



# Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 [www.drkarin4spine.com](http://www.drkarin4spine.com)

Dr. Karin says...

## WINTER!!!



It's certainly a Canadian winter this year!!

A Pollara survey concludes that snow shovelling is a major cause of back injuries during the winter months. Here at the clinic we can certainly confirm that! Not only have you been shovelling, but you have also been hacking ice! From mild low back strains to acute mechanical low back symptoms, we continue to help you all. (Watch for Wiarton Willie ☺).

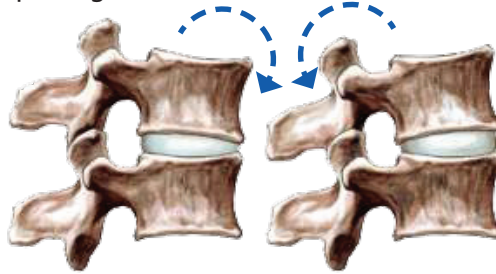
Every year we repeat the same advice:

- Don't let the snow pile up
- Pick the right shovel
- Push, don't throw
- Bend your knees
- Take a break

If you don't here's what happens. You keep jolting the little joints between your vertebrae. Most of the joints are no bigger than the nail on your ring finger.

The joints in the spinal column are located on the backside of the vertebral body. These joints help the spine to bend, twist, and extend in different directions. Although these joints enable movement, they also restrict excessive movement such as hyperextension and hyper-flexion like when you bend to throw snow.

Each vertebra has two facet joints that work like a hinge. Imagine a pneumatic drill pounding on such a small surface for an extended period of time, such as a couple of hours of shovelling or picking the ice.



Source: [www.andrewmoultonmd.com](http://www.andrewmoultonmd.com)

Each joint is surrounded by a capsule of connective tissue and produces synovial fluid to nourish and lubricate the joint. The surfaces of the joint are coated with cartilage that helps each joint to move smoothly. Keep irritating these surfaces and they will become VERY angry and lock up on you. That's when you need to call for an appointment. The longer you wait, the nastier the cascade of events ....swelling in the joints and around the nerve roots.... The longer it takes to get you better because we have to wait for the body to accept the return to normal function after each adjustment.

## Adolescent Acupuncture: It could be worth a try!

Acupuncture in pre-adolescents and adolescents can be life changing. This age group is young, healthy and growing quickly, therefore allowing their bodies to heal and respond quickly to the treatments!

Young patients can be treated for the usual aches and pains, migraine headaches, painful periods and soccer injuries, but...for some kids, this sudden

growth phase, plus their hormones, plus stress creates a perfect storm that can block the smooth flow of energy and emotions, causing a wide variety of mental health symptoms. Acupuncture works for emotional health issues because it affects brain chemistry. It can increase production of endorphins and other feel-good chemicals in the

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We welcome

## Maria Palchuk!

REGISTERED MASSAGE THERAPIST (RMT)

Maria Palchuk, a member of the College of Massage Therapists of Ontario is thrilled to join the team of the **Hammerich Clinic**.

Maria graduated from *Sutherland-Chan School and Teaching Clinic* where she specialized in pregnancy massage, spinal cord injury rehabilitation and post surgical scar treatment.

Her therapy blends deep tissue and Swedish massage in conjunction with myofascial release, trigger point therapy, stretching, joint mobilizations and manual lymph drainage.

Maria has experience treating a variety of conditions such as: carpal tunnel, strains and sprains, tendonitis, bursitis, tension and migraine headaches, TMJ dysfunction and of course stress management.

Her passions rest in assisting each individual's needs in achieving an optimal lifestyle and savouring life in the great outdoors.

**Maria** offers Ukrainian/English bilingual service. She will accepting appointments for **Thursday evenings from 5PM-9PM**.

