



AUGUST 2008

TALKING BACK



DR. DEBORAH HEAMAN
CHIROPRACTOR

111 Duke Street East
Kitchener, ON N2H1A4

P. 519.342.3123

F. 519.342.3124

drheaman@handsonhealthcare.ca

www.handsonhealthcare.ca

FEATURING

- **HEY GOLFERS! FORE YOUR INFORMATION**
- **IT FEELS LIKE I AM HAVING A HEART ATTACK**
- **LEAVE THE LAZINESS BEHIND**
- **PRICE IS RIGHT**
.....AND MORE!

CLINIC NEWS

SUMMER'S HERE

Hi everyone, I hope everyone is enjoying their hot and very wet summer. Yes, it has been hot and soggy, the last little while but do you remember the winter that would never go away? Winter will be here before you know it, so soak up the heat while you can. For those of you who are travelling this summer please be safe in your travels. Long drives to the cottage, lots of hours either building, playing in the garden or golf course can play havoc on your muscles and joints so make sure you get adjusted before and after your activities.

I also want to extend my sympathy to those

of you who are dealing with some very major life challenges right now. My thoughts are with you and wishing you strength through your very difficult time. I would also like to congratulate all the new moms and dads or soon to be moms and dads in my practice. I hope all is well and you are hanging in there.



SUMMER HOLIDAYS

Please note that I will be out of the office from August 2nd – August 11th for holidays so please plan your adjustments accordingly.

THE WONDERFUL WORLD OF WATERPILLOWS

Many of you have purchased a water pillow from my office, which upon your next visit, you express to me how happy you are with your water pillow. I am looking for patient testimonials about how much you have enjoyed your water pillow, so others can be convinced how great they are. If you would like to share your rave review, please email me your testimonial to

drheaman@handsonhealthcare.ca

If it has been awhile since you have replaced your pillow and you want to decrease your neck pain and headaches, you can purchase one for \$69.99.

HEY GOLFERS!

FORE YOUR INFORMATION

While golf equipment and advice proliferates, one of the most important success factors can't be found at the pro shop. It's the physical condition of the golfer. After all, back pain and golfer's elbow are two of the most common injuries suffered by golfers. When you consider the spinal rotation that goes into a golf swing and the fact that the speed of the club can reach 160 km/hour, it's easy to understand that golf puts significant biomechanical stress on the body.

Follow these tips to improve your game and prevent the pain.

1. Every golfer should include strength-training exercises in their routine.

Cont'd on Pg. 4



IT FEELS LIKE I AM HAVING A HEART ATTACK



You wake up Sunday morning, turn in bed and feel a sharp, stabbing pain in your chest. You're concerned, but not panicked...things come and go. You're used to it. But, then you turn over and it grabs you again. You take a deep breath and it feels as though a knife is running through your chest. It may even be shooting to your back or shoulder. The pain may be in the back, side or in the front. If you cough or sneeze you have to hold on to something while you tense every muscle in your body. You know something's wrong, out of place, strained or something, but you're not sure what it is. But, it's really uncomfortable and you would like to be rid of it. Many of you have found yourself in this situation and headed for my office. Am I having a heart attack? Your pain is sharp and it's not a feeling of "heavy pressure." It "zaps" you when you try to turn in bed - even taking a deep breath hurts. Further, your coloring hasn't changed and walking up and down the stairs doesn't aggravate your symptoms. You can reproduce the pain by touching your rib cage. Your pulse is regular and it's not missing any beats.

Most pains like this are caused by one or more misaligned ribs. It often surprises patients to find out that this stabbing chest pain is a misaligned rib causing you so much grief. They often don't even realize that a rib can be misaligned. The ribs connect with the spine forming a movable joint in the back. In the front, all but two ribs connect together either at the sternum or along the bony ridge at the bottom of the rib cage. All of these connections are joints that move with each other. When a rib goes out of alignment in the back, it shifts away from the place where it moves with the spine. A similar misalignment can happen in the front wherever a rib connects with a joint. Think of a rib misalignment as a door being slightly off its hinge, causing a scrapping or irritating sensation.

