



Hammerich CHIROPRACTIC Clinic

363 Jane St. 416-769-8072 www.drkarin4spine.com

Dr. Karin helps with...

Getting a good night's sleep

Humans spend one-third of their lives sleeping.

Sleep needs vary across ages and are impacted by lifestyle and health. To determine how much sleep you need, it's important to assess what lifestyle factors are affecting the quality and quantity of your sleep and of course on WHAT you sleep!

When choosing a mattress, look for one that is comfortably supportive. A mattress should be flexible enough to adapt to your body's shape, while providing firm support for your spine. Your mattress should be replaced every 8 to 12 years to ensure the proper support and comfort.

Pillow talk

A good pillow for sleeping should be comfortable to lay your head upon, but most importantly it must support your neck keeping it in alignment with the rest of your spine. There are many different pillows on the market today from traditional feather and fibre ones to shaped pillows, memory foam and buckwheat pillows.



There is no one "best" pillow for everyone. Try these tips to pick the pillow that's right for you.

- Choose a size of pillow suitable for your body size or frame. The pillow should cover the entire back of your neck to avoid putting pressure on your spine.



Complete the quiz at: www.bettersleep.ca

- Try out the pillow.
- Buckwheat filled pillows have become increasingly popular. They are hypoallergenic, they will mold to the contours of your head and neck providing good support, but it will also change shape when you move.

A good quality, supportive pillow provides many benefits including a better night's sleep, improved circulation, fewer aches and pains and even reduced snoring. Take your time and choose carefully. Your neck and back will thank you for it!

The position you sleep in

Your sleeping position is also an important factor in how you will feel when you wake-up. Lying on your back or side allows your head, neck and spine to relax into their natural alignment.

If you have low back pain, try sleeping on your back and place a pillow under your knees to take some of the pressure off your back.

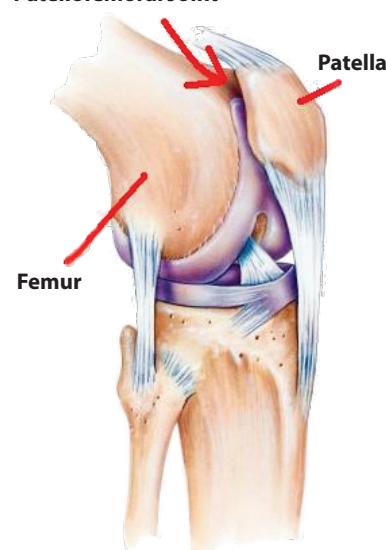
WALKERS & RUNNERS...
do you have pain from

Patellofemoral Pain Syndrome (PFS)

PFS is an inflammation to the front of the knee caused by the kneecap (patella) not tracking properly over the thigh bone (femur) at the knee. The outer thigh muscles (the quads) overpower the inner thigh muscles and pull the kneecap out of its normal groove. One of the many causes of this improper tracking is foot pronation. This inward roll of the foot while walking or running causes the tibia [shin bone] and femur to rotate inward. Research has shown that **orthotics** can correct overpronation. **Orthotics** also reduce the sideways movement of the kneecap and reduce the pull on the IT band and quadriceps tendon. Considering all the movable parts of the human frame is the role of the chiropractor.

1. *The additional effect of orthotic devices on exercise therapy for patients with patellofemoral pain syndrome: a systematic review.* Nynke M, et al. *Br J Sports Med* 2012;46:570-577

Patellofemoral Joint



WALK or RUN better!

Our clinic can arrange to provide you with custom-made orthotics. Ask us today!

DID YOU KNOW?

The sleepest mammals are armadillos, sloths & opossums? They spend 80% of their lives sleeping or dozing.

OCTOBER

16

The countdown is on to **World Spine Day--Oct. 16.** Follow the clock at: www.worldspineday.org What will you do for your spine that day?

