Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

At least one third of people in Ontario have back pain at any given time, making it the number one cause of chronic health problems in the province. Another surprising stat is that most people wait up to six months to get treatment.

Every day back pain and related ailments affect millions of Canadians. A new study published in the Journal of the American Medical Association adds to a growing body of research supporting the use of spinal manipulative therapy (chiropractic adjustment) as a first line treatment for acute low back pain. This review looked at research since 2011 to determine the effectiveness and safety of the adjustment for low back pain patients. Researchers found that spinal manipulation was associated with statistically significant improvements in pain and function for up to six weeks with no serious adverse side effect. The American College of Physicians recommends first using non-invasive, non-drug treatments, including spinal manipulation, before resorting to drug therapies.

Importance of Staying Hydrated

Do you drink enough water each day? If not, you may want to consider the importance of staying hydrated after reading this information.

Water makes up about 60 percent of our body weight and is vital for almost every function in the body. Water acts as a building block, a solvent for chemical reactions, and a transport material for nutrients and waste. Water also helps maintain blood volume and allows proper circulation, helps regulate our body temperature, and acts as a shock absorber for our joints and our brain. It helps lubricate the linings of our inner organs and maintains healthy kidney function.

Drinking plenty of water can help keep your body healthy and functioning at its highest capacity. Staying hydrated will help you to:

– Improve physical performance: Proper hydration can reduce fatigue, improve endurance, lower your heart rate, and help you to be less sore after exercise.

– Help you to lose weight: Studies show that people who are on diets lose more weight when they also increase their water intake.

– Boost your mood: One study found that when people who regularly drank less than 1.2L of water per day increased their intake to 2.5L per day, the participants experienced significantly less confusion, bewilderment, fatigue, and sleepiness.

– Boost your brainpower: Several studies have shown that people drinking water during cognitive tasks performed much better than those people who did not drink water during the tasks. These results have been found in both adults and children.

– Prevent headaches. Water deprivation is a very common cause of headache and/or migraines. In most cases, rehydrating can provide relief from a headache.

– Protect against disease. Staying hydrated may protect against kidney stones, constipation, asthma, urinary tract infections, coronary heart disease, skin appearance and even possibly some cancers.

The amount of water you need to drink will depend on several factors, including your age, gender, activity level, and more. However, here's a good general guideline when it comes to recommended daily water intake: Women should drink at least two litres per day and men should drink three litres per day.

Need help drinking more water? Keep track of your water intake by measuring your progress with a cup or water bottle placed in a spot you will see it throughout the day. Set goals for yourself at time points throughout the day to make sure you are drinking enough.

Lifestyle

Ride your bike the right way this summer

If you plan on riding this summer make sure your bike fits well. A proper fit will protect your neck, shoulders, elbows, back, knees, and hips. When your bike doesn't fit, your riding becomes less efficient and muscle aches, pain, and general discomfort might shorten the length of time you spend riding. When it comes to fitting your bike properly, here are a few things to consider:

1. **Choosing your style of bike:** Do you plan on riding on the road more or on trails? Research is the key. There are several types of bikes suited for different purposes, so make sure you pick the bike that's right for you and your activity.
2. **Pick a Frame Size:** Picking your frame begins with an estimate based on your height. The simplest measure to start with the right height is to straddle the bike frame in front of the seat while wearing shoes you'd typically ride in. If it's a bike with a parallel tube at the top you should be able to straddle it comfortably with about an inch of clearance between the frame and your body. If it has a sloping tube there should be two or more inches of clearance. If it's a step-through style, the size might be better determined by how high the handlebars and the seat line up with your riding stance.
3. **Determine Your Seat Height:** Once your frame size has been determined, it's time to hop on the bike to figure out how high your seat needs to be, which is based predominantly on leg length. To determine if the seat height is right for you, sit on the seat with the ball of your foot on the pedal. When the pedal is all the way down, your knee should have a slight bend. When your feet are on the pedals at 3 o'clock and 9 o'clock, the knee should be centered directly over the top of the foot. When you have the appropriate seat height you can maximize your pedal stroke and ride faster and with greater ease.
6. **Find Your Seat Type and Size:** Your seat is designed to support your sitting bones, and because not everyone is built in the same shape, many seats come in different shapes and sizes. When it comes to road bikes, seats often need to be narrow and firm. With hybrid bikes you use for casual rides on bike paths and city commutes, your seat can be a bit wider and softer, and might not need a cut out. There are also women's and men's specific seats to account for differences in anatomy.
7. **Adjust Your Handlebar Height:** When it comes to your mid and upper body, handlebar height is very important to keep proper form and avoid injury. The height on a hybrid bike will be much higher than on a road bike. With a hybrid bike, your body sits more upright, with the handlebars levelled above the seat by a couple of inches. The higher they are, the more upright you sit. This is often based on personal preference and the shape of the frame, but in all cases on a hybrid bike, it should feel natural to look straight ahead. With road bikes the handlebars are dropped as low as two inches below the seat height, keeping the upper body lower to reduce wind resistance and improve speed. It takes some experimentation to find the right position. With all bikes, handlebar reach is also important—you shouldn't feel like you are crunching too small or stretching too far to reach them. An ideal reach allows for a straight, neutral spine and neck position without heavy pressure falling on the hands as you ride.

The wrong saddle or seat height can cause issues in your hips and lower back, nerve pain down your legs, and even create problems in your knees and numbness in your feet. The wrong frame size or handlebar height can negatively impact your mid and upper back, shoulders, neck, elbows, wrists, and arms. Getting the right bike fit will help make your ride much more comfortable. Consider having a proper bike fitting at a bike store, your body will thank you.

Hydrating Fluids and Foods

Water is a top choice when staying hydrated as it has no calories and is processed by the body quickly.

Fruit and vegetable juices are another great option—providing they don't have added sugar.

Tea and coffee should be limited to about 400 mg of caffeine per day. That is equal to three cups of black coffee or four cups of black tea per day. Drink herbal teas or decaf coffee if you want to have more than the recommended amount of caffeinated beverages.

Broth and broth-based soups can be sources of fluid. However, most canned or dehydrated broths or soups are high in sodium. Try making your own or choose prepared broths or soups lower in sodium.

Foods with a high water content include cucumber, watermelon, celery, strawberries, lettuce, radishes, tomatoes, green pepper, cauliflower, spinach, broccoli, and grapefruit.

Pain Management & Rehabilitation

Arm and Hand Health

With the warm weather here, people are engaging in more arm and hand-intensive activities such as gardening, renovations, racket sports and baseball. This can be a time of increased use of the small muscles that make up our arm and hands and if overused can cause tightness, pain and inflammation.

We will focus our attention on gardening mechanics–but these tips also translate into thinking about your arm and hand health during DIY projects, renovations or arm intensive sports.

Most people do not head for the garden planning to finish the day with aches and pains or a serious injury. Tending flowers, trimming bushes, planting a new tree, and even mowing the lawn can be considered a way to relax and enjoy the outdoors. For the gardener, nothing is more satisfying than stepping back and seeing how beautiful it all is.

Unfortunately, gardening and working in the yard can lead to all kinds of injuries, such as pulled and torn muscles; back injuries; tendonitis in the elbow; thumb pain and carpel tunnel syndrome.

The best thing to do is to take preventive action before going to work in your garden. Try the following:

– Plan ahead: If there are several tasks you need to complete in the garden, make a plan that includes how long you will work on each task and how often you will rest. Don't try and get everything finished in one go.

– Begin with easier gardening tasks and progress to more difficult projects.

– Invest in the latest ergonomic gardening tools. They are lighter and are designed to support your hands and upper extremities to prevent injury. Always use an angled hand grip to ensure proper alignment of the forearm, wrist, and fingers.

Correct

Incorrect

– Warm-up with wrist, arm and shoulder stretches and perform post-gardening stretches on your wrists, arms and shoulders.

– Take your time and use mindful movement.