Chiropractors are trained to detect and correct misalignments. It becomes very obvious to a person once the rib is realigned and they can take a deep pain-free breath again. Next time you can't catch your breathe visit a chiropractor to see if you are experiencing a rib misalignment.



HEALTH TIP OF THE SEASON

If you are travelling by car, plane or train, a great precautionary measure would be to pack a few Ziploc bags in your luggage. If you have any pain while on vacation, you can get ice from a hotel, restaurant or flight attendant and easily make an ice pack. Ice for 10 minutes on, 10 minutes rest, 10 minutes on again. Happy travels!

PRICE IS RIGHT!

Whether it's an ankle or wrist sprain, all you have to remember is PRICE to help speed up your rate of recovery in the first 72 hours of injury.

PROTECTION-Avoid activities that aggravate the injury or make it worse. In more severe situations, your doctor may place you in a cast and/or give you instructions on how to use crutches.

REST- Allow the injury time to heal. Avoid activities that cause pain, swelling or discomfort. However, do not avoid all activities! Try to do some form of exercise to prevent deconditioning.

ICE should be applied as soon as possible. Crushed ice or frozen peas can be wrapped in a damp towel to prevent burns. Use the 10/10/10 method. This means, 10 minutes of ice followed by 10 minutes of rest then 10 minutes of ice. Ice reduces pain and inflammation and may even slow bleeding if a tear has occurred. If you ever notice a white area, stop treatment immediately. This could indicate frostbite. If you have diabetes, vascular disease or any decrease in sensation, consults your healthcare professional before applying ice.

COMPRESSION- Use a tensor bandage to wrap up the injured area. Ensure that the wrapping is not too tight as to cut off blood circulation. Compression is used to help stop swelling. When wrapping, begin at the end furthest away from the heart.

ELEVATION- Try to raise the injured area above the level of the heart if possible, especially at night. This uses gravity to help reduce swelling by draining excess fluid. Be sure to remove your bandage while doing this. After the first 48 hours, slowly start to use the injured area again. You should gradually see improvement in your ability to move. It should be noted that mild sprains usually heal in two to four weeks.

MISSED APPOINTMENT POLICY

FOR THOSE OF YOU WHO ARE NOT AWARE, THERE IS A \$ 33.00 FEE IF YOU MISS YOUR APPOINTMENT. I DO NOT LIKE HAVING TO CHARGE PATIENTS. HOWEVER, I FEEL MY TIME IS VALUABLE AND IT IS NOT FAIR TO OTHER PATIENTS WHO COULD HAVE BENEFITED FROM HAVING YOUR APPOINTMENT TIME.

CLINIC HOURS

Monday 8:40 - 7:00
Tuesday closed
Wednesday 8:40 - 7:00
Thursday 2:00 - 7:00
Friday 8:40 - 5:30
Saturday 9:00-12:00

DO YOU HAVE AN IDEA
FOR THE NEXT
NEWSLETTER?

PLEASE LET ME KNOW!

LEAVE THE LAZINESS BEHIND

With all of the modern day conveniences these days, it seems like we are becoming a little lazier each and ever year. People often complain of no time to exercise. Try these small ways of incorporating more activity into your life to help burn more calories.

- For your morning coffee, why not walk into your favourite coffee shop. It is usually less busy, better for the environment and better for you because it gives your legs exercise.
- Walk to the mailbox in your neighbourhood rather than driving to it.
- Take the stairs at work, especially if you only have to go up one or two floors. It is quicker, improves our heart health, and is good for your legs and bones. Stair climbing can be accumulated across the course of the day, making a significant contribution to 30 minutes of daily physical activity.
- Park in the far corner of a parking lot at the mall. Don't drive around to get the closest spot.
- If you need to drop of books at the library or movie off at the movie store and it is only ten minutes away, lace up the shoes and get walking.
- If you really want a challenge....While watching TV, **do not use the remote control**. Instead, every time you need to switch channels, get up and do that manually

IS YOUR CUP HALF EMPTY OR HALF FULL?

