on the market is, Glucosamine.

Glucosamine sulfate is a natural substance, produced in our bodies as an important component in the nourishment and production of joint cartilage, our joints biological shock absorber. As we age our body slows down its production of glucosamine sulfate, which results in erosion of joint cartilage, setting the state for osteoarthritis and degenerative joint disease. Fortunately, studies have shown that glucosamine sulfate can help the body rebuild and repair joint cartilage, as well as possibly help in the prevention of joint degeneration.

### So how much is enough?

Most research studies have shown that, in order for the glucosamine to have an effect, 1500mg should be taken daily for the first 30-90days.

**IMPORTANT:** Please note that before starting any supplementation program you should consult your doctor and/or pharmacists to make sure that you are eligible to begin supplementation and that there are no drug interactions with other medications you may be taking.

## Does the shoe fit?

Pursuant to January 1st and the infamous New Year resolution to become more active, spring is often the season that gets us off our couch and into our old sneakers to finally start that fitness program that we promised ourselves in January, but somehow never started.

As a health care provider, we are the first ones to encourage our patients to get active. However, we are also interested in making sure that you are fully prepared to start that fitness program. The importance of foot function and its impact on our body cannot be taken lightly. Research has shown that the smallest abnormality in foot function can have a huge impact on the joints of our body causing foot, ankle, knee, hip and/or back pain.

With the endless marketing strategies from big name shoe companies, it can be quite overwhelming choosing the right running shoe. What you must keep in mind, is that there is no single best shoe, as everyone is different.

There are three main factors to consider when purchasing a running shoe;

- foot type
- your weight
- the overall fit

### Foot Type

Without getting too technical, there are three different types of feet based on the arch of your foot. The arch is the curve along the inside of your foot connecting the toe and heel.

Normal arch (neutral pronator)  
Low arch (flat feet or overpronator)  
High arch (supinator)

The simplest way of determining what type of foot you have is by looking at the outline of your wet feet as you step out of the shower onto the floor or towel.

### What do your wet feet look like?



*Normal      Flat      High*

## Matching the foot to the shoe

Most shoe manufactures categorize their running shoes as; cushioned, stability and motion control

Foot Type	Shoe Type
Normal Arch	Stability
Flat Feet	Motion Control
High Arch	Cushioning

### Weight

The more you weigh the more force you generate and the more stress you place on your arches. Therefore heavier runners need a shoe with more cushioning to absorb shock.

### Overall fit

There are a few things to remember when assessing overall comfort and choosing the proper fit.

- Heel should be snug and not slip

- Leave approximately a finger width between your longest toe and the end of the shoe
- Measure both feet and fit the shoes for the larger foot
- Leave enough room in the toe box – should be able to wiggle your toes
- Try the shoe on with the socks that you will wear when running
- Midfoot should be snug but not tight
- Buy your shoes at the end of the day, as feet swell as the day progresses

Our feet have a huge impact on our entire body, so be sure to choose the right shoe before starting that running group or fitness program. It's important to note that, although there are some great shoes on the market, many people have structural abnormalities in their feet that require a customized orthotic for normal function. Having said that, if you're not sure what your feet look like or if you should be wearing an orthotic, let us have a look, and we'll make sure that the shoe fits!

## Did you know?

That drinking a cold glass of water can help you lose weight? Many weight loss programs suggest that you drink 8-10 glasses of water per day, in order to give yourself a feeling of fullness and suppress hunger. However, research has shown that when we drink cold water our body needs to warm the fluid to body temperature and hence speeds up your metabolism in order to do so. The rise in metabolism helps to shed calories and promotes weight loss.