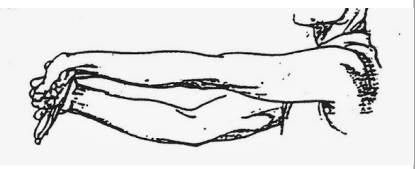
– Don't spend too long in one position, be sure to alternate tasks.

– Be mindful of repetitive motions: If you need to do a repetitive task such as clipping the dead roses or pulling weeds, take breaks often and be mindful of how long you are doing it. Stop one task and do another that uses different muscles. Stop and stretch the muscles you are using.

– Know your body: When you feel tired, stop and rest. Your body is telling you that you are beginning to do too much and that you can be at risk for injury.

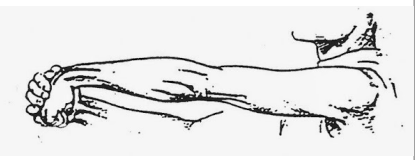
Arm and Hand Stretches

Forearm Flexors



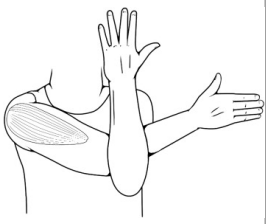
– With your elbow straight, palm facing outward and fingers pointing down, use other hand to grasp all fingers including thumb and pull hand towards you.

Forearm Extensors



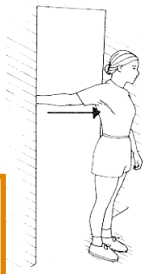
–With your elbow straight, make a fist with thumb under fingers and use other hand to pull towards you.

Deltoid



Keeping the shoulder relaxed, grasp the elbow and pull the arm across the body.

Pectoralis



Find a stable object such as a doorframe, place the hand with the thumb facing up, step forward so the arm is straight and a stretch is felt in the front of the shoulder/arm.

It is important to remember that if you have pain after gardening, and if it lasts for longer than a few days, you should make an appointment with a healthcare professional such as a chiropractor, physiotherapist, massage therapist or your doctor.

Clinic News

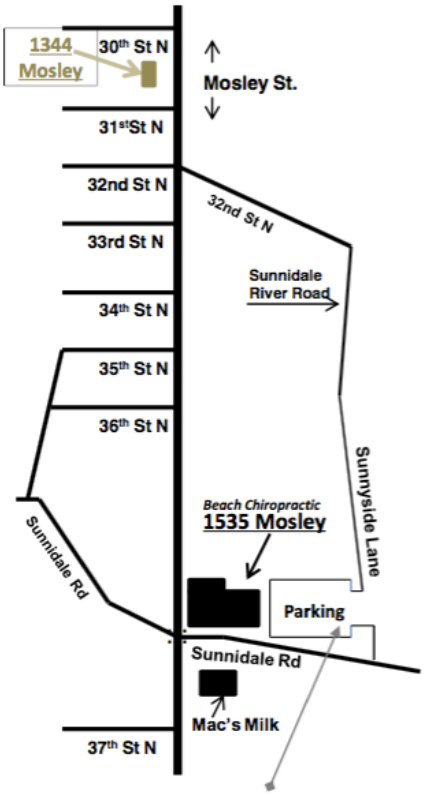
It's Official—we have moved!

The Beach Chiropractic team moved to the building on the southeast corner of Mosley St. and Sunnidale Rd (across the road from Mac's convenience store) in May. We are very excited to be in our new home.

The new address is 1535 Mosley St., Wasaga Beach,

The parking lot is accessed from the rear of the building on Sunnyside lane.

Map to our new location



Our team

Dr. Sarah Adams, Dr. Mardi Charlton, Dr. Peter Wilson—Chiropractors

Kimberly McMahon and Carrington Lauzon—Registered Massage Therapists

Regina Featherstone—Registered Nutritional Consultant

Cindy Cipollone, Jennifer Samson, Jessie Fox, Sheila Schofield—Administration

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Services

Chiropractic	Acupuncture
Massage Therapy	Orthotics
Nutrition	Reflexology
Laser Therapy	Running Clinics

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