

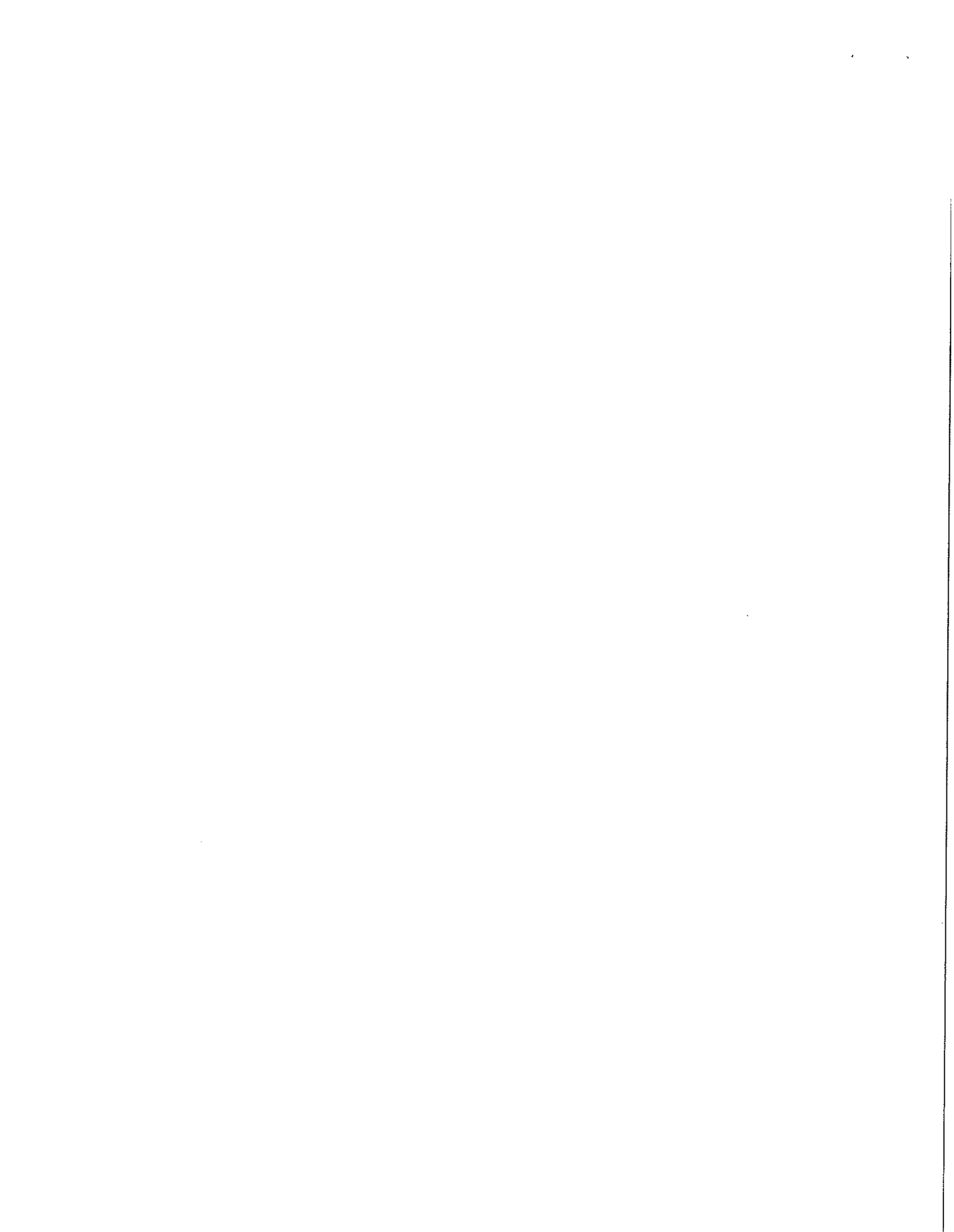
Active Chiropractic

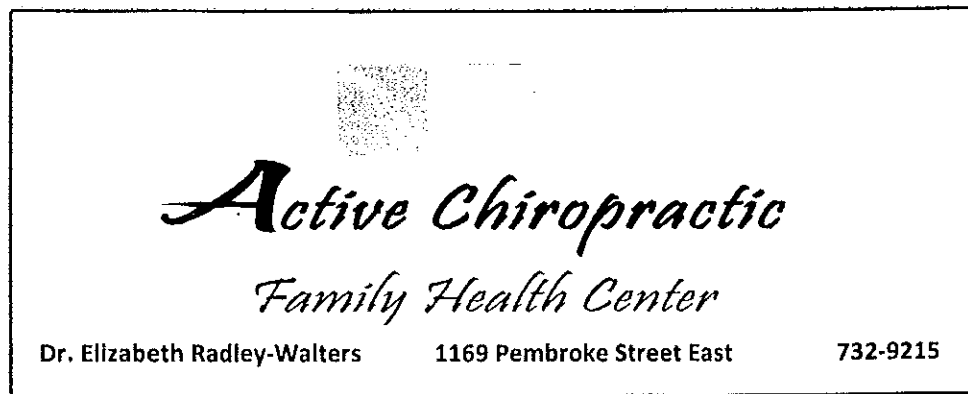
Family Health Centre

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Dr. Elizabeth Radley-Walters

Chiropractic Care · Active Release Technique (ART) · Webster Technique · Sports Injury Treatment · Chronic Pain Management
Exercise Therapy · BodySculpt Boot Camp · Personal Training · Running Clinics · Nutrition Counseling





Facts:

- 8 out of 10 Canadians will suffer from back pain in their lifetimes.
- Almost a **third** of Canadians say their pain lasted a **month or more** including 16 per cent who report back pain that is chronic and continuous.
- Those who report their back pain as severe are more likely to report that their pain never went away.
- Of those who were working at the time they experienced back pain, 15 per cent report **losing time off work** ranging from a few days (18 per cent) to a month or more (53 per cent)!!
- A person who has experienced back pain is about **10 times** more likely to have another backache than someone who hasn't.

The Case For Back Pain

- ⊙ Back pain has been identified as the **most common cause of activity limitation** in adults under 45 years of age, and is second only to arthritis in those 45 to 65 years of age.
- ⊙ Back pain is a costly condition: Health Canada estimated that musculoskeletal disorders, including back pain, cost society **\$16.4 billion** in combined direct (treatment and rehabilitation) and indirect (lost productivity) costs.
