

Whitby Chiropractic Centre

Health Newsletter – Spring 2009 Edition

Just A Thought...

“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.”

Ask The Doctor

Why can't I garden and not be in pain the next day?

Well, that is a loaded question. I get asked all the time why people cannot go out in the spring and garden all day or for hours at a time and not be sore. There are several reasons for this:

1. Perhaps you were inactive over the winter and the enthusiasm to go outside to clean up your garden and experience new life is overwhelming. Your body will think it is a stick up!
2. Most people don't prepare their bodies in advance or at the moment of stepping onto their lawn.
3. People have high expectations of racing out into the yard, bending, twisting, lifting, yanking, pulling, pushing, digging, raking, etc. without any side effects.
4. Most avid gardeners expect to work tirelessly for hours and days at an activity that is never matched anywhere else in their life. NO other activity has such high expectations.

So, what do you do to prevent crippling yourself for the days after the gardening? Practice SAFE gardening:

S Stretch. Stretch before, during and after gardening.

A Adequate food and water. Prepare your body with good fuel to 'work out'.

F Fair. Be fair with yourself. No activity in the world expects no preparation and then hours of physical activity. This wears your body out and cause damage to muscle joints and ligaments.

E Enjoy yourself in small increments.

Best to have a plan of attack. Use the SAFE principles when you tackle the gardening. Work at one activity, say digging for 5-10 minutes, then hydrate, stretch and move onto another activity. This prevents repetitive strain injuries.

Don't fall into the trap of feeling worse after all you achieved from the gardening. See your chiropractor to prepare your body and to help heal you after you have gardened.

Don't forget your dog. Make sure they don't spend too much time in the sun or heat and have water available. It is easy for a dog to experience heat related illnesses so watch closely when you are out gardening.

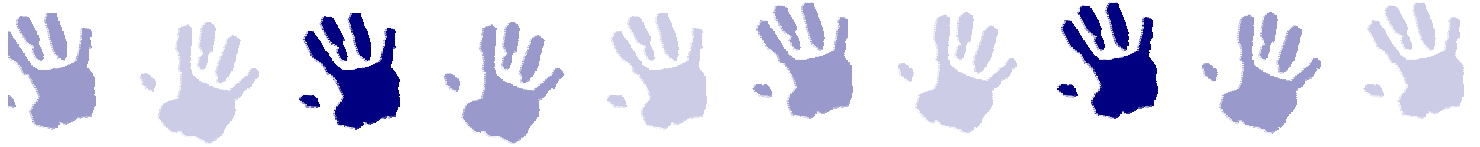
Did You Know...?

Whitby Chiropractic Centre has a new website!!

Check us out online at:

www.pawsandpeoplechiro.co

Did you know that the Whitby Chiropractic Centre offers Zen Shiatsu treatments? Shiatsu is a form of therapeutic bodywork that can be described as a relaxing combination



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of acupressure, massage, and yoga-like stretches. For information on how Shiatsu can help you get more out of your summer, please see the attached newsletter, and don't hesitate to contact the clinic if you have further questions.