

Children, Sports and their Spines



Spring brings the start of youth sports, from soccer and baseball to camp and park programs. To help avoid injury, it is vital to have your child's spine and musculoskeletal system checked *before* the season begins. While a child is growing their spine is subjected to a "normal" variety of childhood stresses: bumps, twists, falls and jolts. These seemingly harmless incidents may subtly affect delicate spinal structures and lead to injury now or later in life. Ensuring that your child has a healthy, optimally-functioning spine with good muscle balance is an important first step in preventing sports injury. It can also help the body perform at its best by enhancing flexibility, strength, efficiency and coordination. Good spine and muscle health may not only help guard against short-term injury and prevent more difficult problems later in life, but may also improve athletic performance.



DRIVING TIPS TO MINIMIZE BACK PAIN

FACT #1: Sitting decreases lumbar lordosis (curvature) by 50% compared to standing. This causes increased pressure in your discs, tissue damage and ultimately back pain.

SOLUTION: To maintain the curve in your low back use a small pillow, a rolled towel, or a back support when driving.

FACT #2: Slouching or poor postural habits actually cause your muscles in your neck and upper back to contract and work harder than necessary, therefore leading to strain in your upper back and neck with prolonged driving.

SOLUTION: Your car seat should be tilted back 15 degrees. Sit up straight in your seat and use arm rests when possible. Your knees and hips should be at a 90 degree angle to each other.

FACT #3: Vibration from your car (or especially heavy equipment/large trucks) during long drives causes the muscle fibres in your spine to “swell up”, making them weaker and easily strained when you try to use them immediately after driving (lifting loads out of the car or truck).

SOLUTION: Make sure your vehicle seats provide proper support and shock absorption. Also, stop every 1-2 hours to walk and stretch, even for a few minutes. This will decrease fatigue and damage to muscle fibres and discs.

5 CHIROPRACTIC TIPS FOR A HEALTHIER YOU

Here are 5 of the best chiropractic tips that you can do right now to help with day to day function of your nervous system.

These tips, coupled with regular chiropractic adjustments, will help change the way your body functions, and adapts throughout your life.

1. Every night, practice belly breathing.

This is breathing using your belly, not your chest or neck muscles. Lay on your back, hands on your belly; breathe in allowing your belly (not chest or neck) to rise.

- Count in your head (1-1000, 2-1000, 3-1000, 4-1000).
- Hold your belly extended for a count of 1-1000.
- Then control the exhale for 4-1000, 3-1000, 2-1000, 1-1000). Work up to doing this 10x/night.

2. Do NOT check your phone first thing in the morning.

This is the absolute worst. This starts off your day in a reactionary (fight or flight) mode instead of calm. In chiropractic terms, this would start a stress response in the body. Instead, think about all the things you want to achieve today (or even this week, this year) and how you intend to achieve these goals. This puts you in your "thinking" brain, instead of your reactionary one. It sets you up to be in control and thinking clearly.

3. Change your position constantly.

This is especially if you sit at a desk for work. Aim to change your posture every 10 minutes. This can be as simple as getting up from your desk and stretching your spine. Do the opposite of your most common movements. For example, if you sit hunched forward at a desk for the majority of your day, make sure you take a "movement break" and extend your spine! Spinal movement helps not only your spine, but also improves brain function such as motor fatigue, recovery, and energy levels.

4. Think about your health, every day.

Try to do this every day, using affirmations, meditation or just generally thinking about your health in a positive way. An example of this may look something like:

"I have the ability to stay healthy" or "I have the power to heal from the inside out"

Bringing consciousness to your innate ability to heal should not be overlooked. Your health is your responsibility and directing consciousness to your health every day is a powerful way to affect it.

5. Exercise

There is so much information out there on exercise. The truth is, you need to find something you enjoy and works for you and do it often. Bottom line is this: You need to move your body, every day. You are how you move, and you move how you are. My best recommendation for everyone is to exercise for a minimum of 30 minutes, but ideally you should work up so that it is closer to 60 minutes. One focused session 4-6 days per week.



ERINDALE CHIROPRACTIC NEWSLETTER

ATTENTION CHIROPRACTIC PATIENTS

As of April 1st, 2015, the fee for chiropractic will be as follows:

Child subsequent:	\$30.00
Adult subsequent:	\$40.00
New Patient:	\$60.00

Doctors Holidays

CLINIC CLOSED:	April 3 rd (Good Friday) May 18 th (Victoria Day) July 1 st (Canada Day) August 3 rd (Civic Holiday)
Dr. Rebecca away:	April 2 nd April 7 th
Dr. Lindsay away:	April 4 th - 6 th
Dr. Derek away:	April 20 th – 23 rd
Dr. Angela away:	May 16 th June 20 th



Blueberry Bran Muffins

Ingredients

- 1½ cups wheat bran
- 1 cup boiling water
- ⅔ cup brown sugar, packed
- ½ cup vegetable oil
- 1 large egg
- 1 cup all purpose flour
- 1 tbsp baking powder
- ½ tsp salt
- 1 cup blueberries (frozen are fine, no need to thaw)

Instructions

1. Preheat oven to 375°F. Prepare a 12-cup muffin tin by lining with papers or greasing well.
2. Pour boiling water over wheat bran in a large bowl and stir until absorbed. Stir in brown sugar, vegetable oil and egg.

In a separate bowl, whisk together flour, baking powder and salt. Add to bran mixture, gently stirring until mostly combined (there should still be a few floury streaks). Fold in blueberries, then divide batter among muffin cups. Bake 15-20 minutes, until tops feel springy when gently pressed. Transfer to wire racks to cool.