- ⊙ Seven per cent of the 22 million Canadians who experienced back pain **lost a month or more off work**. Sixteen per cent report pain that has never gone away.
- ⊙ Consumers **spent \$21.5 million on back pain products** in Canada in 1999.

Causes of Low Back Pain:

- ⊙ Poor Posture
- ⊙ Work-related Injuries
- ⊙ Improper Lifting
- ⊙ Lack of Exercise
- ⊙ Car Accidents
- ⊙ Unhealthy Lifestyle
- ⊙ Stress (Chronic Repetitive/Microtrauma/Emotional)
- ⊙ Sports Injuries

Most things we can control !!!

Repetitive Stress/Strain Injuries

- ⊙ Occurs when stress is placed on a joint.
- ⊙ A repetitive gesture like typing, or talking on the phone can cause an accumulation of small tears (microtrauma) which leads to swelling, muscle spasms, and pain in the muscles, tendons, ligaments, and bursas in the surrounding area.

- ⊙ This can lead to the tissue not getting enough oxygen (hypoxia)
- ⊙ Each of these factors can lead your body to produce tough dense scar tissue.
- ⊙ This scar tissue binds down tissues, including nerves and blood vessels.
- ⊙ As scar tissue builds up:
 - ⊙ Muscles become shorter and weaker
 - ⊙ Tension on tendons causes tendonitis
 - ⊙ Nerves become trapped
- ⊙ This can cause:
 - ⊙ Reduced Range of Motion (ROM)
 - ⊙ Loss of Strength
 - ⊙ Pain
 - ⊙ If a nerve is trapped, you may also feel tingling, numbness, and weakness.

Regular checkups with a chiropractor can prevent, reduce, or detect overuse conditions by properly aligning your spine.