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. 'Well,' she said, 'I think I'll braid my hair today.' So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. 'H-M-M,' she said, 'I think I'll part my hair down the middle today.' So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. 'Well,' she said, 'today I'm going to wear my hair in a pony tail.' So she did, and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. 'YAY!' she exclaimed. 'I don't have to fix my hair today!'

ATTITUDE IS EVERYTHING. HAVE A GOOD DAY!

HEY GOLFERS! FORE YOUR INFORMATION Cont'd Pg 1

1. Strengthening all major muscle groups is essential to maximizing your performance. Both core body strength and flexibility not only help with your breathing and oxygen flow, but also help to prevent back injuries. Muscles act like shock absorbers that helps prevent strains and sprains.
2. You should aim to warm up and cool down before and after your game for a full 20 minutes. Include gentle stretching and range of motion exercises as well as a brisk walk or gentle jog to loosen the muscles and joints.
3. Stay hydrated by drinking plenty of fluids before, during and after your game. Sorry, beer does not count. Remember that once you are thirsty, you are already starting to dehydrate. Dehydration affects your energy level and your physical functioning.
4. Use a wheeled golf cart for carrying heavy clubs. When wheeling your golf cart, push rather than pull.
5. If you must carry your golf bag, use both shoulders straps. This will spread the weight across a greater area. If there is only one strap, alternate sides frequently. If you find that your bag is getting too heavy, put it down and take a break.
6. Golfing requires long periods of standing. Frequently alternate your weight from one foot to the other or rest one of them on your golf bag or cart.
7. Take care of your feet! Make sure you have the proper shoes for your type of feet. Golf shoes with short cleats are the best.
8. Use the right technique for your physical capacity and limits. It is important to adopt a golf swing based on your physical and biomechanical capacity. Amateurs are usually better off adopting a classic golf swing, which enables the hips to turn nearly as much as the shoulders and minimizes spinal twisting. If in doubt, consult a golf pro.
9. Lastly, have fun. The right attitude is good for your performance and your overall health!

Preventing shoulder, elbow, wrist and hand injuries

Shoulder injuries in golfers are common due to the repetitive nature of the swing. To reduce shoulder pain, try these tips.

- Strengthen your shoulder, scapula, chest, and back muscles. Your chest and back muscles are large and generate the power in the swing. Don't forget to strengthen your forearm muscles too.
- Select larger and softer club grips and use a neutral grip and make sure the club is the correct length.
- Select irons with large heads and graphite shafts to lessen vibration.



Summertime means that all of the delicious berries that we love are at their peak for freshness and flavour and are readily available. Not only do these berries look and taste great but they are also loaded with healthy nutrients. Many berries contain antioxidants which are superb at fighting free radicals. Free radicals are organic molecules responsible for aging, tissue damage and possibly some diseases. Antioxidants help prevent free radicals from damaging healthy cells. Check out the health benefits of these summer berries.

Blueberries are rich in Vitamins A, C, E and beta-carotene as well as rich in the minerals potassium, manganese, and magnesium. They are very high in fiber and low in saturated fat, cholesterol and sodium. The best thing about blueberries is that they rank No. 1 in antioxidant benefits, compared to 40 other fresh fruits and vegetables. They are packed with antioxidant phytonutrients called anthocyanidins which is what gives blueberries that blue colour.

Raspberries are great cleansers of the body, benefiting both the liver and kidneys. They are also one of the best sources of dietary fibre, with a 100g serving providing 8g of fibre. Like strawberries they are rich in vitamin C, folate and ellagic acid.

Strawberries are wonderful super foods. They are an excellent source of antioxidants, particularly flavanoids, and one of the richest sources of vitamin C. A 100g serving provides an impressive 77mg of vitamin C. They are also a good source of folic acid. Watch out though too much Vitamin C can cause diarrhea.