

Raking and Gardening Strains and Sprains?

Chiropractors can help treat your sprains and strains. Various treatment modalities may be used to help to decrease pain during the acute initial phases and during rehabilitation. Stretching and specific exercises may be prescribed to help prevent future injuries. To increase mobility of the joint, mobilization and adjustment may be used. Of course there are home measures that you can do to speed up your recovery time and they are most effective during the first 72 hours after the injury. All you have to do is remember PRICE!



P is for PROTECTION. Protect the injured area from sustaining any more damage. A sling or elastic wrap is most often used. Avoid activities that aggravate the injury or make it worse.

R is for REST. Allow the injury time to heal. Again, avoid activities that cause pain, swelling or discomfort. However, do not avoid all activities! For example, if you injure your shoulder, you may still be able to go for a walk. Try to do some form of exercise to keep up your cardiovascular levels and also prevent muscles from becoming weak.

I is for ICE. Ice should be applied to an injured area as soon as possible. A bag of crushed ice or frozen peas can be wrapped in a damp towel to prevent burns. Use the 10/10/10 method of ice application. This means: 10 minutes of ice; followed by 10 minutes of rest without ice; followed by 10 minutes of ice again. This should be repeated as many times as possible during the first 72 hours of injury. If you notice a white area, stop icing immediately. This could indicate frostbite. If you have diabetes, vascular disease or any decrease in sensation, consult a health professional before applying ice. Ice works to reduce pain and inflammation to your injured muscles, joints and tissues and may even slow bleeding if a tear has occurred.

C is for COMPRESSION. Use a tensor bandage to wrap the injured area. Ensure that the wrapping is not so tight as to cut off or impair blood circulation. Compression is used to help stop swelling. When wrapping, begin at the end furthest away from the heart. For example, when wrapping an ankle, begin at your toes and work your way up to your calf.

E is for ELEVATION. Try to raise the injured area above the level of the heart if possible, especially at night, by putting a pillow two under the injured area. This uses gravity to help reduce swelling by draining excess fluid. After the first 48 hours, slowly start to use the injured area again and continue icing for another day. You should gradually see improvement in your joint's ability to move without pain and support your weight. If your injury is not improving by the fourth or fifth day, consult a chiropractor or other qualified health professional.

Dizziness or vertigo? Read on.

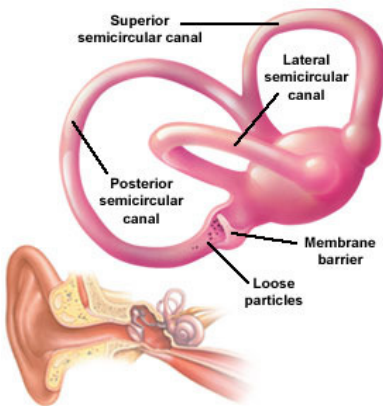
Benign Paroxysmal Positional Vertigo (BPPV)

There are many conditions that can cause vertigo or dizziness. They range from viral infections of the inner ear to low iron levels in the body to more serious conditions such as stroke and heart disease. Many people who experience recurrent vertigo however, have a condition called Benign Paroxysmal Positional Vertigo (BPPV). Although it is not life threatening it can lead to anxiety, nausea and an inability to participate in exercise or even work related activities.



Chiropractors are able to help with this condition by performing a repositioning procedure that is gentle and safe. An examination is essential to rule out other causes of dizziness and to determine if the patient would be a good candidate for the manoeuvre.

What is causes BPPV?



The inner ear consists of three semicircular canals that contribute to a sense of balance. Over time, **particles in the inner ear** can break off and accumulate behind a membrane in the posterior canal. Moving the head in certain directions may cause particles to tug on hair like sensors, triggering a type of dizziness called benign paroxysmal positional vertigo (BPPV).

How is it treated?

In most cases when it is found that a patient has BPPV, a non-invasive **repositioning procedure** is used to clear the crystals out of the canal and deposit them back into the part of the inner ear where they belong. Your doctor may show you some easy at-home exercises that move the particles causing the blockage. The movements of your head can stop the symptoms and may keep the dizziness from coming back. You may also be given medicine to treat the nausea and dizziness.

What if the manoeuvres don't work?

The repositioning manoeuvre is effective in about 80% of patients with BPPV. If you are among the other 20 percent, your health care provider may suggest you proceed with at-home exercises. If the manoeuvre works but symptoms recur or the response is only partial (about 40% of the time), another trial of the repositioning manoeuvre might be advised.

BPPV often recurs. About 1/3 of patients have a recurrence in the first year after treatment, and by five years, about half of all patients have a recurrence. If BPPV recurs, the repositioning manoeuvre is repeated and then followed with a once/day set of the at-home exercises.

Dr. Harvey and Dr. Green are both trained to perform this repositioning technique. If you are experiencing vertigo and would like a consultation about the procedure, please contact our office and we would be pleased to discuss your condition further.