Proper Lifting

- ⊙ Use your legs as much as possible
- ⊙ Bend your knees not your back
- ⊙ Get **LOW**
- ⊙ Bring the object as **close to you** as possible
- ⊙ Don't twist
- ⊙ Don't reach
- ⊙ Plant both feet firmly on the ground
- ⊙ Get Help!!! (don't lift more than you can handle)

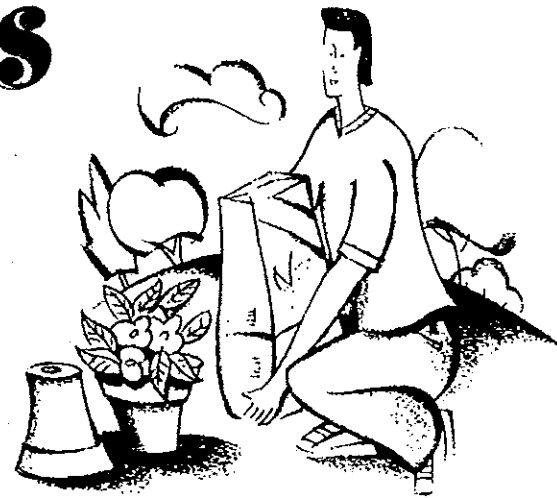
Healthy Choices- The LENS Principle

Lifestyle Changes (Quit Smoking, Reduce Alcohol Consumption*, Reduce Caffeine Consumption, Get Adequate Rest)

- | | |
|------------------|--|
| Exercise | moderately intense exercise for at least 30 minutes five days a week <ul style="list-style-type: none"> > or vigorous exercise at least 20 minutes three days each week > The guidelines also state that exercise above the recommended minimum amounts provides even greater health benefits > Weightlifting exercises- 8-12 reps, 2 days/week > 65+ guidelines (start early!!) > Stretch!! |
| Nutrition | Eat Carbs, Protein, and Fat at every meal/snack <ul style="list-style-type: none"> ⊙ Plan Ahead ⊙ Cut Back on Fat Intake (Saturated & Trans Fats) ⊙ Increase Fibre Intake ⊙ Increase Intake of Complex Carbs ⊙ Increase Calcium Intake ⊙ Decrease Salt Intake ⊙ Increase Iron Intake ⊙ Increase Water Intake ⊙ Decrease Caffeine Intake |
| Stress Reduction | Recognize Stressors
Reduce Stressors |

Bend your knees to lift with ease

Shovel. Lift. Plant. Rake. You can do it without the ache ... if you learn how to lift correctly. The good news is – most lifting injuries are preventable. Here are the tried and true rules for lifting with care, without hurting your back.



Get Close to the Load

Stand with your feet shoulder width apart, head up, feet and body pointing in the same direction.



Knees Bent, Back Straight

Check the weight of what you're lifting. Use your leg and arm muscles to smoothly and slowly lift the load.



Make Sure You're in Sync

Keep the load close to your body. Pivot with your feet...don't twist your body while carrying the load.



Easy Does it

Bend your knees and slowly lower the load to its intended place. Do not lift heavy objects above your waist. Avoid heavy lifting immediately after prolonged bending or kneeling.