50%

According to a Finnish study, 50% of children in Grades 3 -5 suffer from neck pain. www.ncbi.nlm.nih.gov/pubmed/18204400

Chiropractic • Registered Massage Therapy • Acupuncture • Nutritional Counselling • Personal Counselling



Back-to-School and the Upper Crossed Syndrome

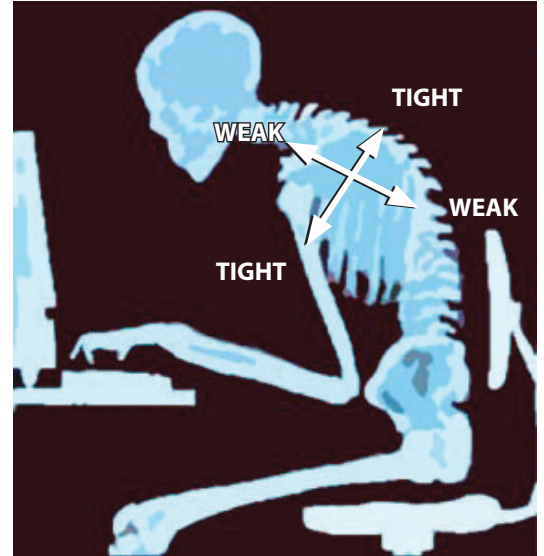
As Back-to-School and work routines are well underway, seasonal complaints start occurring. *Upper Crossed Syndrome* is muscular imbalance in the upper body resulting from extended hours at the computer or at a desk, from doing Fall yard work, or from carrying a heavy backpack. Tension in the upper back, shoulders and neck results from some muscles shortening & tightening, and other muscles weakening & lengthening.

For much of the day, we use the large, chest muscles, the pectoralis, which become short and tight whenever we lift, carry, push or pull. They also shorten when we sit for long periods of time at the computer. Kids carrying a backpack loaded with their books, sports equipment and lunches etc. are also using their pectoralis and upper shoulder muscles.

The muscles between your shoulder blades and between the shoulder blades and the neck weaken and lengthen. Tired muscles that are put under increasingly lengthened tension become prone to spasm and trigger points which can in turn lead to pain and headaches.

Most patients do not experience significant pain in the chest area and so are often curious as to why our massage therapy treatments include techniques that address the pectoralis muscles. Addressing the Upper Crossed Syndrome means that by working to reduce the tension in the chest muscles, we can also reduce the lengthened tension in the back muscles and help to restore muscular balance in the area, reducing pain and other symptoms.

Please don't hesitate to contact Michelle, Kathy or Maria at the clinic for more information or to book an appointment. Call 416-769-8072. We are here to help!



Leaving low self-esteem

In our anxious and competitive world, we spend a lot of time and effort trying to please others. But we may not be paying enough attention to pleasing ourselves—deeply. We may find lots of distractions, but somehow they don't satisfy us for long.

To experience real satisfaction, we need to discover and express our true selves. When we are being who we are, we can find more enjoyment doing what we do. We can have more energy, feel more confident, and even be of greater service to others.

Therapeutic counselling can set us on the path away from low self-esteem.

More on therapy approaches at <http://www.drkarin4spine.com>

Counselling

**Robert MacLennan, MA,
Psychotherapist**



**Dr. Erin
has...**

Lunch box nutrition tips!

- Include a protein, a starch, low fat dairy and multiple fruits and vegetables
- Include a water bottle – keep your child hydrated
- KEEP IT FUN! – don't pack the same things day after day... experiment and open up your child's palate
- Avoid processed foods and snacks; it makes it quick and easy to pack but less healthy for your child
- Avocado! – avoid butter and mayo; use the healthy fat of avocado as a spread on sandwich bread
- Use **whole grain** crackers and breads
- Choose lean proteins – turkey, chicken and tuna are all great options
- Cut raw veggies and pack them individually – it makes the lunch box colorful and fun!!
- Don't make the sandwich soggy – use a container instead of plastic wrap ...place the tomato and cucumber between the meat layers
- Keep it cold – for safety's sake – try freezing a water bottle or juice box

***Need more nutrition advice,
book a visit with Dr. Erin! Call her
at the clinic at 416-769-8072.***