



Beach Chiropractic & Wellness Centre

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Health Research

It is common knowledge that exercise is good for physical health, but a new study shows that it can also help curtail episodes of depression, even in those who have an increased genetic risk. On average, about 35 additional minutes of physical activity each day may help people to reduce their risk and protect against future depression episodes.

Listening to music while driving may help calm the heart: Driving can be very stressful, particularly if you are stuck in heavy traffic or are an inexperienced driver, and this stress will eventually take its toll on the heart. However, researchers now confirm that there is a simple fix for this problem: listening to the right music while driving.

9 in 10 people who think they are allergic to penicillin may not be: Three new studies shed fresh light on penicillin allergy, pointing out that many people who have been allergic in their childhood may no longer be so.

TMJ Dysfunction

TMJ (temporomandibular joint) Dysfunction is a collective term embracing a number of clinical problems that involve the jaw.

Common TMJD symptoms include: facial pain; pain with chewing, yawning, singing/talking; pain at the joint and surrounding tissues; jaw locking open or closed; clicking; popping; limited opening or inability to open mouth comfortably; headaches; ear issues (pressure, sense of fullness, tinnitus); a bite that feels uncomfortable, "off" or is continually changing; neck, shoulder and back pain, referred pain or sensitivity to a tooth or gum; sinus pain.

Causes of TMJD include: 1-Masticatory muscles: the muscles required to chew, talk, open/close the mouth maybe overused, strained or guarding and you may experience increased pain with chewing, talking or yawning. 2-

Temporomandibular joint: the joint itself is causing the issue and the disc may be displaced which may cause clicking or popping when opening or closing the mouth or a limited opening of the mouth. 3- Cervical spine: dysfunction at the neck can manifest as jaw pain and/or can affect the function of the jaw.

What is bruxism? This is excessive teeth grinding or jaw clenching and can also contribute to TMJD.

How does tinnitus relate to TMJD? Tinnitus can occur in one or both ears and the volume, frequency or intensity can vary. Tinnitus presents as: ringing; pressure; sense of fullness; sense of water; pain or popping sound. The temporomandibular joint is directly in front of the ear meatus, so when there is dysfunction with the joint and muscles, symptoms will often present in the ear.

TMJD and neck pain are also closely related; around 50% of people who have TMJD also have neck pain. Similarly, there is also a strong correlation between tension headaches and jaw muscle tension.

How can Massage Therapy help? Massage can reduce the associated symptoms of TMJD by decreasing muscle tension in the jaw, face and neck; this can restore normal joint function and can alleviate joint stress which can decrease clicking and popping. Massage is also effective at relaxing the muscles associated with TMJD in the neck which can cause decreased overall tension and stress and help with jaw clenching and grinding, headaches, facial pain and ear symptoms.

In addition to massage therapy, chiropractic treatment including laser therapy and acupuncture can be effective treatments to relieve TMJD and neck pain.

Lifestyle

Tips for Staying Fall-Free This Winter

Snow season has arrived, along with icy conditions that can lead to an unexpected slip or trip. Falls are the most common cause of injury among seniors and are the main reason why older adults lose their independence. Each year, one in three seniors over the age of 65 experience at least one fall and nearly 40 per cent of fall-related hospitalizations involve a hip fracture — which greatly impacts the health and well-being of our seniors.

Winter conditions, such as snow and ice, are known to increase the likelihood of experiencing a fall. According to Canadian Institute of Health Information data, over 70 per cent occurred between January and March. This information is often referred to as the tip of the iceberg, as many more fall injuries are treated in clinics, emergency departments and doctors' offices.

Falls usually happen due to factors that can be prevented. Identifying fall risk and taking the appropriate action to prevent falls can help seniors to stay independent and increase their overall health and well-being.

Here are some tips to ensure seniors stay fall-free this winter:

- Check your traction. Wearing appropriate shoes and boots for slippery sidewalks and stairs can help to avoid a fall. Research has shown that wearing an anti-slip shoe cover can reduce the risk of a fall in icy conditions.
- Slow down, walk flat-footed, and use a wide stance when walking on potentially icy surfaces. Use extra caution near melt runoff areas as water may have re-frozen. Plan your route thoughtfully. Walk across designated areas only; avoid taking short cuts. Watch for trip hazards, such as cracks in pavement, debris, or ice chunks. Avoid carrying items in front of you.
- Bring in the salt. Keep your salt and shovel indoors to avoid slipping while on your way to the garage or storage shed to get it. Sprinkle sand near your car before stepping out or in. Use a shaker bottle to sprinkle sand in front of you as you walk; this will improve traction and decrease fall risk for you and everyone who walks in the same path later.
- Shovel the walkway. Keep your steps and pathways clear. Check your railings and ensure they are sturdy, as they may save you from an unexpected slip or trip. Use handrails whenever available.
- Vitamin D and calcium. Research has shown that Vitamin D and calcium play an important role for muscular strength and bone health. During the winter months, it is especially important to eat foods high in Vitamin D and calcium and/or take supplements to get the recommended daily intake.
- Stay active. Strong muscles and bones are important in preventing falls and getting around safely. If winter conditions make it unsafe to exercise outdoors, stay active with an indoor routine that includes strengthening and balance exercises.
- Ask for help. Most people are happy to help an older person navigate across a slippery sidewalk or parking lot.
- Have a plan. If you experienced a fall, what would you do? Being prepared in the event of a fall can assist in getting help as quickly as possible, and may even save your life. Stay connected. Letting people know your plans and taking a cell phone with you when you leave the house are great ways to keep in touch with friends & family.