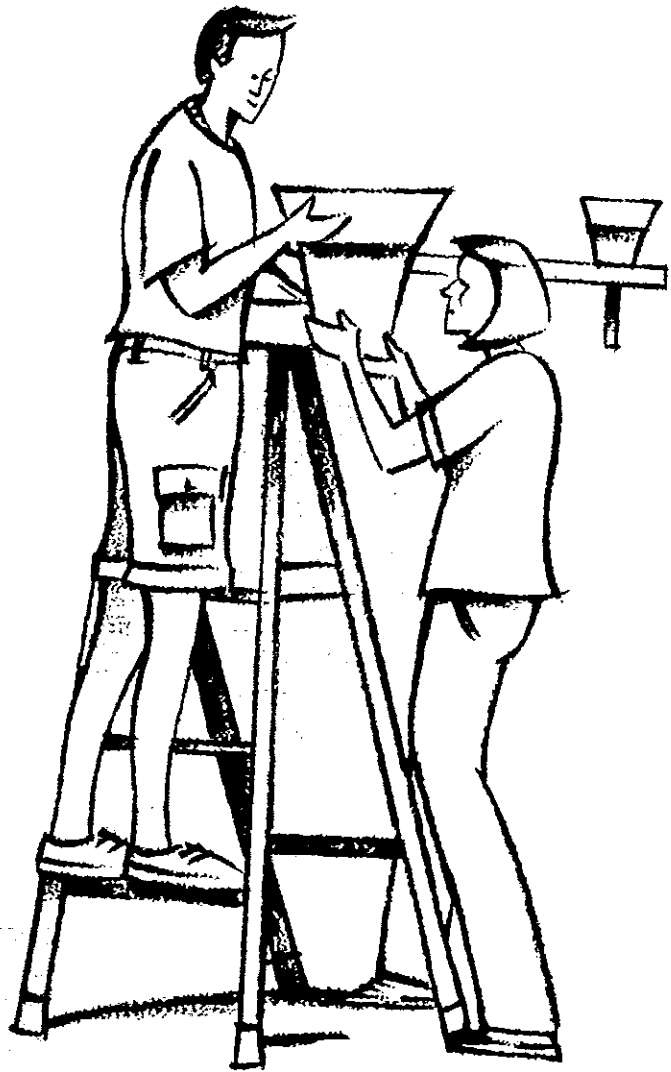


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Above Your Waist

Many hands make light work. Literally! So get some help with the heavy and awkward loads. Stand on something solid. Slowly lift the load, keeping it close to your body and pass the load to your helper.

Following these tips will allow you to plant and rake without the ache for many years to come.



Have the right tools for the task at hand
Ensure you drink plenty of fluids
Alternate between light and heavy jobs
Lift correctly
Take frequent breaks
Heavy loads should be shared
Your feet should be protected with thick soled supportive shoes

Before you start, warm-up your muscles
Avoid muscle strain, learn the right techniques
Change positions frequently
Kneel to plant and weed
Spinal check-ups can help keep your back healthy

Back or muscle pain that lasts longer than 48 hours is your body's way of saying it needs help. See your chiropractor. Chiropractors are trained to detect and treat spinal problems. They provide expert care for your back, muscles and joints, helping you enjoy life to the fullest.



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Pack it Light. Wear it Right.

Hey! You're not leaving home. Why break your back with your pack?
Lighten it up. You'll be glad you did. And your back will thank you.



Check out just how much all that stuff you haul around every day actually weighs.

shoes	1 kg/2 lbs
wet towel	1 kg/2 lbs
6 text books	2.7 kg/6 lbs
2 binders	1.5 kg/3 lbs
20 CDs	.5 kg/1 lb
Game-Boy	.25 kg/.5 lb
water bottle	.25 kg/.5 lb
sports gear	4.5 kg/10 lbs
lunch/snacks	1 kg/2 lbs
laptop computer	2.7 kg/6 lbs

Get Smart! Check the Chart:

If you're hauling more than 15% of your body weight (10% for younger kids), lighten up. Now!

If you weigh.....only carry	
23 kg/50 lbs	2.2 kg/5 lbs
32 kg/70 lbs	3 kg/7 lbs
40 kg/90 lbs	6 kg/14 lbs
50 kg/110 lbs	7 kg/16 lbs
59 kg/130 lbs	9 kg/19 lbs
68 kg/150 lbs	10 kg/22 lbs
77 kg/170 lbs	11 kg/25 lbs
86 kg/190 lbs	13 kg/28 lbs

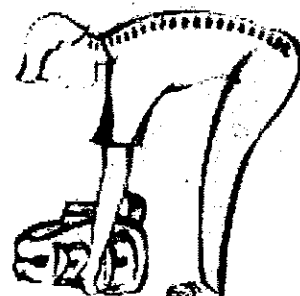
Don't throw yourself a curve by carrying the weight of the world in your pack.



Gotta hunch you're not gonna want to look like this. But you could, unless you lighten your pack.

