



Barrhaven Chiropractic Health Centre

NEWSLETTER

Telephone: (613) 825-7773
2900 Woodroffe Ave
Unit 6B, Nepean, ON K2J 4G3

Lift Light, Shovel Right

(Courtesy of the Canadian Chiropractic Association)

Stay safe this season

When you consider that a shovelful of snow weighs 5 to 7 pounds, you realize how much weight you have to lift to clear your sidewalk or driveway — on average, several hundred pounds! These tips will help keep your back in top shape and minimize the risk of back pain.

1. **Don't let the snow pile up:** If the weather report calls for several days of snow, frequent shoveling will allow you to move smaller amounts of snow rather than move the total accumulation all at once.
2. **Pick the right shovel:** Use a lightweight push-type shovel. If you are using a metal shovel spray it with Teflon first so snow won't stick to it.
3. **Push, don't throw:** Always push the snow to the side rather than throwing it. That way you avoid lifting heavy shovelfuls of snow and sudden twisting or turning movements.
4. **Bend your knees:** If you find you have to lift a shovelful of snow, use your knees and your leg muscles to do the pushing and lifting while keeping you back straight.
5. **Warm up:** Before tackling any strenuous, activity take the time to warm up with some overall conditioning (a 10 to 15 minute walk, even on the spot, should do it) followed by some simple stretching.
6. **Take a break:** If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shoveling immediately if you feel chest pain or back pain. If you have back pain that is severe or that persists for more than a day after shoveling, see a chiropractor. If you have chest pain that is severe, see a medical doctor immediately.



Walking On Broken Glass

Plantar fasciitis (or in some cases fasciosis) is a common condition that affects the fascia at the bottom of your feet, which is the tissue that connects your heel bone to your toes. The fascia can become inflamed and/or develop scar tissue over time, resulting in what is typically described as heel pain. The stabbing or burning pain is especially felt in the morning when taking the first few steps out of bed, because the fascia tightens (contracts) overnight. Once your foot limbers up, the pain usually decreases. The plantar fascia acts as a shock absorber, supporting the arch of the foot. However; if tension builds up, it can create tears causing irritation and inflammation. If left untreated, scar tissue develops (plantar fasciosis) causing the fascia to remain in a tightened position and every time we step down we cause more tears, leading to the development of more scar tissue and the cycle continues.

Common causes include;

- Physical activity overload
- Arthritis
- Diabetes
- Faulty foot mechanics
- Improper footwear

In most cases, you can overcome the pain of plantar fasciitis without surgery or other invasive treatments. Common types of treatments include therapeutic ultrasound, Active Release Techniques (ART®), night splints and exercise therapy. However, one of the most effective treatments is the use of custom fit orthotics. Not only can the orthotics help to alleviate pain but, they also help to prevent pain from reoccurring. If you or someone you know is suffering from stabbing or burning heel pain that is worse in the morning, then have them contact a chiropractor that is trained in casting custom orthotics: because nobody enjoys walking on broken glass.

Chiropractic...Fact or Fiction?

The chiropractic profession has long been challenged by researchers, the medical community, health care professionals, the general population and even by existing patients. Unfortunately, in the past strong evidence for the use of chiropractic to treat neck and low back pain was simply not available. Today, millions of dollars are spent on high quality medical research to outline the most effective treatments for specific conditions. From the latest treatments for breast cancer to the most effective treatment for low back pain, the goal of all research is to provide health care practitioners evidence for what really works, in order to better serve the community.

The percentage of people who will experience low back pain (LBP) and neck pain at some point in their life is, 80% and 70% respectively. Although, some cases can be self-limiting, patients who seek medical care often improve the relief of pain and disability, and return to work, quicker. The problem lies in determining which treatment is more effective, as there are a wide variety of health care providers that will try to claim supremacy. The truth of the matter is that there is no single treatment, that we can prove is more effective than another. However, what researchers have been able to determine is which treatments are more effective than others when used in combination, instead of individually. In the past year, several revolutionary research articles have been published, outlining these treatments. What is important to note, is that the authors of these publications consisted of medical doctors, a subcommittee of the American collage of physicians/American pain society, neurologists, and researchers from Toronto Western Hospital, University of Alberta, Hawaii, British Columbia and California. The only chiropractor to participate in these publications was Dr. Scott Haldeman, Chiropractor, Medical Doctor and Neurologist.

The first publication is titled; *Diagnosis and treatment of low back pain: A joint clinical practice guideline*

from the American College of Physicians and the American Pain Society, which was published in the Annals of internal medicine, December 2007. The purpose of this publication was to synthesize a guideline with the available evidence for assessment and management of acute and chronic LBP. After reviewing the evidence, the panel then made 7 recommendations, one of which stated; “for patients who do not improve with self-care options, clinicians should consider the addition of non-pharmacologic therapy with proven benefits – for acute low back pain, spinal manipulation.” In addition to that recommendation, for patients with chronic LBP a combination of various manual therapies were recommended, which included but were not limited to, spinal manipulation, exercise therapy, massage therapy and yoga.

The second publication is titled; *Treatment of neck pain: noninvasive interventions. Results of the Bone and Joint Decade 2000-2010 Task Force on Neck Pain and its Associated Disorder*, which was published in Spine, June 2008. The task force was put together to evaluate the existing research on neck pain and provide clinicians with recommendations for care based on the evidence. In whiplash, manipulation/mobilizations were found to be more effective in reducing pain; and combined with relaxation treatment, resulted in high satisfaction and quicker return to work rates than passive modalities. For acute neck pain there is evidence that a combination of manipulation/mobilization and exercise therapy works better than any other type of manual therapy used on its own.

Results of these two studies clearly outline that chiropractic care is an integral part in the treatment of neck and low back pain. More importantly, these studies are both clear in identifying that in order to provide the best quality of care to our patients, all health care providers must work together in order to achieve successful results in managing neck and low back pain. There is a role to be played by all health care providers and if we are to better serve our patients than the

relationship between each health care discipline must be strengthened. **CHIROPRACTIC IS FACT, NOT FICTION!**

4 Reasons to Make Yourself a Peanut Butter Sandwich for Lunch Tomorrow

1. According to a publication in the British Journal of Nutrition, people who eat nuts may lower their risk of dying from coronary heart disease by 37%. Peanut butter may lower bad LDL cholesterol while maintaining good HDL cholesterol.
2. Researchers from Rush University found that adding 22 milligrams (mg) of niacin to your daily diet may lower your risk of developing Alzheimer's. Peanut Butter contains about 2mg/tablespoon.
3. It's rich in antioxidants.
4. May help to keep you slim, by helping to curb your appetite (Journal of Obesity)

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