Pain Management

The Art of Resting

Resting “properly” is trickier and more important than most people realize. When you are injured — especially a repetitive strain injury or overuse injury — how much rest is enough rest? Is there such a thing as too much rest? What if you get out of shape or lose muscle?

These questions aren’t especially difficult to answer with regards to most ordinary injuries — you sprain an ankle, you stay off it for a while, take it easy for many weeks, slowly get back to normal ... no big deal. No “art” needed there! They become more of a challenge when there is more at stake, when you have an injury that is not healing well and is dragging on and on, or a pain problem that cannot quite be diagnosed.

There is a common prescription in rehabilitation that patients can exercise their way out of any problem. Some patients have been encouraged by health professionals at every turn to challenge their tissues with therapeutic exercise. They receive this advice despite a strong possibility that continued exercise is exactly the wrong thing to do.

Long before breaking under a strain, tissue often gets “sick” — a failure to keep up with maintenance and repair to match the strain. Once that happens, the tissue loses the ability to tolerate even minor stresses. Activities that used to be just fine are suddenly a problem. There’s only one way out of that trap: adequate rest is critical. You have to almost completely stop challenging the tissue, or it will never have a chance to recover.

There are surprisingly similar aspects in recovery from injury and recovery from exercise.

Every workout is like a mild injury that you have to recover from, shielding yourself temporarily from additional stress on the recovering tissues. And yet few active people and amateur athletes give their tissues enough time to recover and adapt. This can really increase the risk of injury, lead to feeling run-down, and is far from optimal for fitness.

For instance, it’s extremely common for people to go back to the gym long before their muscles have fully healed from the last workout. Progress may be less than it could be, and a sneaky hazard of overly frequent training is that you become perpetually not quite recovered.

Rehabilitation

You never actually get to enjoy your full fitness if you are too active, too often. People keen on the gym are particularly prone to this, spending far too many days of the month feeling sore and weak — strength remains reduced for days after the obvious sore phase is over. It’s most obvious in their case, but the same thing applies to nearly any kind of intense workout: not only do you need adequate rest, you need to spend some of your time actually enjoying the fruits of your labours! How “fit” can you possibly be if you never allow yourself to recover?

The art of rest is mostly the art of “relative” rest: finding a way to stay active and fit without placing stress on injured or severely fatigued tissues. Like rest in general, it is a neglected concept in rehabilitation. The challenge can and should be tackled with precision and creativity. Done right, it can be the closest thing there is to a “miracle cure” for many common repetitive strain injuries for which there is virtually no other effective treatment.

Just as injured people must find ways of being active while protecting their vulnerable tissues, the healthy athlete can optimize training and prevent injury by carefully alternating between different kinds of stresses. A common, obvious example is to switch between upper body and lower body workouts — resting half the body while challenging the other half.

You can get a lot more creative than that, though. There are many relative rest tips, tricks and strategies for resting relatively:

- Walking/Hiking
- Swimming
- Thermal workout — exhaust yourself with heating and cooling. For example, switch between a hot tub and a swimming pool - Scandinavia spa style.
- Take a break from your endurance activities and train with weights
- Take a break from heavy lifting and work on smaller stabilizer muscles with resistance bands or TRX slings
- Mobility exercises such as creative dance, yoga, or stretching

Relative rest will come to you naturally if you like to be active, but also respect the importance of taking it easy on your injury. You will be motivated and creative in your quest for alternative activities for the duration of healing.

Clinic News

Beach Chiropractic Toy and Food Drive



We are collecting toy donations for the Kinettes Toy Drive and food for the Wasaga Beach Ministerial 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 the two Beach Chiropractic Christmas Gift Baskets, each valued over \$200.

Patient Appreciation Days

This year's patient appreciation days are on Thursday December 5th and Friday December 6th.

Join us for some refreshments and snacks throughout the day!



Our team

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

Kimberly McMahon and Carrington Lauzon—
Registered Massage Therapists

Cindy, Jennifer, Franca, Jayne, Sheila, Jessie,
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