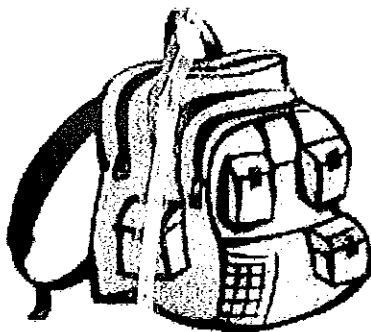


S-s-straighten up! Unless you wanna be leaning like this all your life, lose some of the load off your shoulder.



Get the lead out of your pack! And always bend your knees to lift. If you don't, you'll be heading for back trouble.

So what's the best way to carry a pack?
Pack it light. Wear it right.



That load'll seem a lot lighter if you pick a pack with plenty of compartments.



You've got two shoulder straps. Wear 'em both. Place your pack on the table, and put it on one strap at a time.



Carry the heaviest items closest to your body. Use your waist belt, and adjust the straps.



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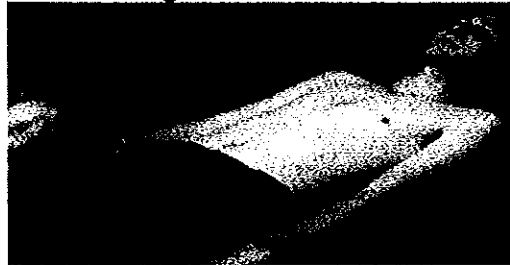
Chiropractic.
Treatment that
stands up.



ACTIVATOR
METHODS®

Low Back Stabilization Procedures Transverse Abdominis and Multifidus muscles

Beginner's Level



Make your mid-section "hard" by contracting your "side" abdominal muscles (as if you were tightening-up to *put on a new pair of pants (stomach in + up) - J*). Hold for five seconds. There should be no visible signs that you are performing the exercise, ie. your head or chest should not rise and your pelvis should not tilt or move. Try to generate tension all the way around into the small of your lower back. Repeat ten times, twice per day.

Intermediate Level



After you have mastered the "Beginner's Level" exercise, perform mid-section contraction as described in "Beginner's Level" and hold contraction while lifting your right foot six inches off the floor. Hold for five seconds then place foot back down. Repeat on opposite leg. Perform ten repetitions on each side twice per day.

Advanced Level



After you have mastered the "Intermediate Level" exercise, perform the "Advanced Level" exercise and hold while lifting opposite foot off floor. Hold this position for five seconds. Repeat ten times, twice per day.

Single Arm Wall Squat (Scapula)

Difficulty Level : Beginner

Muscle Group Shoulders

(s) : Total Body

Modality : Mobilizers

Benefits :

- Improves sagittal movement and communication of ankle complex-ilio femoral joint and thoraco-scapula complex

Pre-Requisites :

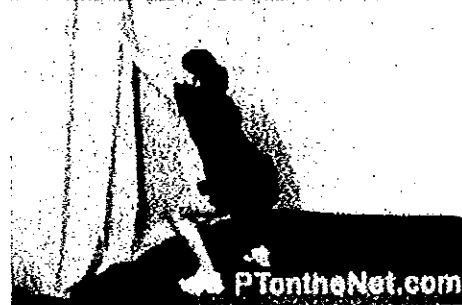
- If shoulder pain
- Impingement is present decrease the movement of the arm to decrease the load.

Preparation :

- Face wall, place one hand shoulder height against the wall
- Soften Knees

Movement :

- Squat downward, pushing butt backward
- Keep heels on the ground
- Once you "feel" a gentle stretch in calves or lats, return to the starting position and repeat





class

Back Extension - On SB Arm Extended

Difficulty Level : Beginner

Muscle Group Back and Neck

(s) : Back
Hamstrings
Hips and Glutes

Modality : Stability

Equipment : Stability Ball (SB)



Benefits :

- Total body extension strength and stability, with emphasis to the posterior scapular muscles vital to optimal posture.

Pre-Requisites :

- The client must display adequate flexibility throughout the lumbo-pelvic hip complex, specifically at the hip flexors, in order to perform this exercise with optimal alignment.



Preparation :

- Drape the body over the ball in a prone position with the spine flexed.

