



# Whitby Chiropractic Centre

## Health Newsletter – Winter 2009 Edition

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### Back Chatter

When you step out of your house, you snugly pull your coat around your neck and slip on your gloves and hat. You trot down the street at a slightly faster pace than normal to warm up. Once you feel warmer, more comfortable, you feel the tug of the leash as your beloved friend is trying to keep up.

Although your furry friend is furry for a reason, he still has to get use to the cold. His feet are directly on the cold ground, his eyes feel the crisp wind and his body can handle some but not all cold. Even if you put a jacket on him, his body may respond to the cold like you...by tightening up!

Also, between excessive bending and lifting and the cold weather while snow shoveling, many people get low back and shoulder pain. Here are simple things to do:

For you:

- Stretch before you work
- Switch sides while shoveling
- Wear layers of clothing
- Wear gloves and a hat
- Hydrate before activity
- Take breaks every 15 minutes

For your animal:

- Put a jacket on, booties
- Hydrate
- Do stretches, warm up exercises
- Rub all over body to stimulate circulation
- Take breaks to warm up

All seasons should be and can be enjoyed. A chiropractic tune up can help keep you moving. As long as you are prepared and prevent injuries you will have a happy and healthy winter season.

### Just a thought...

**Happiness is good health and a short memory. With health you have everything, and a short memory you don't live in the past.--Ingrid Bergman**

### YOUR PET COULD USE CHIROPRACTIC TOO!

We often forget about the health of our dogs, cats and other pets. Ever wondered what happens to your dog's body when he slips on the ice, falls off the couch, slips on the stairs, jumps in and out of a car? Well, their joints are susceptible to injury just like yours.

Dogs and cats have spines very similar to ours, however, they have three extra vertebra and their spine is supported by four legs instead of two. The movements of the spine and legs can lead to stiff and sore spots.

Often dogs and cats will hide their injuries; adapt to survive. If they show weakness another animal may pick on them. So it is up to YOU the owner/guardian to notice any injuries as they happen, or notice any stiffness, change in behaviour, etc.

Chiropractic adjustments are very useful in helping our furry friends live in less pain and improve their functioning.

Chiropractic is not a supplement for veterinarian care, but it should be used in conjunction with veterinarian care. Have you had your pet checked lately?-