*Kathleen* continues to specialize in Swedish Massage. This therapeutic massage relaxes aching muscles, reduces stress & fatigue & increases circulation while improving tissue health. It also helps reduce back pain & headache. *She is available Tuesday evenings from 5:30PM -9PM.*

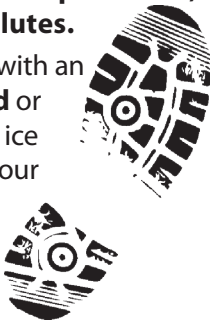


## Need Tips For Winter Running?

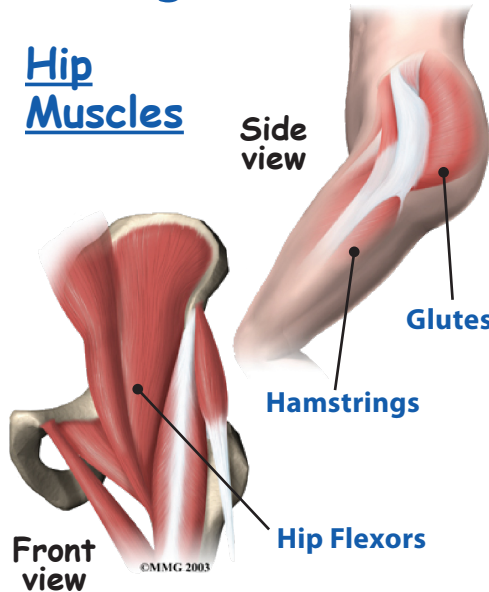
Running on ice-slickened sidewalks, paths & trails has the potential to cause injury unless some key modifications are made....

- (1) **WARM UP!** A dynamic stretching routine and fast walk is a great way to warm your muscles for the run.
- (2) Increase your stride width – this means running with your feet a little farther apart.
- (3) Take shorter and choppier steps – by avoiding long strides you avoid landing on just your heel therefore decreasing your likelihood of slipping.
- (4) **REDUCE** your mileage, **REDUCE** your intensity and get **STRONGER**.
- (5) Increase hip strength, specifically in the **gluteus medius**. This muscle is critical in terms of maintaining balance.
- (6) Stretching!! As you change your running pattern to accommodate slippery surfaces different muscles are going to be used a lot more, for example, **the hip flexors, hamstrings and glutes**.
- (7) Get running shoes with an **"aggressive" tread** or consider adding an ice traction device to your running shoes.

**"Aggressive Tread"**  
To dig into the ground



### Hip Muscles



- (8) Consider cross-training. If it is too cold or too icy out try a different form of exercise. Spinning class or a jump training (aka. Plyometrics) class such as the insanity workouts have been proven to complement a running regimen, even helping to decrease run times!!

Most importantly be reasonable and listen to your body, stay in if it is too chilly and end your run a couple kilometers early if you feel you are getting injured! By listening to your body good decisions will be made.

**Contact Dr. Erin at the clinic if you would like some information about warm ups, stretching and strengthening for the runner—416-769-8072.**

RMT, Michelle offers this advice:

### RMT CORNER

Massage therapy is effective for the whole family!.....infants, children, working parents, pregnant women or the elderly.

With modern technology and our hurried lives, we find ourselves lacking in quality family time and in touching each other less. Touch is the first sense to develop in humans and simple massage to our children serves to reaffirm a close bond with them and conveys a comforting sense of security and trust.

Children, just like adults, are prone to stress. Changes in routine, family illness, divorce and even vacations can produce stress in a child. One of the consistent findings in studies of the benefits of massage therapy is a reduction in stress hormone levels which can, in turn promote a healthier immune system. Preschoolers have shown improved cognition and better sleep after massage.

Children who take part in sports can experience pain and sports related injuries. Massage therapy can help to alleviate these growing pains and prevent or address activity related symptoms.

For the teenagers in your family who are often struggling with the bewildering changes in their bodies and associated growing pains of adolescence, massage therapy can help to improve body image and decrease anxiety, depression and stress. At a time when teenagers are self-conscious and shy about their bodies, a supportive relationship with a massage therapist can help an adolescent understand and accept healthy nurturing touch which can increase their feelings of self-acceptance and self-confidence during these trying years.

For each and every member of your family, remember that regular massage therapy can be truly beneficial. Please contact *Michelle, Kathleen or Maria* if you would like more information. **Book an appointment today—416-769-8072!**

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## Adolescent Acupuncture

brain, causing a calming effect. For this reason, it can effectively treat emotional conditions including stress, anxiety, depression, and panic attacks.

Children and teenagers who have undergone acupuncture treatment say the tiny needles placed at points on the skin ease pain with little discomfort. The feeling of a needle can be compared to a mosquito that lands on you... more like a ticklish, funny sensation than painful.

**If your teen is struggling, consider giving acupuncture a try. Call Dr. Erin at the clinic at 416-769-8072.**

**Do you know someone who could benefit from chiropractic care? We appreciate your referrals.**