Movement :

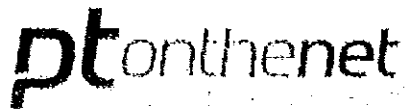
- Stabilize the neck and pelvis as you extend the spine.
- Imagine there is a ball tucked under the chin and don't drop it.
- Slightly press the pelvis onto the ball and don't move it.
- Think of straightening your spine instead of lifting up off the ball.

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Cobra - Floor

Difficulty Level : Beginner

Muscle Group Back and Neck

- (s) : Trapezius
- Back
- Core
- Abdominals
- Hips and Glutes
- Obliques
- Latissimus Dorsi

Modality : Stability

Progressions : Alt Arms

Benefits :

- Core.
- Glutes.
- Middle and lower traps.

Pre-Requisites :

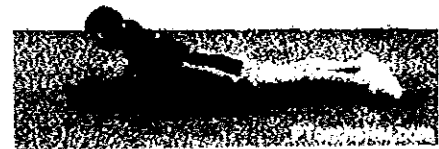
- Clients should have education in core and glute activation.
- Clients should be able to activate glutes, erectors and hamstrings in correct sequence.

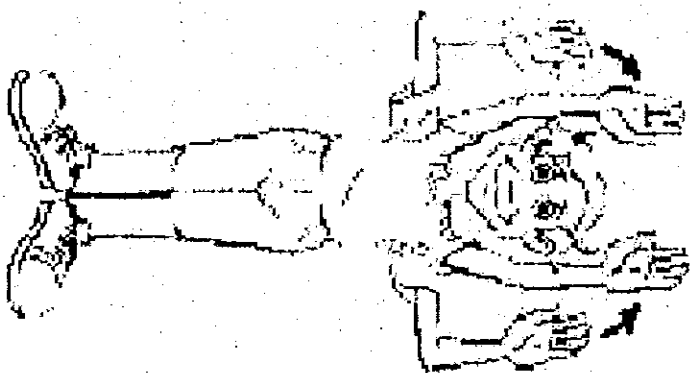
Preparation :

- Laying face down on the floor-in prone position, have arms beside your hips.
- Activate core by drawing in navel towards spine and squeezing glutes.

Movement :

- With core and glutes activated, lift chest off the floor, lift arms up and back towards the hips rotating thumbs towards the ceiling.
- Pause momentarily at the top of the lift then return to starting position; at all times keeping the chin tucked into the chest.
- Upon completion of the movement, repeat.
- Don't over emphasize arching of the back to lift the chest off the floor. Only lift to where the client is comfortable-no lower back pain should be felt. If so check sequencing of glute, erectors and hamstrings.





Target: The chest muscles, the large muscles of your back and shoulder blades, and the soft tissue and muscles of your shoulders.

Start with your back, buttocks, shoulders, head, elbows, and wrists against the wall and your heels about three inches away from the wall. Your arms should be in W position with your wrists just below shoulder height. *Neutral spine (your normal curve)* back is close to the wall. Slowly raise your arms overhead, keeping your elbows and wrists on the wall without arching your back. Hold for 3 seconds and repeat 10 times. This is an excellent exercise to help improve and maintain good standing posture. If you can't assume the starting position, simply start with your elbows on the wall and your wrists comfortably off the wall. Slowly rotate them towards the wall as far as you can. Add in the overhead reach component when your wrists can comfortably touch the wall.

Quadriceps - Standing

Difficulty Level : Beginner

Muscle Group(s) Legs

Modality : Static

Benefits :

- Increased flexibility and ROM of the quads/hip flexors, and lumbo-pelvic-hip complex as a whole.

Pre-Requisites :

- Noted tightness in the hip flexors/quads.

Preparation :

- Stand as pictured, with "tall" posture in optimal alignment, grasping one ankle.

Movement :

- Perform a posterior pelvic tilt while squeezing the glute of the stretching leg.
- Hold for 20-30 seconds, repeat for 2-3 reps.



Lunge

- Assume a lunge position, making sure your front foot stays in front of the knee.
- Draw your belly button in toward your spine and tuck your tail under (this will flatten your low back). (1)
- Begin to move your whole pelvis forward, keeping it square to the front. (2)
- To increase the stretch, reach the arm on the trailing leg side over your head and bend your trunk to the side. (3) Rotating your pelvis toward the front leg will also increase the stretch.

