
A Message From your neighbourhood

 **Chiropractor**

Merry
Christmas



Holiday Back Tips

- Lift Packages correctly... presents, firewood, even the holiday Turkey and Ham ! When lifting, hold objects close to your body; rather than flexing forward, maintain a slight arch in your lower back and bend at the knees before standing up with the object. That way, the lifting is done primarily with the strong muscles of the legs supporting the load.
- When cooking or standing for an extended period, elevate one foot with a foot rest or stacked books, about six inches from the floor. Alternately elevating each foot relieves tired back and leg muscles - similar to the function the footrest serves for customers standing at a counter - and helps prevent bad posture habits that can lead to abnormal spinal curvatures.
- Travel stress can be minimized if you start your journey having gotten plenty of rest ahead of time, allow plenty of extra time to your destination, pack light, use well-balanced wheeled luggage when you can and be careful to avoid heavy loads on your shoulders from bags with shoulder straps.
- Place a pillow or folded towel behind the small of the back when traveling by car or plane, to help maintain the arch in your lower back and support the rest of the body properly. This relieves the discs and joint structures of the spine from unnecessary pressure.
- In addition to fastening your seat belt for car trips, adjust the headrest to align with your head, at least up to ear level. This is important to support and protect the head and neck in the unfortunate event of a sudden stop.
- Get enough rest. Many health problems that occur with the holidays are simply due to fatigue. By simply getting adequate rest, you can help prevent structural strain, emotional and cognitive imbalance, and general health problems.
- Don't wait until you are hurting to see your doctor of chiropractic. Chiropractic treatments can keep you going at your peak and help you get extra enjoyment during the holiday season.