



BeachChiropractic & Wellness Centre

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Health Research

Get off the golf cart if you have knee osteoarthritis

It may seem intuitive that golfers with knee osteoarthritis should stay off their feet and ride in a golf cart. But new research has found, for the first time, that walking the course provides significantly higher health benefits and is not associated with increased pain, cartilage breakdown or inflammation.

Research finds that heading a soccer ball might not be the best idea.

A new study found that heading a soccer ball is actually more dangerous than colliding with another player on the field. Frequently heading a ball can cause concussions a lot more than people realize, and players who reported the most headings had the poorest performance on psychomotor speed and attention tasks in the study.

Does stress impact our health?

Everyone feels stress from time to time, whether it's personally, professionally, or as a response to specific events. Stress is not a pleasant feeling, and sometimes it lingers over several days, weeks, or even months. Very few people, however, stop to think about what stress really is, and how stress is physically impacting their bodies.

What is Stress?

Stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stress can result from a wide variety of factors, including external factors (from the environment, psychological, or social situations) or internal factors (illness, or from a medical procedure). Stress can initiate the "fight or flight" response, a complex reaction of the neurologic and endocrine systems, and can negatively influence many health issues.

Physical Symptoms of Stress

Stress can contribute to or worsen a range of other health problems. Studies have shown that individuals with chronic musculoskeletal pain, specifically related to conditions like fibromyalgia and arthritis, when exposed to stressors, reported increased pain intensity. Stress is also a common trigger for tension-type headaches and several studies have reported stress as a trigger for headaches between 71 and 97% of the time. Stress intensity is associated with headaches in individuals with both tension-type headaches and migraines.

Stress has been associated with other types of physical pain as well. There is a significant association between perceived stress and musculoskeletal pain, particularly in adolescents. When it comes to work-related stress, in particular, both men and women who find work stressful most of the time have an increased risk of experiencing chronic neck and shoulder pain.

Research shows that negative emotions that linger after even minor, daily stressors have important implications for our long-term physical health.

When most people think of the types of stressors that impact health, they think of the big things, major life events that severely impact their lives, such as the death of a loved one or getting divorced. But accumulating findings suggest that it's not just the big events, but minor, everyday stressors that can impact our health as well.

People whose negative emotional responses to stress carry over to the following day, are more likely to report health problems and physical limitations later in life compared with peers who are able to "let it go," according to research findings.

Lifestyle

Research-backed ways to destress in 5 minutes

1. Focus on your breathing

Rhythmic breathing is a good stress-reducing exercise that doesn't take too much practice to start using.

Here's how to do it:

- Set a timer for three minutes.
- Focus on your breath.
- Take a deep breath through your nose while you count to five.
- Hold your breath for five counts.
- Exhale for five counts.
- Repeat for the remaining time, and notice how your breath becomes deeper.

2. Take a break from your phone

Constantly checking your phone for the latest notification can overwhelm you. By snoozing your notifications, you create the mental space to focus on yourself and how you're feeling. While you focus on yourself, practice breathing slowly, closing your eyes and turning your thoughts toward something you're grateful for.

3. Listen to a relaxing song

Music therapy can also be a great way to relax wherever you are. The auditory cortex is connected to other areas of the brain that are connected our reward system, motor systems, centres for motivation and emotion regulation. In fact, research shows music can help people dealing with stress-related disorders, mild depression and anxiety.

4. Have a relaxing cup of tea

Have a hot cup of tea, preferably with no caffeine, and put the smart phone away and just spend a few minutes focusing on the flavour of tea, the temperature, noticing everything about the cup. This mindfulness practice helps you tune out other thoughts, helping you focus on something that's calming.

5. Go outside for a few minutes

Getting outside for a quick walk or fresh air is a great opportunity to de-stress. If you have the chance to change up your environment, get fresh air, see nature—water, trees—you should! This strategy is great for people who feel restless or unable to concentrate and there are studies to support its effectiveness.

We're always going to be faced with challenging situations, but they don't always have to stress us out!

Massage Therapy Can Help

Massage therapy is a non-invasive, evidence-based healthcare option that can address many of these physical symptoms caused by stress. Many people feel the physical effects of their stress in their shoulders, and massage therapy can be an effective treatment for shoulder tightness. Tension-type headaches are also a relatively common stress response, and massage therapy has been found to decrease the frequency and duration of headaches in chronic tension headache sufferers.

Massage therapy can also be used as a preventative to stress by getting regular treatments. The physical benefits of decreasing muscle tightness with the mental benefits of relaxing, caring touch can help children and adults alike.

Pain Management

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Rehabilitation

Core strengthening to reduce low back pain

What is the Core? The core is a group of muscles including abdominal, hip and back muscles that stabilize the spine and pelvis. A strong core provides a solid foundation for movement in the body and extremities. Many people have lower back pain, and this can sometimes be linked to a weak core.

By developing stronger core muscles, you are less likely to injure or strain your back during activity. A stronger and balanced core can protect the back by maintaining proper posture and reducing strain on the spine.

Here are some examples of core exercises.

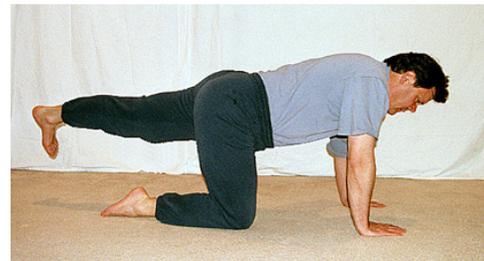
Plank pose

The plank is a classic core move that is so simple, yet so effective and safe for most people to perform. This can be done from your elbows or wrists. The beginner version would start from your wrists with knees on the floor. Pull your belly button in towards your spine and tighten your buttock, hamstrings and quadriceps. The plank also strengthens the chest and the shoulders. Keep your neck in line by looking just in front of your hands. Shoulder blades roll down the spine and shoulders are over top of the wrists. Work up to version 2 which is the start of push up position, with your knees lifted. Keep your butt in line with your shoulders. Version 3 can also be performed from the elbows. This version is good for those who have wrist issues or want a greater challenge. You can start off holding the plank for 10 seconds and work up to 60 seconds.



Leg extension

Kneel down onto your hands and knees. Keep your spine in a neutral position and maintain an abdominal brace (by tightening stomach and buttock muscles). Extend one leg behind as much as you can - even a little way makes a difference. Be sure to keep your upper body and pelvis stable. Hold for 2-3 seconds. Return to starting position and switch sides. Repetitions: Repeat 6-10 times each side. Gradually work up to three sets. Rest for 30-60 seconds between sets.



Cross Crawl

Once you get comfortable with leg extension, try this one. Get down on your hands and knees. Keeping your spine in a neutral position, tighten stomach and buttock muscles to create an abdominal brace. Slowly extend one leg behind you; at the same time extend the opposite arm out in front until parallel with floor. Be sure to keep your torso square and stable. Hold for 2-3 seconds. Return to starting position and switch sides. Repetitions: Repeat 6-10 times each side. Gradually work up to three sets. Rest for 30-60 seconds between sets.



Clinic News



In May we are celebrating one year in our new space!

A big thanks to all of our clients for your loyalty to our practice.

The team at Beach Chiropractic would also like to thank Dr. Sarah Adams - chiropractor and our wonderful clinic owner for providing us with such a beautiful space to practice and work in - what a fantastic first year in our new space!



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

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