



# Hammerich CHIROPRACTIC Clinic

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

## Going on Summer Vacation?

Did you know that sitting for long periods of time can be very harmful to your body? Even in the most comfortable cars, certain pressures and forces from awkward positions can result in restricted blood flow.

### To increase your chances of a pain free trip

- **Choose the right luggage**

Choosing a bag with wheels and a handle goes a long way to lighten your load. Alternatively, quality backpacks are a good option as they distribute weight more evenly than other types of luggage.

- **Get comfortable**

Seat adjustment is critical for avoiding pain on the road. Make sure to adjust the seat to fit you comfortably. If necessary, roll up a towel or pillow and place it between your lower back and the seat for more support.

- **Bring ice**

Bring a cooler filled with ice packs to help relieve pain on the road. If you need to ice your back, limit it to 15 minutes at a time.

- **Make frequent pit stops**

This gives everyone a chance to stretch and change out of a seated position for a short period of time. Each stop also provides an opportunity to refresh and reduce tension that has been building up in your body.

### How to lift your luggage properly

- **Break the action up**

When loading a suitcase into a car or truck, try lifting it onto a chair or step-stool first, rather than doing it all in one motion

- **Use your legs**

When lifting your luggage, first get close to the load and stand with your feet shoulder-width apart. Bend at the knees and let your leg muscles do the lifting, rather than your back.

- **Avoid twisting**

Instead, turn your feet in the direction you are headed and turn your entire body in that direction.

*Thanks to the Ontario Chiropractic Association for these tips!*

## Chiropractic for Teddy Bears

Have your children bring their teddy bears [or dolls] by to have their spines checked and learn about the importance of having a healthy spine!



Baby Point Gates BIA

**FUN DAY!**

**JUNE  
25<sup>th</sup>**

**Dr. Karin advises...**

## Stretch your way to a prettier garden!



**Tending to a garden is a good workout, so make sure you limber up before start.**

### Upper Body

#### **YOUR SIDES**

1. Extend your right arm over your head.
2. Bend to the left from the waist.
3. Hold for 15 seconds and repeat on the other side.

#### **YOUR ARMS AND SHOULDERS**

1. Hug yourself snugly.
2. Slowly rotate at the waist as far as is comfortable to the left, then to the right.

#### **YOUR BACK**

1. In a seated position, bend forward from the hips, keeping your head down.
2. Reach for the ground.

### Lower Body

#### **YOUR THIGHS**

1. Face a wall or tree and support yourself against it with one arm.
2. Bend your right knee and grasp your ankle or pant leg with your left hand.
3. Hold for 15 seconds and repeat on the other side.

#### **YOUR HAMSTRINGS**

1. Stand.
2. Reach your hands to the sky.
3. Then bend at the waist and reach toward your toes.
4. Hold for 15 seconds.

**WWW.**

**Stay tuned for our great new interactive website...  
coming soon!**



## Headaches - TYPES, CAUSES & TREATMENT

Headaches can be debilitating, annoying or uncomfortable and unfortunately they are also extremely common. Fifty-nine percent of Canadians report suffering from some type of headache in their lifetime.

The good news is that chiropractors are great at diagnosing and treating headaches! Chiropractic treatment can include adjustments of the neck, muscle release techniques, acupuncture and home exercise prescription.

**There are three commonly-experienced types of headaches:**

**Cervicogenic Headaches** are a type of secondary headache, which means that the pain felt in the head is actually being referred from the structures in the neck. This type of headache is best managed by addressing the problem in the neck, which is something that chiropractors do best!

**Tension Headaches** are the most common type. They can be described as a dull and achy tightness around the head. One of the most common triggers for tension headaches is stress. Addressing stress levels and improving



posture can help manage this type of headache. Chiropractors give posture advice everyday!





**Migraine Headaches** tend to vary from person to person and can include symptoms such as changes in vision, nausea, vomiting, sensitivity to light and sounds and sensory warning symptoms known as an aura. The headache is usually located on one side of the head and can last from hours to days. The cause of migraines is not fully understood but triggers can include stress, sleep deprivation, changes in barometric pressure and eating certain foods. Adjustments of the neck as well as acupuncture have been proven to help manage this type of headache.

## Massage Therapy & Golf

Whether you are a casual golfer or a professional player, you know that golf can be an incredibly draining sport, both mentally and physically. Good posture is essential for golf performance and the muscular imbalances that occur as a result of sitting during the workday can limit your golf swing. This can lead to faulty biomechanics and poor technique during the game which in turn, will increase the chance of injury, muscle strain and soreness after a day at the links.

The golf swing is a forceful, repetitive motion that can lead to tension and reduced mobility in the shoulder muscles. During the follow through of a golf swing, the rotator cuff is triggered to keep muscles and bones in proper alignment. Hitting the ball too hard and tightening up during the swing can lead to soreness in the neck, shoulders and arms. Tight hamstrings, calves and feet can occur with the miles walked during a golf game. Furthermore, over-rotation during the swing can also lead to low back and gluteal problems.

### **Massage therapy on a regular basis during golf season has many benefits:**

-  Increased circulation: this can assist in the recovery of muscles that perform the repetitive motion of the golf swing during a game.
-  Reduction of muscle spasms, pain, trigger points and adhesions that occur as a result of injuries and overuse in affected tissues.
-  Addressing common muscle imbalances and improving range of motion and flexibility: this means more available power, control and consistency during the golf swing and a lower risk of injury.
-  Improvements in mental focus with reductions in stress levels

*To enhance your golf game this summer, call the **Hammerich Chiropractic Clinic** and book an appointment with one of our massage therapists! 416-769-8072*

**Don't miss out on fun in the sun because you have a headache!**  
**Come in and see how chiropractic can help you become headache free!**

## Fulfillment in Life

In both my training and my experience as a psychotherapist, I've learned that emotional health involves, among other things, being free to express our deepest self, and having that expression received and affirmed by others. And the reverse, too: being trusted enough to receive and affirm the expression of someone else's deepest self. But there's a hitch. We may not always feel comfortable talking about our deepest self, even to a partner or relative or close friend. There may be parts of us that we would prefer not to "express" even to ourselves! This is where psychotherapy can be helpful.

## Registered Psychotherapist

**Robert MacLennan, MA, RP**

Member of the College of  
Registered Psychotherapists of Ontario



A psychotherapist is trained to receive the deepest thoughts and feelings of others, and also obligated to keep those thoughts and feelings in confidence. When two people explore deep personal experiences together, clarity and comfort can result, and also hopeful and doable ways forward.

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