



# Beach Chiropractic & Wellness Centre

November Newsletter

## Health Research

- A new research study published in *The Journal of Sports Medicine and Physical Fitness* finds that low-weight, high-repetition resistance training increases bone mineral density in adults, challenging assumptions that heavy weight-training is required to build bone mineral density. Participants who completed the study experienced up to 8 percent bone mineral density increases in the legs, pelvis, arms and spine.
- A new study from the Harvard School of Public Health finds that carbon dioxide (CO<sub>2</sub>) has a direct and negative impact on human cognition and decision-making. These impacts have been observed at CO<sub>2</sub> levels that most Americans — and their children — are routinely exposed to today inside classrooms, offices, homes, planes, and cars.



**Get Outside!**

## Pain Management

### **Complex Knee Injuries**

While many injuries can affect the knee, we will be focusing on the anterior cruciate ligament (ACL) injuries. An ACL injury can vary from a minor tear to the unhappy triad (ACL tear, medial collateral ligament tear and medial meniscus tear). The ACL functions primarily as a stabilizer of the knee, and most injuries are the result of an awkward landing. Not all ACL injuries will require surgery, depending on the severity of the tear and the patients ability to follow through with the 6-12 months of post surgical rehabilitation.

Most musculoskeletal dysfunctions are complex and require multiple interventions and individualized treatments. In an integrated multidisciplinary program, massage therapy may be used as a hands on technique to promote tissue healing and restore normal movement patterns. The result of this manual therapy will include improved range of motion in the knee joint, decreased pain and maintenance of tissues and muscles around the knee, which have atrophied from disuse since the surgery.

### **Acupuncture found to be effective in treatment for Osteoarthritis of the knee.**

Osteoarthritis of the knee is a major cause of disability among adults. In a British study in 2012 a group of patients who were candidates for total knee replacement had a course of acupuncture; 30% of these patients had long term relief for up to two years and did not require surgery. A review of ten high quality research trials, representing 1456 participants were analyzed for patients with Knee Osteoarthritis. These studies provided strong evidence that acupuncture was an effective treatment for pain, and physical dysfunction associated with osteoarthritis of the knee. Ask one of the Chiropractors at Beach Chiropractic how Acupuncture can be effective for your knee pain.

# Lifestyle

## Benefits of Apple Cider Vinegar

1. High in Acetic Acid, which has potent biological effects
2. Acetic Acid is antimicrobial and can kill some types of bacteria
3. Increases insulin sensitivity and may lower blood sugar when taken with a meal
4. May help with weight loss
5. May have benefits for heart health
6. May be protective against cancer

## How to use it:

- Important to buy Organic Unfiltered Apple Cider Vinegar containing \*Mother\* (which provides proteins, enzymes and friendly bacteria)
- Ingest: Dilute in water and drink (1-2 tsp - 1-2 tbsp a day), use in cooking (salad dressing, mayo, stir fry)
- Cleaning/Disinfecting: skin care(acne, nail fungus, warts), hair care (conditioning, lice), dental care, pet use, cleaning agent
- Do not use if you have stomach ulcers

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## Nighttime Leg Cramps

It happens without warning. You're lying in bed when your calf muscles suddenly go into painful, involuntary spasm, sometimes accompanied by cramping in your feet or thighs. You're experiencing nighttime leg cramps. While nighttime leg cramps are common and usually harmless, in some situations they have been associated with underlying disorders such as peripheral vascular disease or metabolic disorder.

### Among the most common triggers for leg cramps are:

- Dehydration
- Overusing your muscles
- Sitting or standing on hard surfaces for a long time
- Sleeping with your legs in unusual positions
- A potassium, calcium, magnesium or other mineral deficiency
- use of certain medications
- Having flat feet
- Having thyroid disease

### To treat leg cramps:

- Try walking off the cramp
- Gently stretch your calf muscle
- Take a hot shower or warm bath
- Get a massage therapy treatment
- Eat more fruits and vegetables to increase potassium, magnesium and calcium in your diet.