Reflexology

What is Reflexology?

Reflexology is a safe, non-invasive therapy that can be tolerated by anyone and beneficial to everyone. It does not interfere with any concurrent medical treatment.

It is a simple method of massaging certain points in the hands, feet, head and neck to stimulate healthy blood flow and energy to promote healing. It has its roots in ancient Chinese medicine and is similar to acupuncture.

Reflexology helps all forms of circulation problems. Are you diabetic? Do you have cold hands and feet? Are you standing on your feet for long periods of time? This treatment is ideal for you. Reflexology also aids the lymphatic system by eliminating excess fluid from the body especially in the legs, feet, fingers and hands.

What can I expect during a treatment?

Patients remain fully clothed except for shoes and socks. You will lie facing up on a massage table with a pillow and a blanket for your comfort. The reflexologist will apply a firm yet comfortable pressure using a greaseless, hypo-allergenic lotion. After a treatment you should feel calm and relaxed.

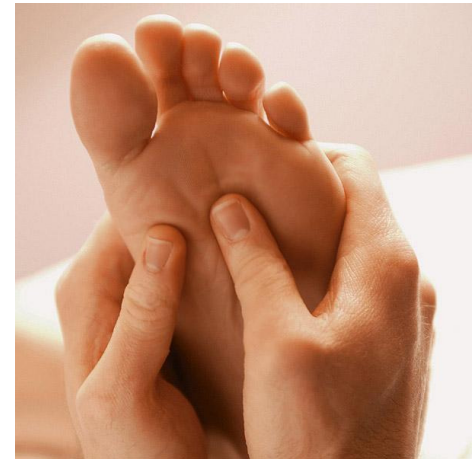
The treatments are approximately 30-40 minutes and the cost is \$40.00. Available treatment times are Thursdays between 9am-12pm and Fridays between 1pm-6pm.

Is Chiropractic Care Appropriate for Children?

Yes, children may benefit from chiropractic care. Children are very physically active and experience many types of falls and blows from activities of daily living as well as from participating in sports. Injuries such as these may cause many symptoms including back and neck pain, stiffness, soreness or discomfort. Chiropractic care is always adapted to the individual patient. It is a highly skilled treatment, and in the case of children, very gentle.



While there is some clinical evidence that musculoskeletal treatment of infants may have positive effects, well-controlled studies are required to verify the benefits that are seen in clinical practice.



Did you know? ...

Your posture is one of the first things that others notice. Do you stand erect and walk with confidence and power? Or do you slump, lean or appear weak and frail? A healthy spine helps you look good—and feel good.



The "Back" Page



Double Apple Cinnamon Smoothie

Health Quiz - How well do you know your body?

1. True or False

You can't have a herniated disc without pain.

2. True or False:

Weight belts will save your back.

- 1/4 cup frozen apple juice concentrate
- 1/2 cup cinnamon apple-sauce
- 3/4 cup vanilla or plain light soy milk
- 3/4 cup low fat vanilla frozen yogurt
- 1/8 tsp apple pie spice

Combine all ingredients in blender and blend at high speed for 1 minute. Pour into frosty mugs for a cool treat!

Your Newsletter

We hope that you find our newsletter informative.

Lets us know if you have any ideas for a future edition, or if you have a photo you'd like us to consider using.

Email us at

info@backtohealthchiro1.com



QUIZ ANSWERS:

- 1) False: Some people have herniated discs without pain-often people have joint and back pain with normal xrays while other have abnormal xrays with no pain at all. Just because an MRI is irregular doesn't mean you've found the source of your pain, which is why diagnosing and treating low back pain can be difficult.
- 2) False: Weight belts can be detrimental to your low back because wearing one means your abdominal muscles will not be engaged and will continue to become weaker. This will leave you to be more vulnerable to injuring your back when you aren't wearing the belt even during simple movements such as lifting light objects.

Our Team:



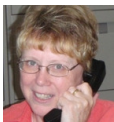
Dr. Jim Harvey
Chiropractor



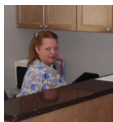
Dr. Shawna Green
Chiropractor



Shawn Chapin
RMT



Debbie
Admin



Penny
Admin

Our Services:

- Chiropractic
- Massage Therapy
- Laser Therapy
- Acupuncture
- Orthotics
- Rehabilitation
- Assessments
- Reflexology

Back To Health

~ Aligning your health with your lifestyle ~

Call **519-455-3312** for an appointment.

Visit us on the web:

www.backtohealthchiro1.com

Monday	9:00pm – 12:00pm	2:00pm – 8:00pm
Tuesday	Open for Massage Therapy	
Wednesday	8:00am – 12:00pm	2:00pm – 6:00pm
Thursday	closed	2:00pm – 8:00pm
Friday	8:00am – 12:00pm	closed
Saturday	9:00am – 12:00pm	closed
Sunday	closed	closed

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