Calf Stretch

Our nutritional consultant is excellent at helping patients regain and maintain proper levels of vitamins and minerals to provide your body with the essentials and have you feeling your best!

Experiencing night cramps, lower extremity discomfort, low back pain and don't have orthotics? See one of the chiropractors at Beach Chiropractic to see if you would benefit from custom orthotics!

# Rehabilitation



Keeping your muscles healthy and pain free requires a balance between daily activities and job tasks that use the muscles and may create tightness to rest and repair that can be achieved with exercise, stretching and self care.

Its important to identify which areas of your body hold tension or are at risk of injury due to occupational, sports or daily stress so that you can create a daily, weekly and monthly maintenance plan that will help improve the health of your tissues, muscles and joints.

## Neck Stretches

Upper Trapezius



Levator Scapula



## What are Micro-breaks?

- 30sec - 1 min break every 10 minutes of work to rest upper/lower extremities, back, neck and eyes
- They help maintain a balance throughout the workday to prevent a build up of stress and help lower exposure to ergonomic injury risk
- Avoiding extended periods of continuous tasks by taking short breaks or performing other tasks.
- Try: stretching, changing positions, movement in areas of static tension, taking slow-deep breaths
- Ask your chiropractor or massage therapist for specific examples for your job type!

**Massage Therapy** delivered at the workplace as part of a comprehensive workplace health strategy 1x a week for 4 weeks significantly reduced strain, stress and blood pressure in employees.

## How Chiropractors Help Work-Related MSK Disorders

Chiropractors are experts in the assessment, diagnosis and treatment of musculoskeletal (MSK) disorders. Canadian chiropractors can effectively treat **work-related MSK disorders** getting Canadians back to work and family life. More importantly, chiropractors invest in **prevention** through **patient education** and **developing exercise plans** to keep workers from being reinjured. Conservative care offered by chiropractors, dependent on the injury and mechanism, may include **joint manipulation and mobilization, soft tissue therapies, acupuncture, adjunct modalities, rehabilitation and individualized exercises and lifestyle advice.**

# Clinic News



Back  
Care  
Workshop

Dr. Sarah Adams



Jennifer Tindale

Sunday, November 8<sup>th</sup> - 2pm to 4pm at:  
Wasaga Beach Yoga Studio, 1423 Mosley St.

Fee: \$20 plus tax. Registration is at:

Beach Chiropractic: 705-429-0-911  
1344 Mosley St – Unit 5 – Wasaga Beach

Dr. Sarah will share her in-depth knowledge with us on injury prevention and maintaining a healthy spine.

Then enjoy a one hour yoga class with Jennifer focusing on stretching and strengthening the back safely and gently.



[www.beachchiropractic.ca](http://www.beachchiropractic.ca)



[www.wasagabeachyoga.ca](http://www.wasagabeachyoga.ca)

## Beach Chiropractic Toy and Food Drive

We are collecting toy donations for the Kinette's Toy Drive and food for the Wasaga Beach Food Bank. Please consider bringing a non-perishable food donation or a new unwrapped toy to the clinic for your chance to win one of two Beach Chiropractic Christmas Gift Baskets, each valued at \$250.



### Patient Appreciation Days

This year's patient appreciation days are on Thursday December 17<sup>th</sup> and Friday December 18<sup>th</sup>.

## Services

Chiropractic	Acupuncture
Massage Therapy	Orthotics
Nutrition	Reflexology
Laser Therapy	Running Clinics

Telephone: 705-429-0911

Email: [frontdesk@beachchiropractic.ca](mailto:frontdesk@beachchiropractic.ca)

1344 Mosley Street, Unit 5, Wasaga Beach,  
ON L9Z 2C7

[www.beachchiropractic.ca](http://www.beachchiropractic.ca)



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